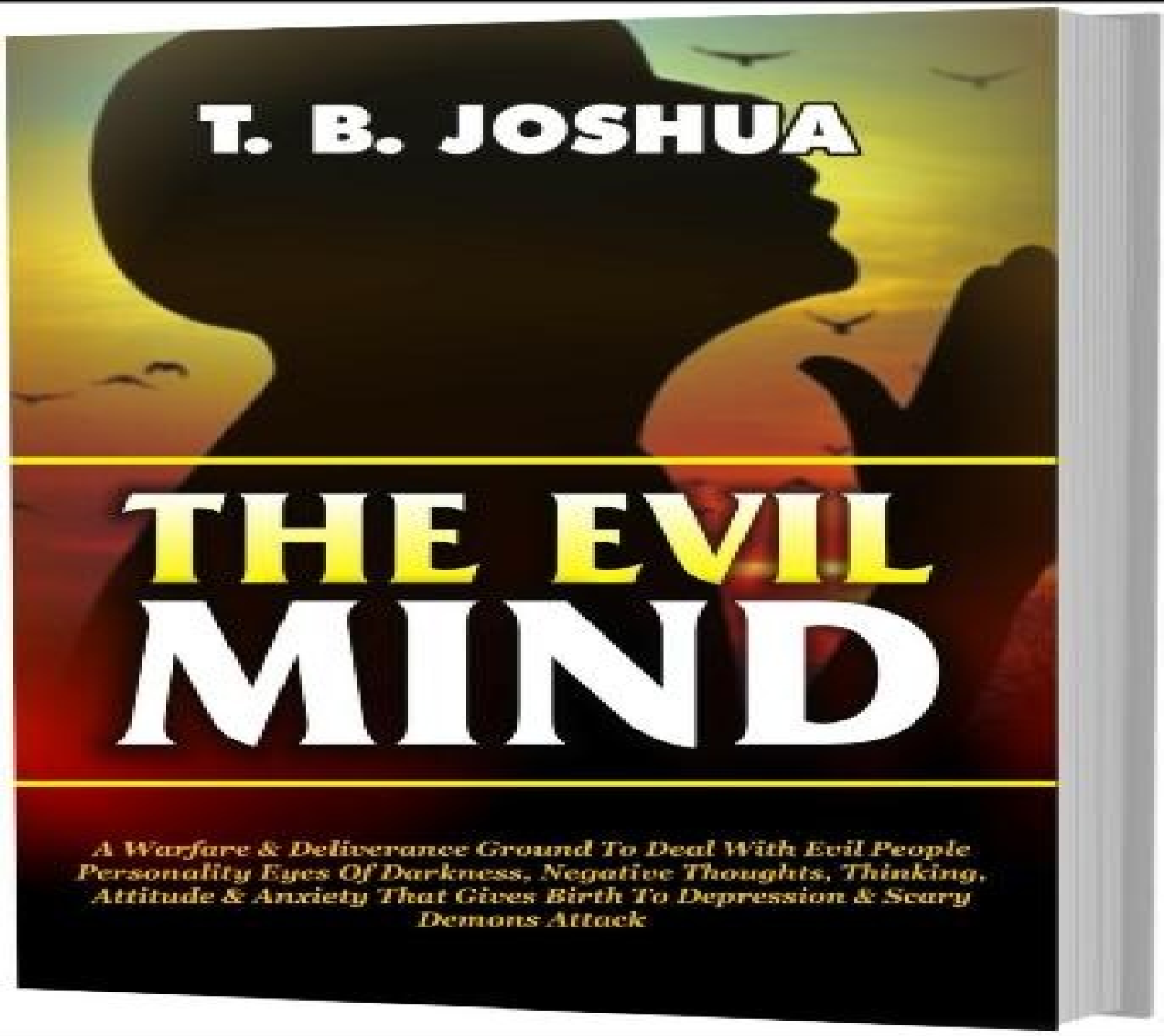
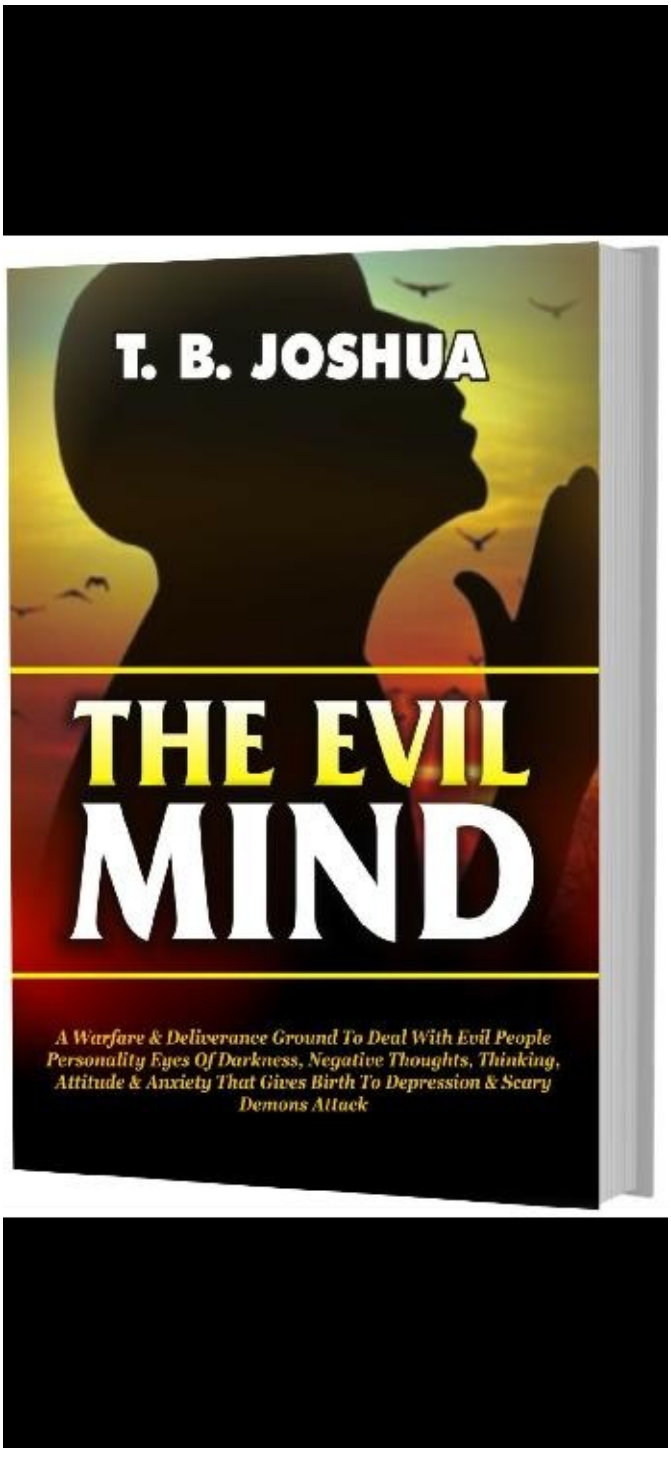

T. B. JOSHUA
THE EVIL MIND
A Warfare & Deliverance Ground To Deal With Evil People Personality Eyes Of Darkness, Negative Thoughts, Thinking, Attitude & Anxiety That Gives Birth To Depression & Scary Demons Attack


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T.B. JOSHUA

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CHAPTER 1: THE EVIL MEN AND THEIR EVIL MIND

If you have ever looked at someone and thought they must be ruled by the Devil, you might not have been far off the mark. People are a lot more evil than we tend to think and sometimes they are so seasoned at what they do that it takes us years to realize just how evil they really are. But it's not your fault. They are master manipulators. They take every advantage of people to get their way, get the things they want, and leave people feeling lost and broken.

There are many of them out there, and you might be interacting with an evil person regularly but you've just decided to label them a jerk. It turns out they might be much more than that. I believe there are 20 signs someone who you know may be an evil person or toxic person. Check them out as we follow now in the real business of the day:

1) THEY ENJOY WATCHING OTHER PEOPLE BE IN PAIN. If they laugh or smile even slightly at the thought or sight of someone suffering, this could mean trouble. Generally, we think that karma can be a laughing matter, but when someone genuinely seems tickled pink about someone else's pain, they might be evil.

This reaction is actually known as schadenfreude. According to Yemi Emmanuel, Ph.D. in Psychology Today, it's defined as "exquisite joy and smug satisfaction from contemplating and reveling in the misfortune of others." No one should look down on someone's pain for the gain of pleasure for themselves.

2) THEY NEED TO CONTROL EVERYTHING. Evil people need to have their way, and they will

do everything they can to ensure that. At every turn, they are injecting their opinion and action into a situation to ensure it goes a certain way.

At first glance, people who seem to be control freaks appear as worriers or people who like things "just so," but if you look closer, they are people who always get what they want and will put on any face to get it.

3) THEY HIDE THEIR TRUE SELVES. They lie much? Evil people do, and it's because they don't want you to see the real them. After all, who wants to admit they are actually evil? Not many people take pride in that kind of title. So they hide their true selves as much as possible and that means getting caught in lies on many occasions.

4) THEY LEAVE YOU WITH A WEIRD FEELING WHENEVER YOU ARE AROUND THEM. If you feel drained and tired after being around someone who is actually evil, you get that weird feeling in your stomach when you are around them, and something about them just doesn't sit right with you; you might be onto something.

Don't ignore your gut instincts about people. You are usually right.

5) THEY MANIPULATE EVERYONE. Like lying, evil people manipulate people and situations to bend to their will. They'll cry to turn the attention away from you toward them.

They'll kick up a fuss if they aren't getting their way and guilt people into doing things for them. It's frightening how much evil people go to great lengths to bend fate in their favor. They'll even love bomb you to make you feel great, then they'll use that feeling to manipulate you.

6) THEY SHOW NO REMORSE. Even after hurting someone, whether by accident or on purpose, they don't show any remorse. You see this

in court-room settings when murderers accept their sentencing without batting an eye, but you don't usually see it in the boardroom. It happens though, more than we'd like to admit.

And you can be assured that people who don't show any emotions are not good people.

7) THEY ARE MEAN TO OTHER PEOPLE. Why would one human being be mean or cruel to another human being? Aren't we all just trying to get through this life together? It turns out that evil people take a great deal of joy in hurting other people and if your friend is always stabbing someone in the back, chances are they are not really your friend at all. They are extremely difficult to deal with.

8) THEY DON'T TAKE RESPONSIBILITY FOR THEIR ACTIONS. There's no situation in which an evil person would stand up and say "yes, that was my fault." They are always blaming someone else when something goes wrong and they love to play the victim. They simply won't take responsibility for any of their wrongful actions.

9) THEY COME WITH A REPUTATION. If you've heard about this person before actually meeting them, chances are the reputation is true. For the most part, a person's reputation really does precede them, and if you get weird vibes that go along with such a reputation, you are probably correct in assuming something is not right with this person.

10) THEY ONLY COME AROUND WHEN THEY NEED SOMETHING. What's worse than a friend that stabs you in the back? A friend that only calls when they need something. And that something usually means you need to go way out of your way to help them out, which you do, because they lay on a thick guilt trip and get you to do the things they want you to do – every time.

11) THEY LAUGH AT THE MISFORTUNE OF OTHERS. While it might be funny to watch a trending video of someone falling on their face while walking down the road, in real life, it is not quite as funny. If you find someone in your life taking pleasure in the misfortune of another, it might be because they are toxic.

They may tell you it's all in good fun, but the truth is that toxic people don't have the wherewithal to see things from other people's perspectives and what might seem hilarious to them is quite disturbing to others. When you think about it, it's kind of creepy that someone would laugh at another person getting hurt.

12) YOU GET A STRANGE VIBE FROM THEM. It doesn't matter what they are doing, you just can't seem to relax around them, and you keep thinking they are going to say or do something that is not appropriate. Evil people don't know what boundaries are, and they like to stomp all over them anyway, so it doesn't matter if they recognize any boundaries you have in your life.

Sometimes, you'll feel this feeling so strong that you can't be around someone without ever really knowing why. Pay attention to what your gut is telling you – your body can pick up bad vibes from other bodies and will try to make you see what kind of person is really in front of you.

13) THEY ARE MEAN TO ANIMALS. It's hard to believe that people are mean to animals, but it happens every day. And if the person in your life is not actually being mean to animals, but is just ignoring them, it might be just as bad. People who have no connection to other living things are not just toxic; they are thought to be some kind of evil. What's more, people who hurt animals often go on to harm human beings, so steer clear of people who aren't kind to animals.

14) THEY THINK IT'S FUNNY WHEN THEY INSULT YOU. There's something sick and twisted about a person who tries to laugh at your expense and insults you while trying to be funny. The two don't go together, and it's even worse when people try to undermine you with humor.

It's uncomfortable for everyone. Toxic people don't understand how humor should be used, and it's a clear sign that you should steer clear from them. It's harder than you might think to put someone out of your life who is toxic, so be sure to look for these signs before you get into a relationship with someone and save yourself a lot of trouble.

15) EVIL PEOPLE LIE A LOT. Whether they are lying about the grocery bill or the weather, they find something to lie about on a regular basis. They can't help it. They need to complain or exaggerate life to make it interesting. It's usually done at the expense of others – and they'll lie about other people, too.

It's awkward when you catch someone in a lie, but that doesn't mean you should shy away from calling someone out on their lies. It might mean that you can't work with someone or be with someone anymore if their lies are starting to impact your life, but it is a necessary step to remove the toxic person from your life.

16) EVIL PEOPLE MANIPULATE EVERYTHING AND EVERYONE. You'll know a toxic person when you see them trying to get everyone to do everything for them. They will find a way to get someone to do just about anything they want, and it's usually achieved by the person through making someone feel bad, putting them down, or being downright mean to them.

17) THEY MAKE PEOPLE FEEL STUPID. Whether you are sharing a dream or a fear, a toxic person will find a way to tell you that it's

stupid. This can be destructive for many reasons, not the least of which is that it makes you feel like they don't care about you and what happens to do.

This is common in abusive relationships, but also between friends where one is toxic and takes out their thoughts and feelings on the other, seemingly weaker friend.

18) THEY DON'T KNOW WHAT GUILT IS. One of the weirdest things about an evil person is that they don't feel bad for their actions. They'll never apologize for what they've done unless it benefits them in some way; think abusive relationships where one partner promises to never "do it again" and then turns around and does it all over again. It's called a vicious cycle for a reason.

19) EVIL PEOPLE DON'T GET IT. One of the big red flags about someone who is toxic and evil is that they can't feel empathy. Regardless of the situation, they cannot put themselves in someone else's shoes...or, they don't want to. If you come across someone who can't see the misery they are causing, it's likely they are toxic.

20) EVERYTHING IS ABOUT THEM. They'll manipulate or lie to get anything they want. How they affect other people simply doesn't matter. If you're in their way, watch out, because they'll have no remorse in hurting your feelings to get what they want.

(Manipulative and toxic people can only ruin your life if you let them. Learn how to stand up for yourself by embracing your inner beast.

1) SET LIMITS. Evil and toxic people will wallow in their problems and won't care about yours. You'll feel pressure to listen to their complaining and negativity but DON"T get sucked in. You can avoid this by setting limits and distancing yourself when necessary.

When they're complaining about someone, ask how they intend to fix the problem. They won't have an answer and you can end the conversation.

2) DON'T DIE IN A FIGHT. You'll feel a lot of unchecked emotion when you talk to an evil person. Don't let that emotion get the better of you. Stay calm and collected and realize that they're just evil and you're not. Be mindful about the way you're reacting and take the higher ground.

3) RISE ABOVE AND DON'T GET SUCK IN. Evil and toxic people can drive you mad because their behavior doesn't make sense. So remember, when their behavior has no logical reason to it, why would you let yourself get sucked into it? Get away from them emotionally. You don't need to respond.

4) STAY AWARE OF YOUR EMOTIONS. You can stop someone from your pushing your buttons but staying aware of your feelings. Look at your reactions, take a step back and ask yourself what the rational way to respond is. This is a time when practicing mindfulness and being aware of yourself without negatively judging is handy.

5) ESTABLISH BOUNDARIES. Just because you have to engage with a toxic or evil person at work doesn't mean you have to be friends with them. Establish your boundaries and stick to them.

6) DON'T LET ANYONE LIMIT YOUR JOY. You're in charge of your experience of reality. Don't let someone who is irrational and evil ruin your day. Choose to see the things that you want to see in life and ignore all else. This is your ship and you're in charge of where it sails.

7) FOCUS ON SOLUTIONS, NOT PROBLEMS. Don't just focus o the horrible characteristics of this evil person. Choose to look at the solutions. How can you avoid spending time with this per-

son? How can you avoid getting locked in conversations with them?

IN CONCLUSION TO THIS SECTION. If you know anyone who matches this criterion up above, then it's best that you stay away. Evil people don't care about other people's feelings, and they'll have no remorse in getting what they want.

If you can't get away from an evil or toxic person, then I suggest you have a look into the Gray Rock Method. This is a known method on how to deal with a toxic person you can't avoid. Watch out for these signs that someone wants to destroy you

KINDS OF SCRETS EVIL MINDS THAT WANTS TO DESTROY YOU FOREVER

Can you trust the person you're dating? The new employee at work? Your investment adviser? You have to decide—often in seconds—based on very little information. As a therapist, lawyer and a preacher, I've spent a lot of time learning how to read people. Here's the good news: You can trust 80 to 90 percent of people to be who they say they are, to do what they say they'll do, and to follow most of the social rules that help us live together.

Now, the bad news: There are people who can ruin your life. They will destroy your reputation, your self-esteem or your career. These folks make up about 10 percent of humanity—1 person in 10. In North America, that's more than 35 million people. Each of these people has an extreme version of what I call a high-conflict personality (HCP). Most of us try to re solve or defuse conflicts, but people with high-conflict personalities compulsively escalate disagreements. They usually do this by focusing on targets of blame, whom they mercilessly attack —verbally, emotionally, financially, litigiously

and sometimes violently—often for months or years, even if the initial conflict was minor.

We are going to look at one particular kind of HCP: The Love You, Hate You Type. Maybe you know someone who's extremely charming, friendly and reasonable one minute, and the next minute, they're screaming and attacking you. The speed with which they turn on you is breathtaking. *What did I do?* you may ask yourself. *How can I get out of here?*

You may be dealing with a borderline **HCP** —someone whose high-conflict personality is combined with borderline personality disorder, a condition that's marked by impulsivity and mood swings. Some borderline HCPs are intense from the start: angry and demanding. But most initially present themselves as extremely friendly, energetic, lovable and possibly seductive. It can be surprising how quickly a borderline HCP wants to get close to you. He or she lacks ordinary boundaries, even in a casual friendship or as a co-worker. It's this fast intimacy that often hints at the intensity that an HCP can bring to a relationship—and to ending that relationship. If you suspect someone you're involved with may be a borderline HCP, look for these signs:

1: ALL-OR-NOTHING LANGUAGE: HCPs tend to make statements like "People *always* abandon me." Or: 'People always take advantage of me, but now I'm sticking up for myself and fighting back." This is a particularly seductive statement. It reframes their conflicts to draw you to their side, because you believe they are finally being strong after a lifetime of abuse. Later, you realize that they have always been strong and possibly abusive themselves they just *feel* like a victim. Even I have been hooked several times by statements like this.

2: EMOTIONAL INTENSITY. At first, you may feel excited that this person likes you so much without restraint. It's often not until you have a major conflict that you find out how intensely negative they can be. Before you get to that point, you might begin to feel that the relationship is overwhelming you or moving too quickly for you. You might also feel that your boundaries aren't being respected, even when you have stated them openly. And you might be uncomfortable when this person wants you to show loyalty by always taking their side in an argument.

3: EXCESS AGGRESSION AT ALL TIMES. Years ago, a friend told me about her second date with a man she liked. He suddenly reacted negatively to something she said and lightly slapped her on the butt. She was surprised and said to him, "What was that about?" He said it was nothing. Aside from that, he seemed like a nice guy. I asked her if 90 percent of men she knew would ever do that on a second date, and she realized that they wouldn't.

And when he said it was nothing, rather than saying it was accidental or apologizing to her, it was a warning sign. In fact, that's a common dynamic with HCPs of all types: They engage in an aggressive act, and then deny it was aggressive. That's a danger sign right there, and you'll want to proceed with caution.

As Christian counselors, pastors and people helpers we often have a hard time discerning between an evil heart and an ordinary sinner who messes up, who isn't perfect, and full of weakness and sin.

I think one of the reasons we don't "see" evil is because we find it so difficult to believe that evil individuals actually exist. We can't imagine someone deceiving us with no conscience,

hurting others with no remorse, spinning outrageous fabrications to ruin someone's reputation, or pretending he or she is spiritually committed yet has no fear of God before his or her eyes.

The Bible clearly tells us that among God's people there are wolves that wear sheep's clothing (Jeremiah 23:14; Titus 1:10; Revelations 2:2). It's true that every human heart is inclined toward sin (Romans 3:23), and that includes evil (Genesis 8:21; James 1:4). We all miss God' mark of moral perfection. However, most ordinary sinners do not happily indulge evil urges, nor do we feel good about having them. We feel ashamed and guilty, rightly so (Romans 7:19–21). These things are not true of the evil heart.

Below are five indicators that you may be dealing with an evil heart rather than an ordinary sinful heart. If so, it requires a radically different treatment approach.

1. **EVIL HEARTS ARE EXPERTS AT CREATING CONFUSION AND CONTENTION.** They twist the facts, mislead, lie, avoid taking responsibility, deny reality, make up stories, and withhold information. (Psalms 5:8; 10:7; 58:3; 109:2–5; 140:2; Proverbs 6:13,14; 6:18,19; 12:13; 16:20; 16:27, 28; 30:14; Job 15:35; Jeremiah 18:18; Nehemiah 6:8; Micah 2:1; Matthew 12:34,35; Acts 6:11–13; 2 Peter 3:16)

2. **EVIL HEARTS ARE EXPERTS AT FOOLING OTHERS WITH THEIR SMOOTH SPEECH AND FLATTERING WORDS.** But if you look at the fruit of their lives or the follow through of their words, you will find no real evidence of godly growth or change. It's all smoke and mirrors. (Psalms 50:19; 52:2,3; 57:4; 59:7; 101:7; Proverbs 12:5; 26:23–26; 26:28; Job 20:12; Jeremiah 12:6; Matthew 26:59; Acts 6:11–13; Romans 16:17,18; 2 Corinthians 11:13,14; 2 Timothy 3:2–5; 3:13; Titus 1:10,16).

3. **EVIL HEARTS CRAVE AND DEMAND CONTROL, AND THEIR HIGHEST AUTHORITY IS THEIR OWN SELF-REFERENCE.** They reject feedback, real accountability, and make up their own rules to live by. They use Scripture to their own advantage but ignore and reject passages that might require self-correction and repentance. (Romans 2:8; Psalms 10; 36:1–4; 50:16–22; 54:5,6; 73:6–9; Proverbs 21:24; Jude 1:8–16).

4. **EVIL HEARTS PLAY ON THE SYMPATHIES OF GOOD-WILLED PEOPLE, OFTEN TRUMPING THE GRACE CARD.** They demand mercy but give none themselves. They demand warmth, forgiveness, and intimacy from those they have harmed with no empathy for the pain they have caused and no real intention of making amends or working hard to rebuild broken trust. (Proverbs 21:10; 1 Peter 2:16; Jude 1:4).

5. **EVIL HEARTS HAVE NO CONSCIENCE, NO REMORSE.** They do not struggle against sin or evil—they delight in it—all the while masquerading as someone of noble character. (Proverbs 2:14–15; 10:23; 12:10; 21:27,29; Isaiah 32:6; Romans 1:30; 2 Corinthians 11:13–15)

If you are working with someone who exhibits these characteristics, it's important that you confront them head on. You must name evil for what it is. The longer you try to reason with them or show mercy towards them, the more you, as the Christian counselor, will become a pawn in his or her game. They want you to believe that:

a. **THEIR HORRIBLE ACTIONS SHOULD HAVE NO SERIOUS OR PAINFUL CONSEQUENCES.** When they say "I'm sorry," they look to you as the pastor or Christian counselor to be their advocate for amnesty with the person he or she has harmed. They believe grace means they are immediately granted immunity from the relational fallout of their serious sin. They believe forgive-

ness entitles them to full reconciliation and will pressure you and their victim to comply.

The Bible warns us saying, "But when grace is shown to the wicked, they do not learn righteousness; even in a land of uprightness they go on doing evil and do not regard the majesty of the Lord (Isaiah 26:10).

The Bible tells us that talking doesn't wake up evil people, but painful consequences might. Jesus didn't wake up the Pharisee's with his talk nor did God's counsel impact Cain (Genesis 4). In addition, the Bible shows us that when someone is truly sorry for the pain they have caused, he or she is eager to make amends to those they have harmed by their sin (see Zacchaeus' response when he repented of his greed in Luke 19).

Tim Keller writes, "If you have been the victim of a heinous crime. If you have suffered violence, and the perpetrator (or even the judge) says, 'Sorry, can't we just let it go?' You would say, 'No, that would be an injustice.' Your refusal would rightly have nothing to do with bitterness or vengeance. If you have been badly wronged, you know that saying sorry is never enough. Something else is required—some kind of costly payment must be made to put things right."[1]

As Biblical counselors let's not collude with the evil one by turning our attention to the victim, requiring her to forgive, to forget, to trust again when there has been no evidence of inner change. Proverbs says, "Trusting in a treacherous man in time of trouble is like a bad tooth or a foot that slips" (Proverbs. 25:19). It's foolishness. The evil person will also try to get you to believe

b. **THAT IF I TALK LIKE A GOSPEL-BELIEVING CHRISTIAN I AM ONE, EVEN IF MY ACTIONS DON'T LINE UP WITH MY TALK.** Remember, Satan masquerades as an angel of light (2 Corinthians 11:13–15). He knows more true doc-

trine than you or I will ever know, but his heart is wicked. Why? Because although he knows the truth, he does not believe it or live it.

The Bible has some strong words for those whose actions do not match their talk (1 John 3:17,18; Jeremiah 7:8,10; James 1:22, 26). John the Baptist said it best when he admonished the religious leaders, "Prove by the way you live that you have repented of your sins and turned to God" (Luke 3:8).

If week after week you hear the talk but there is no change in the walk, you have every reason to question someone's relationship with God.

Part of our maturity as spiritual leaders is that we have been trained to discern between good and evil. Why is that so important? It's important because evil usually pretends to be good, and without discernment we can be easily fooled (Hebrews 5:14).

When you confront evil, chances are good that the evil heart will stop counseling with you because the darkness hates the light (John 3:20) and the foolish and evil heart reject correction (Proverbs 9:7,8). But that outcome is far better than allowing the evil heart to believe you are on his or her side, or that "he's not that bad" or "that he's really sorry" or "that he's changing" when, in fact, he is not.

Daniel says, "[T]he wicked will continue to be wicked" (Daniel 12:10), which begs the question, do you think an evil person can really change?

CHAPTER 2: DEALING WITH EVIL PEOPLE SQUARELY

How do we handle truly evil people that are truly in our lives? There are possible seven Ways to Protect Yourself from Evil People.

How do you know if you're dealing with someone who is truly evil? Evil people will not accept responsibility for their actions. They lack empathy and enjoy manipulating others. They blame everyone for their failures. They often have an exaggerated self image of themselves. They pretend to be good and altruistic, but it's all about appearances for them. Evil people tend to be greedy and cheap with their money. They are malignant narcissists who love to make everything about them. And lastly, evil people lie.

This last one might sound simplistic. We've all told a lie here and there in our life. Does that mean we are all evil? Hardly. But evil people build their lives around lying. They lie to themselves and to others about everything. M. Scott Peck wrote a fantastic book on the problem of evil called People of the Lie. He named it that because he determined from his years as a psychiatrist studying evil people that the one thing they all had in common was a persistent need to lie.

How do we handle truly handle evil people that are truly in our lives? There are possible seven Ways to Protect Yourself from this Evil People and remain calm without picking up a fight. The following highlights steps you can take to protect yourself from the evil person in your life.

1: DO NOT RELY ON THEM. You can not rely on these people for anything. They will use it as a way to gain power over you or to hurt you. Remember, when dealing with an evil person, ev-

erything is about them. They only consider people in terms of what others can do for them.

Evil people are incredibly concerned with appearances. They want to appear to be good people. They want others to envy them. Therefore they will often live above their means. They will brag about their life and inflate their success. When they volunteer or give to charity, they practically shout it from the rooftops. If someone compliments them, they tell everyone about it. Since they don't understand the meaning of love, they will only associate with people who can do something for them or make them look good.

Since everything is always about them, evil people are greedy and cheap with their money. If they do act generous – such as a large donation to charity or a big tip at a company dinner – it's only to look good in front of others. But at their heart, they don't like parting with their money.

If you rely on them for anything, they will use this to manipulate you and strip you of self-control and personal strength.

2: DON'T BELIEVE THEIR LIES. Evil people lie. It's a simple fact. They will say and do anything to get their own way. They use lies to control, manipulate, inflate themselves and hurt you. If you have to deal with an evil person, it is this need to lie that can be most the most difficult to deal with. An evil person who is caught red handed will lie about it and blame others with such conviction that you walk away feeling confused and unsure about everything.

They are masters at convincing others they aren't the problem, that they aren't wrong. Therefore the most important way to begin dealing with the evil person in your life is to recognize them for what they are. Take away all their excuses – their crappy childhood, their perceived

lack of opportunity, their failures, their health issues, and on and on – strip that all away and see them for what they really are – just plain evil. This realization will act like armor for you. It will protect you from accepting and buying into their lies.

3: DON'T CONFRONT THEM. Evil people tend to see others as evil and the source of their problems. They are not capable of seeing it in themselves. This is why it's fairly pointless to confront an evil person with the truth. They will never see it, own it, validate it or apologize. Instead, you will walk away from this confrontation feeling shaken, confused, disoriented and questioning your own sanity. Don't try to convince an evil person they are wrong. Don't try to argue with them or point out to them how they've hurt you. It is a waste of your time and energy. Evil people will never, ever own up to their sins.

Evil people enjoy controlling others. There's the teacher who sets impossibly high standards and enjoys watching her students try – and fail – to meet them. The church leader who uses misguided faith to control what everyone believes. The parent who controls every aspect of their child's life from the style of clothing and friends to afterschool activities and grades. And if you waste your energy pointing this out to them, they will lie, deny and blame until you are left feeling as though everything is your fault. If you need validation that you're dealing with an evil person, seek it through a trained therapist. You will never get the validation you deserve from the evil person.

4: DON'T EXPECT THEM TO CHANGE. Evil people tend to enjoy being exactly as they are. They don't change. It is a waste of your time to put your hopes, expectations and energy into the fantasy that they will change. Put all that hope and change into you instead. Evil people are

mentally strong. They submit only to their own will and their needs. They tend to enjoy a fight and will not back down. They also enjoy starting fights among others. Think of the evil boss who enjoys pitting co-workers against each other. Or the malignant parent who manipulates siblings into competing for parental love and approval. The evil coach who uses blame, humor and teasing to make a team member the scapegoat for a game loss.

Rather than hoping or expecting them to change, focus instead on yourself. It can be sad to let this dream go. In his groundbreaking book Fantasy Bonds Dr. Firestone writes, "Most people are afraid of leading separate, independent lives and cling to fantasies of love which offer the illusion and false promise of connection." You deserve better than relying on an old fantasy that he will change or she will suddenly wake up and become the loving person you know she's capable of. This is not going to happen. Wake up out of your illusions and focus on you and your happiness. Do not expect anyone else, least of all an evil person, to fulfill your needs.

5: **DON'T TAKE THEIR WORDS AND ACTIONS PERSONALLY.** We've already determined that evil people lie and manipulate to get what they want. So why would you believe their words about you? If they lie about everything, then everything they say to you is also a lie. In The Four Agreements, Don Miguel Ruiz explains, "Even when a situation seems so personal, even if others insult you directly, it has nothing to do with you. What they say, what they do, and the opinions they give are according to the agreements they have in their own minds. Taking things personally makes you easy prey for these predators, the black magicians. They can hook you easily with one little opinion and feed you whatever poison they want, and because you take it per-

sonally, you eat it up. But if you do not take it personally, you are immune in the middle of hell."

The effects of living with an evil person can feel impossible to overcome. The husband who spends a lifetime downgrading his wife by telling her she's ugly, lazy, or useless is a murderer of a different sort. He has murdered her will, her courage, her belief in herself. Evil people can break a person's spirit without ever leaving a physical mark or scar as evidence. But if you don't take their actions and words personally, you will turn those scars into armor and shield yourself from any future abuse as you live a life of your personal joy.

6: **CREATE DISTANCE.** Dr. Kelvin writes, "Evil is dangerous. It will contaminate or destroy a person who remains too long in its presence."

If possible, the best way to deal with an evil person is to not deal with them at all. Distance yourself as best as you can from the evil person. Don't confide in them. Don't put your trust in them. Never be vulnerable with them. Set good, firm boundaries. Don't have any expectations of kindness or support. Do not hope that they will change. Instead, focus on yourself and making you as strong as you can be. You can still empathize with the evil person.

It's got to be awful to live life the way they do – devoid of any love or compassion. You can love them from afar and pray for them. Try to recognize any positives from your encounters with them. You're stronger because of them. You're probably more independent because you've had to be. Evil people truly enjoy seeing others be miserable. So if you have to deal with an evil person, the best thing to do is to ignore them. Shine your light so brightly that their words, deeds, lies and manipulations bounce right off you and return to them.

7: **ACCEPT THE EVIL PERSON AS THEY ARE AND MOVE ON.** We often think evil people are the ones who commit horrible crimes, but evil is often very ordinary. Think of the evil woman who spends years telling her kids they are no good, they've ruined her life and that they'll amount to nothing. This woman might be beautiful. Maybe she goes to church every Sunday and brings soup to sick friends and homemade bread to welcome new neighbors. But she's still evil and her broken children are the proof of that.

M. Scott Peck writes in his book, "To come to terms with evil in one's own parentage is perhaps the most difficult and painful psychological fact a human being can be called on to face." Many grown children refuse to accept the fact that they were raised by an evil parent. So instead they take on the blame for themselves and go through life apologizing for their own existence.

You are stronger than this. Accept the evil person in your life as they are and leave it. Spend the rest of your life focusing on you, not them – your healing, your strength, your joy.

8: **LIVE A LIFE OF JOY.** It's often said the greatest trick the devil ever pulled off was convincing us that he doesn't exist. The same holds true for evil people.

Virginus Awesome taught us that, "out of suffering have emerged the strongest souls; the most massive characters are seared with scars." It's never easy encountering an evil person. But always remember that you have the power to let people in – or out – of your life.

Recognize and validate for yourself the impact this person had on your life and then distance yourself from them and live a life of joy. In the words of the singer Jewel, "No longer lend your strength to that which you wish to be free from.

Fill your lives with love and bravery and you shall lead a life uncommon."

PRACTICAL ANTIS TO BE HURT LESS BY THE EVIL PERSONS

There were monsters in my closet—or so my five-year-old self believed. As soon as my mother kissed me goodnight and flipped the lights off, they would appear. See, in my room, the sliding closet doors were kept open, and on the top three shelves, monsters would magically appear in the darkness. Their wide mouths closely resembled folded towels and their eyes looked like the but tons of my sweaters, but I was too scared to notice.

I could only see evil creatures staring at me, and after a few minutes of terrorizing myself, I would run out of my room and jump in my parents' bed. Then, one night, I closed the closet doors and the monsters went away. Years later, another monster would haunt me in the middle of the night.

This monster had a name, and one of those facial expressions that made her look as she was perpetually frowning. This monster had had an affair with my husband, and had repeatedly attempted to thwart all of my efforts to forgive and to save my marriage. "That woman is evil," friends of mine who knew her would say. "She's plain evil."

I believed she was evil, and when she assumed the role of a monster in my head, anger and fear settled themselves comfortably in my heart. As I did when I was little, I tried to close the doors of my awareness to send this new monster away. When a thought about what had happened came to me, I would push it out of my mind, but the thought would eventually return with renewed intensity.

Then, one day, as life as I knew it crumbled before my eyes, I started to awaken. I knew that unless I let go of the fear and anger, I wouldn't be able to move forward into love and happiness. I loved myself too much to remain stuck in this dark place.

Messages about oneness and compassion seemed to come to me from books, podcasts, live lectures, the Internet, and people I met. Life was calling me back. I understood that I had the power to free myself from this "monster" and from all the "evil" people that might try to come into my life. I'd like to share what I learned with you.

"Evilness" is a judgment.

When you label people as "evil" or as "bad," you block your ability to see that they come from the same source that created you. Removing judgment allows you to extend compassion not only to them, but also to yourself. Through compassion, you can heal.

You can choose not to give power to so-called evil people. You might have given the evildoers starring roles in your life drama, but to them, you might just be someone who got in their way. They pursued their goal without considering the damage caused by their actions.

They probably rationalized what they did in a way that made them feel they weren't doing anything wrong or that they had no option but to do what they did.

By realizing this, taking the actions of others less personally, and changing your thoughts about these actions, you can choose not to give your power away to other people. You can lessen the negative impact that hurtful actions have on your emotional state.

"Bad" people can become your greatest teachers. My adult-life "monster" taught me to deal with adversity like no one else. Whoever has come into your life has done so for a reason. Ask yourself what lesson you can learn from the negative behavior of other people.

It's okay to reject "evil." Once the worst of my situation was over, I learned I had the choice to simply not let myself be bothered by what anyone had done to me. When people were verbally attacking him in public, Buddha responded, "If you have a gift to give a friend, but the friend refuses to accept the gift, who then does the gift belong to?"

Limit your time with those who tend to bring negativity into your life and choose not to place your attention on the detrimental actions of others.

"Evil" dissolves when you bring light into it. If I had just turned on the light in my room when I was little, the monsters in my closet would've disappeared.

Usually, when others attack you, they are subconsciously seeking to bring up negative emotions in you. Their pain needs to feed on your pain to continue existing. If you decide to not give in to the negative emotions, they'll have less incentive to attack. Light nullifies darkness.

Bring the light of your love and kindness to everyone around you, and watch the "bad" people in your life retreat or even change their actions.

"Evil" people don't know better. People who hurt you act out of ignorance. They justify their harmful behavior by thinking they are doing what they need to do given the circumstances in their lives.

Also, people who harm others are usually in dreadful emotional states. They are under such

pain that all they have to give to others is pain. Realizing this truth will help you advance on the road to compassion and forgiveness.

There are no evil people. However, the world is filled with people thinking evil thoughts. If you become prey to anger and hatred, you'll join the ranks. Send love to everyone around you, including those who've hurt you. Love will open the door for goodness to come into your life, and will close the door to those evil monsters in the closet who are people just like you and me, doing what they think is best at a certain moment in their lives.

THE TEN UNWANTED TOXIC PERSONS YOU MUST AVOID BY ALL MEANS

Toxic people defy logic. Some are blissfully unaware of the negative impact that they have on those around them, and others seem to derive satisfaction from creating chaos and pushing other people's buttons.

As important as it is to learn how to deal with different kinds of people, truly toxic people will never be worth your time and energy—and they take a lot of each. Toxic people create unnecessary complexity, strife, and, worst of all, stress. "People inspire you, or they drain you—pick them wisely." – Hans F. Hansen

Recent research from Friedrich Schiller University in Germany shows just how serious toxic people are. They found that exposure to stimuli that cause strong negative emotions—the same kind of exposure you get when dealing with toxic people—caused subjects' brains to have a massive stress response. Whether its negativ ity, cruelty, the victim syndrome, or just plain craziness, toxic people drive your brain into a stressed-out state that should be avoided at all costs.

Studies have long shown that stress can have a lasting, negative impact on the brain. Exposure to even a few days of stress compromises the effectiveness of neurons in the hippocampus, an important brain area responsible for reasoning and memory. Weeks of stress cause reversible damage to brain cells, and months of stress can permanently destroy them. Toxic people don't just make you miserable—they're really hard on your brain.

TODAY IN: LEADERSHIP. The ability to manage your emotions and remain calm under pressure has a direct link to your performance. TalentSmart has conducted research with more than a million people, and we've found that 90% of top performers are skilled at managing their emotions in times of stress in order to remain calm and in control. One of their greatest gifts is the ability to identify toxic people and keep them at bay.

It's often said that you're the product of the five people you spend the most time with. If you allow even one of those five people to be toxic, you'll soon find out how capable he or she is of holding you back.

You can't hope to distance yourself from toxic people until you first know who they are. The trick is to separate those who are annoying or simply difficult from those who are truly toxic. What follows are ten types of toxic drainers that you should stay away from at all costs so that you don't become one yourself.

1. THE GOSSIP. "Great minds discuss ideas, average ones discuss events, and small minds discuss people." Eleanor Roosevelt

Gossipers derive pleasure from other people's misfortunes. It might be fun to peer into somebody else's personal or professional faux pas at first, but over time, it gets tiring, makes you

feel gross, and hurts other people. There are too many positives out there and too much to learn from interesting people to waste your time talking about the misfortune of others.

2. THE TEMPERAMENTAL. Some people have absolutely no control over their emotions. They will lash out at you and project their feelings onto you, all the while thinking that you're the one causing their malaise. Temperamental people are tough to dump from your life because their lack of control over their emotions makes you feel bad for them. When push comes to shove though, temperamental people will use you as their emotional toilet and should be avoided at all costs.

3. THE VICTIM. Victims are tough to identify because you initially empathize with their problems. But as time passes, you begin to realize that their "time of need" is all the time. Victims actively push away any personal responsibility by making every speed bump they encounter into an uncrossable mountain. They don't see tough times as opportunities to learn and grow from; instead, they see them as an out. There's an old saying: "Pain is inevitable but suffering is optional." It perfectly captures the toxicity of the victim, who chooses to suffer every time.

4. THE SELF-ABSORBED. Self-absorbed people bring you down through the impassionate distance they maintain from other people. You can usually tell when you're hanging around self-absorbed people because you start to feel completely alone. This happens because as far as they're concerned, there's no point in having a real connection between them and anyone else. You're merely a tool used to build their self-esteem.

5. THE ENVIOUS. To envious people, the grass is always greener somewhere else. Even when

something great happens to envious people, they don't derive any satisfaction from it. This is because they measure their fortune against the world's when they should be deriving their satisfaction from within. And let's face it, there's always someone out there who's doing better if you look hard enough. Spending too much time around envious people is dangerous because they teach you to trivialize your own accomplishments.

6. THE MANIPULATOR. Manipulators suck time and energy out of your life under the façade of friendship. They can be tricky to deal with because they treat you like a friend. They know what you like, what makes you happy, and what you think is funny, but the difference is that they use this information as part of a hidden agenda. Manipulators always want something from you, and if you look back on your relationships with them, it's all take, take, take, with little or no giving. They'll do anything to win you over just so they can work you over.

7. THE DEMENTOR. In J. K. Rowling's "Harry Potter" series, Dementors are evil creatures that suck people's souls out of their bodies, leaving them merely as shells of humans. Whenever a Dementor enters the room, it goes dark, people get cold, and they begin to recall their worst memories. Rowling said that she developed the concept for Dementors based on highly negative people—the kind of people who have the ability to walk into a room and instantly suck the life out of it.

Dementors suck the life out of the room by imposing their negativity and pessimism upon everyone they encounter. Their viewpoints are always glass half empty, and they can inject fear and concern into even the most benign situations. A Notre Dame University study found that students assigned to roommates who thought

negatively were far more likely to develop negative thinking and even depression themselves.

8. THE TWISTED. There are certain toxic people who have bad intentions, deriving deep satisfaction from the pain and misery of others. They are either out to hurt you, to make you feel bad, or to get something from you; otherwise, they have no interest in you. The only good thing about this type is that you can spot their intentions quickly, which makes it that much faster to get them out of your life.

9. THE JUDGMENTAL. Judgmental people are quick to tell you exactly what is and isn't cool. They have a way of taking the thing you're most passionate about and making you feel terrible about it. Instead of appreciating and learning from people who are different from them, judgmental people look down on others. Judgmental people stifle your desire to be a passionate, expressive person, so you're best off cutting them out and being yourself.

10. THE ARROGANT. Arrogant people are a waste of your time because they see everything you do as a personal challenge. Arrogance is false confidence, and it always masks major insecurities. A University of Akron study found that arrogance is correlated with a slew of problems in the workplace. Arrogant people tend to be lower performers, more disagreeable, and have more cognitive problems than the average person.

HOW TO PROTECT YOURSELF ONCE YOU SPOT THE TOXIC AND EVIL MINDS IN AROUND YOU

Toxic people drive you crazy because their behavior is so irrational. Make no mistake about it their behavior truly goes against reason, so why do you allow yourself to respond to them emotionally and get sucked into the mix?

The more irrational and off-base someone is, the easier it should be for you to remove yourself from their traps. Quit trying to beat them at their own game. Distance yourself from them emotionally, and approach your interactions with them like they're a science project (or you're their shrink if you prefer that analogy). You don't need to respond to the emotional chaos—only the facts.

Maintaining an emotional distance requires awareness. You can't stop someone from pushing your buttons if you don't recognize when it's happening. Sometimes you'll find yourself in situations where you'll need to regroup and choose the best way forward. This is fine, and you shouldn't be afraid to buy yourself some time to do so.

Most people feel as though because they work or live with someone, they have no way to control the chaos. This couldn't be further from the truth. Once you've identified a toxic person, you'll begin to find their behavior more predictable and easier to understand. This will equip you to think rationally about when and where you have to put up with them and when and where you don't. You can establish boundaries, but you'll have to do so consciously and proactively. If you let things happen naturally, you're bound to find yourself constantly embroiled in difficult conversations. If you set boundaries and decide when and where you'll engage a difficult person, you can control much of the chaos. The only trick is to stick to your guns and keep boundaries in place when the person tries to cross them, which they will.

SIGNS YOU ARE DINNING WITH THE EVIL PERSONALITY

Evil can be defined but it's hard to pen it down. But according to me there is no such type

of special people exists in this world. But an evil person is someone who engages in malevolent behaviors. Some argue that they're immoral, sick, depraved, or wicked, but those words are hard to define. Immorality to one is normalcy to another.

Have you ever met people who were completely inconsiderate to those around them? People who had no problem hurting other people's feelings and using others' weaknesses to their advantage?

These types of people are easily available at our schools, at our churches and places of worship, in the homes of our friends; everywhere we look. Below are 7 tell-tale signs that the person you're dealing with knows no kindness:

1. THEY ARE HABITUALLY DISHONEST. Lying can be an altruistic pursuit used to protect people and prevent conflicts from escalating. This is simply not the case with evil people. More often than not, these people will lace lies together just because they feel like juicing up a story, even if it means adding details that didn't exist or speaking on behalf of someone without consent.

When caught, they will either lie some more and provide countless reasons to validate that lie, or just ignore you completely. Bottom line is, these people lie to your face because they do not value your trust or your friendship.

2. ENJOYMENT OF OTHER'S MISFORTUNE. It might be a disaster on the news or a dramatic situation in front of them. They seem to delight in misfortune, to relish the bad feelings of other people. All the times that an evil person has been hurt in their life falls away when bad things happen to other people.

The real danger here is that they could create bad situations for you and others in their life in order to be able to enjoy the misfortunate that they create. It is important to recognize who they are before terrible things happen to you and the people they love. If horrible things happening are all that can help them feel better, you can't salvage or save them.

3. THEY DENY REALITY. They deny any kind of reality around you. Basically they like to bend the world to their will and everything around them should be to their liking. An evil or abusive person will never accept the actual reality.

No matter how much you state facts and try to tell them what is right and what is wrong. Your discussion will always end in losing because they would go till any extent to prove that there twisted version is right when in actually it does not even make any sense.

4. YOU FEEL VERY STRANGE AROUND THEM.
It's been pretty well demonstrated that each of our bodies emit and energy field. Why that is, we're not totally clear on. It could serve as an intuitive defense system.

But in the same way that if you eat bad food, it shows on your skin, if you're evil on the inside, it shows up in your energy field. This might be why evil people give you a creepy feeling without them having actually done anything evil to you at all.

Who they are on the inside can be picked up in their subtle energy field by your energy field. Often times, the surest sign that someone is evil is that you just don't feel right around them. You

get creepy feelings and can't quite put your finger on it.

You might sound crazy to people listening to you talk about it, but don't deny the way the evil people in our world make you feel. Trust your gut and don't worry about it steering you wrong. If you get the wrong sense about someone, apologize.

5. THEIR FRIENDS AND FAMILY WARN YOU. A lot of the time one of the first signs that a person is truly evil is if their "friends" and family issue you warnings. They might talk about an ex-boyfriend or girlfriend who ran from them. They might casually dismiss the problems with previous relationships and make excuses for the evil person in their lives.

This is a sort of manipulation, but it can also be seen as a warning sign of impending disaster. In a sense, these people are telling you that something is wrong and that it's your responsibility to do something about it. Other times, the people in their lives will outright tell you that the evil person is not healthy and that you should avoid them at all costs.

In either case, don't ignore the signs of a truly evil person, especially when people who supposedly love them are tipping you off about it.

6. THEY ARE RACIST, SEXIST, HOMOPHOBIC, OR ARE BIGOTS. Evil thrives when the good are divided. This has made some of the evilest people in the world — from Hitler to Stalin to Osama bin Laden — so wildly successful. They've taken the petty differences between people and used it to sow larger and larger rifts that end up in disaster.

Often, they use bigotry, homophobia, sexism, racism, and fascism, in general, to keep good people apart, and to breed more evil people in the world. We won't mince words here: white supremacists are evil. Racists are evil. Homophobes/transphobes are evil. And bigots, while not every time, are evil quite often. Be conscious of these types of people. Some are only misled, but many are outright malevolent.

7. THEY AVOID RESPONSIBILITIES. They are very cautious and sharp minded. The second they feel like some fingers are going to get pointed at them, they twist that finger away. They would never take responsibility for any kind of mental, physical or emotional trauma that the have given to anyone stating that it was their own fault and they had nothing to do with it.

No matter how persistent, gregarious, intense, clingy, and fake an evil person is, they can always be booted from your life for good. They'll use every tool at their disposal to force you to let them stay. They'll manipulate, they'll lie, they'll pretend to be nice, they'll attack and belittle, they'll mislead and control.

But one thing is for sure, no matter what, when you've made the call to give them the boot from your space, your circle, and your life, you can never go back on it.

They'll try to get you to change your mind, but the only way to liberate yourself from them is to leave them behind. An evil person can change, but they can only do it on their own. And you can't force them to change. They can only change when their hearts are open, they're ready to atone for what they've done, and they're

ready to work hard at reforming their malevolent ways.

CHAPTER 3: HOW TO KEEP EVIL THOUGHT AND IMAGINATION AWAY FROM YOU

Your thoughts are on the front line when it comes to your life. They are the foundation for everything. At the most fundamental level, a positive mind is the springboard for action, inspiration, and a life that is full of joy, love, and peace. A positive mind allows you to live fully in the present moment.

Bad thoughts are bound to arise from time to time; they just have to be dealt with in a healthy and appropriate way. Most of them arise from worries about events that have already been and gone, or worries about the immediate future, or even from worries about life decades down the line.

Whatever the source of your bad thoughts, you should know that *you* are not your thoughts. Your thoughts do not even really belong to you. You are simply an observer. When you experience a bad thought, you should imagine it as a cloud above your head that is drifting away from you.

If you can exercise a certain amount of detachment, a negative thought can quickly be acknowledged, dealt with, and your mind can return to the present moment. Most of the time, you will come to realize that the thought only represented a fear, or that the perceived problem was self-created by the thought itself.

When bad thoughts arise too often, they become like a plague on your mind. They can create tension in your relationships, in your job, and within your own being, if they are not properly dealt with. You can take back control, starting right now.

We have authority over the devil and the thoughts that he would try to inject into our minds. "Submit yourselves, then, to God. Resist the devil, and he will flee from you" (James 4:7).

I think the way Jesus dealt with wrong thoughts is the best way for us to deal with them. Let's take a look at how He did this:
The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, 'It is written: 'Man does not live on bread alone, but on every word that comes from the mouth of God.'"

Then the devil took him to the holy city and had him stand on the highest point of the temple. "If you are the Son of God," he said, "throw yourself down. For it is written: 'He will command his angels concerning you, and they will lift you up in their hands, so that you will not strike your foot against a stone."

Jesus answered him, "It is also written: 'do not put the Lord your God to the test.' **(Matt. 4:3-7)**
Jesus dealt with these thoughts by speaking the Word of God to them. This is the same way we should deal with any thought that is wrong.
A friend of mine, who is a physician, was telling me one of the ways he treats patients who have problems with their thoughts. He gives them the first three words of this verse: "Casting down imaginations..." (2 Cor. 10:5). We cast down imaginations by speaking the Word of God to them.

"Having a positive mental attitude is asking how something can be done rather than saying it can't be done." "It's better to be an optimist who is sometimes wrong than a pessimist who is always right." It starts with just a thought or a feeling. Or maybe with a sentence spoken by someone else. And then it starts to drag you down.

Into feeling sorry for yourself, worried or into thinking "what's the point of taking any action at all?" as you walk around in a funk with your own personal rain cloud above your head. Negativity that wells up inside of you or in the world around you can quickly become toxic and hold you back from living the life you want.

So in this chapter I want to share with you twelve tips and habits that have helped me – and still help me – to prevent and to overcome my own negative thoughts but also the negativity that's sometimes around me.

BELOW ARE FEW KEY WAYS YOU CAN TAKE BACK YOUR LIFE FROM THE EVIL MINDS

1. HONEST COMMUNICATION. Thoughts are not supposed to be *got rid of*, even if they are negative. It is important that you embrace all of your thoughts and emotions in a healthy and natural way. This requires proper communication with others. Sometimes you just have to get it all off your chest!

There is never a need to blow your lid off. Simmer down and communicate well, with an open and honest approach. Try to question the root of your negative thoughts, and always consider whether your own perceptions are at least a little at fault.

2. FLIP THE THOUGHT. Over time, your brain learns how to behave, and thoughts and feelings become like an inbuilt reaction. On a neurologi cal level, this is exactly what is happening. When you think negatively about something, be it yourself, another person, or a certain situation, you reinforce a certain pathway in your brain.

It is possible, with effort and inspiration, to consciously rewire your brain, and lead your mind gently away from bad thoughts. A clever technique for this is to "*flip your thought.*" It is futile, and unhealthy, to try to pretend that a bad thought never occurred. Instead you should aim to recognize it, and then lead yourself down a more positive trail of thought soon after.

For example, if you have a bad thought about another person, you can make yourself think of something nice about them. Ask yourself, "*what do I like about this person*?" You will have to force it at first, but your positivity will eventually so lidify. You can do this for any negative thought.

3. USING AFFIRMATIONS AND POSITIVE LANGUAGE. The barriers of the conscious mind, which contain all of your learnt negativity, can be bypassed using affirmations, which breach the subconscious and deliver inspiring and positive messages.

You can create and repeat positive messages to yourself. Feel free to craft your own to suit your exact situation. It may seem daft if you have never tried it before, but it works, of that you can be sure. Repeat it to yourself in the morning and last thing at night, until you feel it settle in and replace your negative thoughts.

4. STAYING IN THE MOMENT: THE PERPETUAL LOOP OF POSITIVITY. A negative mind can prevent you from living in the present. If you attach yourself to your bad thoughts, then you will soon drift off into a daydream of negativity. The trick is to acknowledge the thought, and let it drift on by. In order that bad thought does not consume you, it can be dealt with in a healthy way using the techniques mentioned:

honest communication, control over your trail of thought, and affirmations.

When you have a certain amount of control over your mind, you will have a much easier time living in the present. When you are living in the present your life will likely feel much happier, fuller, and more peaceful, and so the positive loop perpetuates.
There are several ways in which you can learn to become fully present. Ancient techniques such as meditation have been gaining continuous scientific validation, and today people all across the world are applying it, and seeing miraculous benefits. With meditation, you can gain further control of your mind, and live a more focused, positive life.

Meditation is a practice, and like any practice, you must put in the time and energy to learn how to do it, and to truly feel the results. You would not play the piano and instantly expect to learn Mozart, so be patient with yourself, and know that you will see positive change in time.

Anyone can partake in meditation, regardless of your faith, or your life situation. All it requires is your own focus. You can adapt at as you please, and with experience you will no longer need it as a template.
Meditation is a great tool for freeing yourself from negative thought, by staying in the present moment. Regular meditation tends to lead to improvements in all areas of life, including your mind and your happiness. By dealing with your negative thoughts, and staying present in the moment, you can take control of your mind.

ANOTHER POWERFUL STEP TO TAKE BACK AND CONTROL YOUR LIFE AWESOMELY

1. WHEN YOU'RE IN WHAT SEEMS LIKE A NEGATIVE SITUATION, FIND WHAT'S GOOD. If you've had a setback, stumbled or failed then things might look bleak and so negative thoughts may start to crop up and threaten to fill your view of this situation.

To counteract that ask yourself better questions. Questions that will help you to feel better but also to learn so you can grow. Questions like:

- What's one good thing about this situation?
- What's one thing I can do differently the next time to likely have a better outcome?
- What's one thing I can learn from this?
- How would my best friend support and help me in this situation?

2. REMINDER: PEOPLE DON'T CARE THAT MUCH ABOUT WHAT YOU SAY OR DO. It's easy to fall into negative thoughts when you think about what people may say or think if you do or do not do something. And so you zap your personal power and may trap yourself in analysis paralysis.
Getting stuck in your head and in thoughts like that will drag you further away from what you want and from reality.
Because the truth is that people don't have that much time, attention or energy to think or talk about what you do.

They have their hands and minds full with their kids, jobs, pets, hobbies and their own fears and worries (like for example what people may think of them). This realization and reminder can help

you to set yourself free from the constraints you may create in your own mind and help you to start taking small – or bigger steps – towards what you deep down want in your life.

3. QUESTION THE THOUGHT. One thing I like to do when a negative thought taps me on the shoulder and tries to start growing in my mind is to simply to question that thought.

I ask myself: Should I take you seriously? This most often leads me to say: well, no, I honestly shouldn't. Because at that moment in time I'm tired. Or hungry. Or overworked and so negativity can try to cloud my mind. Or I am getting too focused on one small mistake or one bad day. Instead of focusing on the other 95% of my life that tends to be positive.

Sometimes this question helps me to see that just because I did one small thing wrong doesn't mean that I did poorly overall. Or that this one negative thing doesn't mean that things will get worse and stay like that for a long time. Not if I chose optimism and to take small steps forward. Basically, this question gives me a reality check and grounds me to a level-headed perspective again.

4. REPLACE THE NEGATIVITY IN YOUR SURROUNDINGS. What you let into your mind in your everyday life will have big effect on you. So start questioning what you allow in.

Ask yourself: What are the top 3 sources of negativity in my life? It could be people, websites, magazines, podcasts, music and so on.

Then ask yourself: What can I do to spend less time with these 3 sources this week? If you can't find ways to do that right now for all three of

them then take a smaller step and focus on doing that with just one of these sources.

Then spend the time you've freed up this week on more positive sources and people that are already in your life or that you want to explore and perhaps make a new part of it.

5. STOP MAKING MOUNTAINS OUT OF MOLEHILLS. To stop a small negative thought from becoming a big monster in your mind confronts it early. You can do that by for example using tip #3 in this section.

Or you can zoom out. Do that by asking yourself a question like: Will this matter in 5 years? Or even 5 weeks? This answer is likely in most cases that it won't and that you were only starting to make a mountain out of a molehill (or out of plain air).

6. LET IT OUT AND TALK IT OVER. Keeping negative thoughts that are starting to cloud your whole mind bottled up won't help. So let them out. Talk the situation or your thoughts over with someone close to you. Just venting for a few minutes can often help you to see the situation in new light.

Or if not then a conversation about it where the two of you find a more useful perspective and perhaps the start of an action-plan can be both relieving and recharging.

7. LIVE IN AND COME BACK TO THIS MOMENT. When you're tapping into negative thinking then you're often thinking about something that happened. Or something that may happen. Or both, all jumbled up as your mood and thoughts sink. To snap out of that put your attention fully

into this moment instead. Into what's here right now.

Start making it a habit to spend more of your time in the present moment and you'll, in my experience, naturally have less negative thoughts and be more open and constructive. A couple of ways to bring yourself back to being mindful and this moment are:

A: FOCUS ONLY ON YOUR BREATHING. Take a 1-2 minute pause right now and take a little deeper breaths than you usually do. Make sure you're breathing with your stomach and through your nose. During this time focus only on the air going in and out and nothing else.
B: TAKE IN THE WORLD AROUND YOU. Take a 1-2 minute break, get out of your head and put your attention on what's around you right now. Nothing else. Just focus on the people walking by outside your window, the muffled words and noises from the street, the smells around you and the sun shining in and warming your skin.
8. GO FOR A SHORT WORKOUT. I find that when I'm having trouble with thinking myself out of negativity then it often works well to change my headspace by using my body. So I go for a 20-30 minute workout and lift some free weights. This helps me to release inner tension and worries. And it makes my mind focused and constructive once again.

9. DON'T LET THE VAGUE FEARS DRAG YOU DOWN. One common mistake people make when it comes to fears – and that I've made many times – is to become scared and run away from them instead of taking a closer look. It's of course natural to feel that impulse and to want to avoid it but when fears are vague they can become so much scarier than they need too.

So what can you do? One thing that has helped me is this question: Realistically, what's the worst that could happen in this situation? When you start to ground a fear like that and begin to look at it with your feet firmly planted on the ground then you most often realize that the worst that could happen isn't really that bad.

It's often something you can make a plan to come back from it were to happen. And you can also probably start listing and taking action on a few things that will reduce the likelihood of this worst case scenario happening. By doing this you gain clarity about the situation and what you can do about it and so the fear does tend to become quite a bit smaller.

10. BRING POSITIVITY INTO SOMEONE ELSE'S LIFE. If you get stuck in negative thoughts or victim thinking then one of the simplest ways to get out of your own head and the thoughts bouncing around in there is to focus outwards and on someone else. By adding positivity to his or her life in some way you too can start to feel better and more optimistic again.

A FEW OUTSTANDING WAYS TO ADD POSITIVITY TO SOMEONE'S LIFE IS TO:

- **Be kind.** Give him a genuine compliment, hold up the door or let him into your lane while driving your car.
- **Help out.** Give her some good advice that have helped you or help out with moving houses or planning and preparing for the party next weekend.
- **Just be there.** Listen for a few minutes in a focused way as he vents. Or talk his difficult situation over to help him to start finding his way out of it.

11. BE GRATEFUL FOR A FEW OF THE THINGS YOU MAY OFTEN TAKE FOR GRANTED. When

we get negative it's easy to forget the positive things in life. Especially the ones that are just a normal part of life that we may take for granted a bit too often.
A few such things that I like to put my attention on and feel grateful for during such negative times are:

- Three steady meals a day.
- A roof over my head during the cold nights and the rainy and windy days.
- As much clean water as I want.
- Kind and helpful family and friends.

12. START TOMORROW IN A WAY THAT SETS A POSITIVE TONE FOR YOUR DAY. How you start your day often sets the tone for it. A pessimistic or negative start makes it hard to turn things around. But a positive start makes it a lot easier to just keep going with that emotion and the optimistic way of thinking until it is bedtime again.

A COUPLE OF SIMPLE WAYS TO GET YOUR DAY OFF TO A POSITIVE NOTE WHICH INCLUDES

A SIMPLE REMINDER THAT YOU SEE RIGHT AFTER YOU WAKE UP. It could be one or a couple of quotes that inspire you. Or may be the goal or dream that you're most passionate about right now. Write it down on a piece of paper and place it on your bedside table or on the fridge. Or type it in as a part of the lock screen on your smart phone.
GET SOME POSITIVE INFORMATION OR CONVERSATION FLOWING INTO YOUR MIND. Listen to a podcast, read a new blog post or a chapter in a book that motivates you or makes you laugh. Or have a fun or uplifting conversation with your partner, kids or a co-worker.

10 WAYS TO REMOVE NEGATIVE THOUGHTS FROM YOUR MIND

It isn't that you have a mind full of over-eager negative thoughts. Our mind is always on red alert to speak with a negative voice. Next time you will be prepared. Check out these 10 go-to strategies to send negative thoughts on their merry way.

1. READ IT OUT. There has been a trend for celebrities to read their negative social media tweets out loud, and when you see that you realize how absurd and ridiculous they truly are. Try it out with the negative voice inside your head. Call up a friend, share your negative thoughts with them, and then laugh at how ridiculous the mind can be.

2. TELL A JOKE OR FUNNY STORY. Laughter always moves you to a better mindset. Smile, tell a joke, or remember a funny story. Laughing at yourself can never be a bad thing either!

3. SPEAK BACK. The negative thought likes to be in charge. When it wants to take over, do what I do – mentally say to it: "Thanks for sharing," and get on with your day. There is no point fighting with it as it will get louder. Just speak back to it and move on!

4. BREATHE. Calm your thoughts by taking three deep breaths. Stop what you are doing, get your feet connected with the ground, and breathe deeply. Don't rush them, breath in and out, and plan your next move.

5. SET A TIME-LIMIT. Hanging out with your negative thoughts won't make them go away. Tell yourself that you will allow those thoughts for no more than one minute and then they are no longer welcome. For added incentive, set a

timer on your smartphone. Once it goes off don't allow any negative thoughts back in.

6. WORK OUT. Exercise will alleviate your mood and the recent surge in group fitness mind/body classes highlights that. Smart workout enthusiasts have been doing this for years by taking the revolutionary mind body workout, intenSati, where you train your mind to speak positive thoughts and use the intentions from class in your everyday life. One favorite statement used out loud in class goes like this, "All negative thoughts stop right now!"

7. CHANGE YOUR ENVIRONMENT. A change of scenery, even walking out of the room you are in, can move the mind to new thought patterns. Stand up and walk away from the situation and find something new to focus on. You may look at folding the laundry in a whole new, and more positive light.

8. WRITE IT DOWN. Get those thoughts out of your head. Set a timer for 5 to 10 minutes and write down all your worries. Once you have done this, crumple up the piece of paper, rip it up, and throw out that list. Get it off your chest and move on.

9. DESIGN A GO-TO STATEMENT. Prepare yourself with a positive statement to say to yourself when a negative thought appears. For example, "Yes I can, I can do it, I am in the process of figuring it out." Find one that speaks to you and have it on hand to ward off the negative voice.

10. USE A GO-TO MANNERISM. Have fun with this one. When a negative thought appears, have a reaction with a fun or silly action. Poke your tongue out, slap your wrist, or just smile. Find

a bodily response that will get you out of your head and focus back to the present.

There you have it – ten ways to make negative thoughts leave your mind. I hope you can put some of these into your daily practice. The mind might be a powerful thing but it isn't always worth listening to!

CAN'T HELP PROCRASTINATING? Analyze your procrastination problem easily with this free assessment. You will find out why you've been procrastinating and how to overcome it.

CHAPTER 4: PRATICAL WAYS TO IDENTIFY EVIL MINDS

Evil can be defined, but it's hard to pin down. Simply put: an evil person is someone who en gages in malevolent behaviors. Some argue that they're immoral, sick, depraved, or wicked, but those words are hard to define. Immorality to one is normalcy to another.

But when you meet an evil person, no amount of questioning definitions will change your mind. The truth is, you will know it when you see it.

Evil people come from all sorts of places, often ones you wouldn't expect. We find them at our schools, at our churches and places of worship, in the homes of our friends; everywhere we look.

THE WARNING SIGNS OF AN EVIL PERSON WITH EVIL MIND AND EVIL AGENDA

Spot these characteristics in someone and you can be sure that whatever good is left in them, they will use it against you. There is only one solution for the evil people in our lives.

1. THEY ENJOY THE MISFORTUNE OF OTHERS. The malevolent ways of evil people often leave them so twisted and turned around on the inside that they feel good when they see misfortunate. It might be a disaster on the news or a dramatic situation in front of them. They seem to delight in misfortune, to relish the bad feelings of other people.

All the times that an evil person has been hurt in their life falls away when bad things happen to other people. The real danger here is that they could create bad situations for you and others in their life in order to be able to enjoy the misfortunate that they create.

It is important to recognize who they are before terrible things happen to you and the people they love. If horrible things happening are all that can help them feel better, you can't salvage or save them.

2. THEY HAVE CONTROL ISSUES. Evil people have this in common: they're controlling. But it's not all about controlling you. They often feel downright uncomfortable and powerless if they aren't in control of every aspect of their lives. Malevolent people are often so cruel to the world and to the people around them that they can't entrust any part of their lives to another person. Because of this obsession, they can come off as polite, concise, and punctual. But when you let them get closer, they start controlling your life too, making you just like them.

Defying the wishes of an evil person doesn't always result in outright evil actions back to you. It may feel subtle. Not a slap to the face but a kick to the heart. The goal of the evil person is to control the way you feel on the inside, not how you feel on the outside.

3. THEY ARE HABITUALLY DISHONEST. Let's be real. Everyone lies. We all do it. Some are little lies; others are big, big lies. But while everyone lies, not everyone is a liar. A liar is a real special breed. They lie pathologically, constantly, and sometimes without even realizing it. An *evil* liar will often lie so much that their lies are what form their reality. In living a life of lies, their own minds become prisoners to their own evil behaviors.

Some evil people only lie a little bit, maybe stretching the truth to make themselves seem stronger, smarter, or better. Some evil people lie about you and others. But one thing is for sure: they are liars. The lies serve as a tool to manipulate a reality that doesn't serve them the way they'd like. When caught in a lie, they will proba-

bly try to gaslight you. Make you question reality as it is and make you continue to look to them as a source of strength when all they really are are liars.

4. YOU FEEL STRANGE AROUND THEM. It's been pretty well-demonstrated that each of our bodies emits an energy field. Why that is, we're not totally clear on. It could serve as an intuitive defense system. But in the same way that if you eat bad food, it shows on your skin; if you're evil on the inside, it shows up in your energy field.

This might be why evil people give you a creepy feeling without them having actually done anything evil to you at all. Who they are on the inside can be picked up in their subtle energy field by your energy field.

Often times, one of the surest signs a person is evil is that you just don't feel right around them. You get creepy feelings and can't quite put your finger on it.

You might sound crazy to people listening to you talk about it, but don't deny the way the evil people in our world make you feel. Trust your gut and don't worry about it steering you wrong. If you get the wrong sense about someone, apologize. But better safe than sorry.

5. THEY MISLEAD YOU. Controlling reality is what gives an evil person most of their power. In doing so, they're able to make it conform to their petty wants and desires. This is why evil people have a tell: they mislead you into thinking one way or another about them, about the people in your life already, and about yourself.

This misleading can come in many different forms, like misquoting, lying, or stretching the truth and twisting the facts. The end result is a world of their creation and a world that you have trouble understanding or believing in. This is one way to spot an evil person, especially a sly

one: look for ways they mislead others. If you see it, go the other direction right away.

6. THEY LACK REMORSE. Let's cover what we've talked about so far: Evil people are controlling. They're liars. They delight in misfortune. They make you feel weird on the inside. You know the worst part about it all? They aren't ever sorry for the things they do and the way they make you feel. Evil people truly have no remorse.

If you press them on the fact that they're unapologetic for their malevolent behavior, they'll deflect, push it off onto you, and gaslight you into thinking the reality you know to be true isn't actually true. In reality, all they want to do is maintain their current quality of life by controlling you, and an apology would indicate fallibility.

The evil ones in our world want you to see perfection to keep you wrapped around their fingers. Admission of fault would shatter that image they've carefully cultivated.

7. THEY ARE CRUEL. So far, we've talked about evil people and the subtle ways they express their inner malevolent desires. Not all evil people like to be sly about it. Some choose to be outward with it. And one way they do so is through cruelty.

This can come in the form of getting into fights, hurting their loved ones — their spouses, their children, their friends, or even hurting animals. Evil people are often victims of the prisons they've built for themselves, which is why they take so much joy out of misfortune and pain.

It dulls the pain they each have inside of their hearts. But that doesn't mean you justify it or stick by evil people. If you're with someone who expresses themselves in such cruel ways, find ways to get away as soon as you can. One day,

they may push their cruelty too far and really do some serious damage.

8. THEY LACK RESPONSIBILITY. An evil person has no sort of a moral compass. They'll do as they please and will never feel responsible for the pain they have caused to others. If they sense any sort of blame coming their way, they'll start redirecting it immediately. They love to shift the blame to others and have no understanding of what an apology is. They think apologizing is for the weak. They'd much rather make you apologize for THEIR mistakes.

9. THEIR FRIENDS AND FAMILY WARN YOU. A lot of the time one of the first signs that a person is truly evil is if their "friends" and family issue you warnings. They might talk about an ex-boyfriend or girlfriend who ran from them. They might casually dismiss the problems with previous relationships and make excuses for the evil person in their lives.

This is a sort of manipulation, but it can also be seen as a warning sign of impending disaster. In a sense, these people are telling you that something is wrong and that it's your responsibility to do something about it. Other times, the people in their lives will outright tell you that the evil person is not healthy and that you should avoid them at all costs.

In either case, don't ignore the signs of a truly evil person, especially when people who suppos edly love them are tipping you off about it.

10. THEY ARE BAD FRIENDS. If an evil person comes to your assistance, know that they are doing it for a purpose. In other cases, they will only be there when things are going well for you. Once things start to go sour, they're nowhere to be found.

11. THEY ARE RACIST, SEXIST, HOMOPHOBIC, OR ARE BIGOTS. Evil thrives when the good are

divided. This has made some of the evilest people in the world — from Hitler to Stalin to Osama bin Laden — so wildly successful. They've taken the petty differences between people and used it to sow larger and larger rifts that end up in disaster.

Often, they use bigotry, homophobia, sexism, racism, and fascism, in general, to keep good people apart, and to breed more evil people in the world. We won't mince words here: white supremacists are evil. Racists are evil. Homophobes/transphobes are evil. And bigots, while not every time, are evil quite often. Be conscious of these types of people. Some are only misled, but many are outright malevolent.

12. THEY MANIPULATE. Evil people are just as capable of showing kindness as any malevolent behavior, but what truly sets them apart is the price that comes with their kindness. Often times, evil people will be kind to you only to get something they need from you later, be it money, sex, subservience, or worse.

Make it clear if they try to manipulate you based on their past kindness that kindness doesn't come with a price tag. You don't need any motivation or incentivization to do the right thing and to be kind to one another. Truly kind people are kind without the expectation of getting anything in return.

13. THEY BELITTLE YOU. One of the worst manipulations of an evil person is emotional manipulation. Usually, this comes in the form of being belittled.

Belittling comes in a lot of different forms too. It can be playing the victim when you haven't done anything wrong. Ridiculing your appearance, your body, your interests, your hopes, your hobbies, your goals, your friends, your house, your

dreams — anything really can be belittled in the eyes of an evil person.

Don't let malevolent people change your opinion of yourself and the decisions you've made. Simply say, "I'm sorry you aren't happy with that part of my life, but it is important to me." And that's that.

14. THEY CONFUSE AND CONFLICT. In the same way that evil people use the aforementioned tactics to split up good people, they'll utilize chaos, confusion, and conflict to their benefit. The more scattered, scared, and unsure you are the more power they're going to have over you. You can fight back against this by being level-headed and secure in yourself, even when you don't fully understand what's going on in your life and your world.

Often times, evil people are the ones who are putting all that confusion and conflict into your life in the first place. Don't fall into their trap. No matter what's happening, keep a cool demeanor. Use a level-headed approach to handling conflict and confusion in your life.

15. THEY LEAD DOUBLE LIVES. Malevolent people will never reveal their true lives to you. Saying they lead double lives is a huge understatement. They lead *hundreds* of lives. They are whoever they need to be to get what they want. They are a different person to everyone. They have a well-devised history and image they are trying to portray. The only common thing about all of them is that no one truly knows who they are.

16. THEY DON'T HAVE BOUNDARIES. Evil people are persistent, gregarious, intense, clingy, and fake. In a lot of ways, they're like boomerangs. No matter how hard you throw them out of your life, they always wind up circling back around to you.

But only if you let them. You see, an evil person will try and manipulate you into opening the door and letting them back in. But there are dire consequences to doing this, and a malevolent person will gladly take off their jacket, kick off their shoes, and park themselves in front of the TV if you let them back in (so to speak).

One thing is certain: no matter what, when you kick an evil person out of your life, they'll always try to work their way back in. It's inevitable, but it can be prevented. No matter how persistent, gregarious, intense, clingy, and fake an evil person is, they can always always always be booted from your life for good.

They'll use every tool at their disposal to force you to let them stay. They'll manipulate, they'll lie, they'll pretend to be nice, they'll attack and belittle, they'll mislead and control. But one thing is for sure" when you've made the call to give them the boot from your space, your circle, and your life, you can never go back on it. They'll try to get you to change your mind, but the only way to liberate yourself from them is to leave them behind.

An evil person can change, but they can only do it on their own. And you can't force them to change. They can only change when their hearts are open, they're ready to atone for what they've done, and they're ready to work hard at reforming their malevolent ways.

THE EVIL PEOPLE AND THEIR HIDDEN SIGNS YOU MUST KNOW

While we like to think that we know what evil is, true evil is much more intelligent and will often seem like it is not there. People are essentially good – whatever they turn out to be, there will always be some good in them.

And no matter how much we wish to see the good in everyone, there are those who will be

ready to use whatever good is left in them for a sinister purpose. These people are genuinely evil, and this is something they enjoy.

They are ready to walk over corpses with no remorse, and they do not pick favorites. If you get in their path, be ready to be used, manipulated, and thrown away like trash without any second thoughts.

The worst is our nature to try and see the good in everyone can often make us blind to the evil that permeates from them. So, how to be sure that a person is worth having around? What does it really mean to be evil?

These 12 warning signs will tell you if a person is evil. Spot them in someone, and you can be sure that whatever good is left in them, they will use for their ends and if necessary, they will use that good against you.

1. DENYING REALITY. The truth you know it to be as such is not something they will agree upon. These people know a different truth, and they will never agree with the reality that really is. And this is not a difference of subtle differences – this is facts versus their twisted ideals and interpretations.

2. TWISTING FACTS. The secret of their trade lies in their ability to twist any fact that they come across. That is, any fact that does not agree with their goals and the manipulative reality they are trying to impose. They are ready to take things out of context, glue them to other things taken out of context until they create 'alternative' facts that align with their purpose.

3. WITHHOLDING INFORMATION. If they believe that something will compromise the identity they are trying to create; they are ready to

withhold any relevant information about that. "I didn't lie! Not saying anything about it isn't lying."

Of course, lying or not, they keep this information from the others and use their ignorance of the situation to their ends. And if you find out? Not only will they twist the truth and spice things up, but they will even make you feel guilty of not trusting them.

4. MISLEADING PEOPLE. If they find it suitable, they will use some truth to twist it in such a misleading way that you will feel afraid, vulnerable, attacked, hated, or incompetent. They know how to pick the right words to evoke any emotion they intend to create in you.

In the end, you will start believing in the information the way they presented it. They can cre ate enemies in your mind using simple words; they can make you feel like you are doing everything wrong – words are their weapon, and they know how to handle it nicely.

5. LYING CONSTANTLY. Their form of 'sincerity' is one wrapped up in silver-tongued lies. Lying is their way of expressing themselves. They cannot construct a thought in their head without thinking of how something juicy could also be included too.

They lie to gain something out of it, and they lie for the pleasure of fooling those around them. And each time you catch them in a lie, they will tell you a dozen more to cover it up. They will 'sincerely' explain to you why they were forced to lie about it, and you might even start feeling sorry for them.

6. REMORSELESSNESS. These people will not feel sorry for anyone they have destroyed, are

destroying, or plan to destroy. They see people as pawns in their game, and they consider the best people to be the best pawns. If they spot the good in you, they will use that good to work for them, and they will treat you like garbage in the process.

They do not feel sorry for good people, and they see an opportunity in every weakness they expose. It is because they simply enjoy other people's pain and they do not see a reason why those people should not experience such pain.

7. AVOIDING RESPONSIBILITY. Evil people do not have a moral compass. They do as they please and they will never feel responsible for the pain they have caused. If they sense that some sort of blame is going to hit them, they start redirecting it even before it gets to them.

They toss their blame onto others, and they do not know the meaning of an apology. They find apologizing to be a virtue of the weak, and they know how to get an apology from anyone they have harmed. In the end, you apologize for their mistakes. Isn't that convenient?

8. MANIPULATING. They are masters of manipulation. They know how to plan ten steps ahead and they always know the purpose of their manipulation.

If they want to, they will make you feel stupid, they will make you do the things they are not competent at doing, and they know how to take all the credit afterward, leaving you feeling that you were not competent enough to do what you did (although you already did it well).

9. FAIR-WEATHER FRIENDS. If such person comes to your aid, know that they have done it for a purpose which involves them in the end.

In other cases, they will be around when things go well, and they will disappear when things go sour.

You should not expect support from these people. If you get support, know that you are being played and that you will end up being the pawn in their well-devised game. They do not see a reason why they should be there for you if there is nothing in it for them.

10. STEALING YOUR TIME. If they know that you have some kind of deadline or other important events with close people and family, they will subtly get under your skin and make you lose track of time. They do not want you to be better than them in any way, so do not expect to be good when they are around to ruin that expectation.

They exactly know when to show up and mess up your plans. In the end, they will even put on a concerned face and watch you lose your mind as things start spiraling down. Time is a very important asset, and they are well aware of it.

11. LEADING DOUBLE LIVES. These people will never reveal their true lives to you. And saying that they lead double lives is an underestimated expression when they come into question. They lead a hundred lives – each life more different than the rest.

They are different with every person, and they have a well-devised history to tell that would accompany the image they are trying to portray. The common thing about all of them is that nobody really knows their true essence or past.

12. CONTROL FREAKS. Of course, to hold everything together they have to be in complete control over the situation. They will easily get pos-

sessive and controlling if they see that someone else is trying to earn your trust and be a genuine friend.

The control they have over others is how they can feed off them. If they lose this control, they lose their precious pawns. It is very simple, really. And it all becomes very evident once they start losing the control.

Everybody can possess one or some of these characteristics. However, put them together, and you are dealing with someone who is truly evil. Do not expect from them to change for you, as you mean nothing to them.

And if you love yourself enough, you should definitely break free from their control and manipulation and go on living your life surrounded by genuine and sincere people. Nobody is perfect, and if someone is trying to look perfect, they have something they are hiding beneath.

Be more aware of whom you are surrounded with, and always love yourself enough to let go of toxic and evil people.

CHAPTER 5: WARFARE PRAYERS AGAINST EVIL MINDS

God has given us a book of prayers in the Bible. The book of Psalms has prayers for every imag inable circumstance of life. We know that these prayers are pleasing to God because they are Scripture; they were breathed out by the Holy Spirit through the experiences of David and the other writers of these psalms.

When we feel that we need to grow in this holy art of prayer, the book of Psalms is the place to go. Today, as we come to Psalm 10, two things are very striking about this prayer: First, the wicked seem to be winning. Second, God seems to be far away.

Do you see the tension here? The wicked person cannot quite convince himself that there is no God. Christ Ohams describes this as the "inner dialogue" of a wicked person.

He keeps telling himself that there is no God. But no matter how often he does this, he can't quite escape the sense of a divine being. So he resorts to an alternative argument.

This is what lawyers do in the courtroom when they're failing. They resort to another argument: "He says in his heart, 'God has forgotten, he has hidden his face, he will never see it'" (Psalm 10:11).

Take encouragement from this, Christian, when you are praying for people who are defiant towards God. There is an inner dialogue in the soul of the wicked. The Bible says that there's no peace for the wicked. And this is why: There is a hidden battle going on inside over God.

"What if there really is a God?" Most of the time, the wicked manage to suppress this disturbing thought (Romans 1:18). But the wicked

can never really escape this question, and here's why...

Since the wicked are made in the image of God, and since they live in a world that was created by God, this is not easy to do. It takes a constant effort of mind and heart, because evidences of God keep springing up.

He has to keep saying "There is no God" to himself, because his heart within him and the world around him keep suggesting otherwise. So, here is a five-point profile of a wicked person: Proud, foul-mouthed, greedy, violent, and godless.

Whenever you see any traces of these things in your own heart, deal with them decisively. If these are the things that characterize the wicked, I do not want even a trace of them to be found in me.

How do you deal with it? First, confess it to God. Renounce it completely. Ask for the cleansing power of the blood of Jesus to be applied to this pride, this cursing (in the heart or in the mouth), this violence, or this godlessness. Don't mess with it. It's deadly poison. If it takes root, it has the power to destroy you.

WICKEDNESS AND ANOTHER GENERATION OF HYPOCRISY

Wickedness is not a new phenomenon, it only takes new forms. In one generation, wickedness is clothed in hypocrisy, in another generation wickedness is clothed in defiance. Once you see this, it will help you in praying through the issues of our day.

For many years it has been said that about a third of all Americans regularly attend a place of worship. That number today is 17%. 17% attend church at least once a month. That means 83%, the vast majority, are now outside the church. Everything seems to be changing around the nation. And in one sense it is.

But at another deeper level, it's exactly the same. In the last generation, more people were resisting God while sitting in a church. Today more people are resisting God, without ever bothering to show up in church.

John Calvin points out that when wickedness "breaks out like a flood" in a nation, the big temptation for believers is that we are shaken in our faith and that we fall into despair:

It tends greatly to lighten grief, to consider that nothing befalls us at this day which the Church of God has not experienced in days of old... We are just called to engage in the same conflicts with which David and the other holy patriarchs were exercised. i

If we take the Bible seriously, as opposed to being naïve moralists, there will be times when the wicked seem to be winning. Let's not be naïve about evil, sin, and its power.

As Christians who have signed our statement of faith, we say we believe that men and women are born sinners, hostile to God, and dead in trespasses and sins. Do you believe that the default position of the human heart is antagonism toward God?

If so, why are we surprised when sinners want to sin? Sinners will always want to sin and they will constantly find new ways of sinning. This is the world in which we live, the world in which we suffer, and the world in which we bear witness.

Christians who understand this world learn to pray. The more we understand the nature of this world, the more we will not only pray, but we will long for the new heaven and the new earth, the home of righteousness, where sin will be no more.

THE WICKED ARE ALWAYS THERE, PRAY WHEN GOD SEEMS TO BE FAR AWAY. It's hard enough to pray when the wicked seem to be winning. But how in the world are you going to pray

when God seems far away? We have all known this experience, and I find it helpful to know that King David knew about this too.

What is even better is that the Holy Spirit was present and active in David, even when he felt that God was far away. This prayer is Scripture, and that means it was breathed out by the Holy Spirit through David. So David was praying in the Spirit when he felt that God was far away!

Here's an encouragement for every believer: God is with you and active in you by his Holy Spirit even when you feel that he is far away. So pray when the wicked seem to be winning and pray when God seems far away.

STOP THINKING LIKE THE WICKED. There's a fascinating turn in this psalm, almost as if thinking about the wicked awakens David to a renewed faith in God. David prays: "Why, O Lord, do you stand afar off? Why do you hide yourself?" God, you seem so far way, so remote, so uninvolved. You don't seem to do anything!

At some point in the psalm it seems to dawn on David: "That's what the wicked believe!" David says: "Why do you hide yourself in times of trouble" (Psalm 10:1)? The wicked say: "He has hidden his face, he will never see it" (10:11). I'm discrediting God. That's what the wicked do!

It's as if David says to himself, "Wait a minute... I'm saying the same thing as the wicked!" Something happens to David in the course of this prayer, and it happens to him as he is praying. He finds help. Strength and faith come to him as he prays.

The turning point of the psalm is when David wakens up to what is happening in his own soul: "The wicked discount God. That's what I have been doing and that's why I have become so discouraged!

DEALING WITH EVIL MINDS AND UNFRIENDLY FRIENDS

Unfriendly friend is one that pretends to be your friend but is actually an enemy in disguise having evil thoughts within his mind. Proverbs 27:6. The Bible clearly teaches us that in the latter days, which is now, the ministry of unfriendly friends will explode. Luke 21:16. But by their fruits you shall know them the Bible also cautions.

WHO ARE THE UNFRIENDLY FRIEND AND EVIL MINDS?

1. An unfriendly friend is a backbiter, men and women who bites and gossip you from behind but smiles at you face, even celebrate with you when seems to.

2. An unfriendly friend is a Judas, a traitor, just like he did to Jesus Christ, serves very faithful before His presence and becomes a devil behind Him even at night.

3. An unfriendly friend is a betrayer. This set of friends betrays you as many times as possible and apologizes as many times as possible. Sometimes they blame the devil while very aware of what they are doing to hurt you! Read Luke chapter 21:6.

4. An evil mind or person is an unfriendly! An unfriendly friend is one who is still friends with the world and is dragging you to come and join them for their evil activity. James 4:4 has much to say about this matter.

5. An unfriendly friend is one who joins your enemies unknown to you to dig a pit for you to fall into. They join force with those who hunt after your soul, and can even receive a cent or a din for your betrayal and downfall.

6. An unfriendly friend is one who is ever misjudging you in everything. For example, Job's friends judged him wrongly, believed wrongly, all about Job. Job 16:26.

7. An unfriendly friend is one that rather than cover you and your weakness, exposes you and your nakedness instead.

8. An unfriendly friend is a satanic broadcaster. He or she is a gossip who tells your business to the whole world. Psalm 41:9, Proverbs 15:28.

9. Evil mind, person or an unfriendly friend is one who joins others to conspire and to gang up against you spiritually or physically. Luke 23:12.

10. An unfriendly friend is one that is full of envy of you even unknown to you, but through their action and words you will know them.

11. An unfriendly friend is one who does not wish you well but pretends otherwise. In your presence they are wonderful, but behind you they are wolves among the sheep.

12. An unfriendly friend (evil mind or person) is one that can pollute your anointing and your life if you do not exercise great care when you are with such a being or beings.

13. An unfriendly friend is one that covets everything that you have even when he or she possesses better things than you have.

14. An unfriendly friend is one that always wants you to play second fiddle to him or her. She always wants to surpass you in everything. She or he wants to be head while you remain at the tail.

15. An unfriendly friend is one who is disloyal, disloyal to authority, disloyal to parents, disloyal to friendship, disloyal to everything on humanity and life.

16. An unfriendly friend is one with a secret agenda that is not in your interest or for your

good. They always see you as a trait to their destination and never spoken kinds of you before friends and equals.

17. An unfriendly friend (evil mind / person sheds crocodile tears and sympathizes with you in public but behind you says "Serves her right!" "Good for him!"

18. An unfriendly friend is one that tries to divert you from good things and good opportunities and steer you into unprofitable ones. She closes good doors against you while showing you into bad ones.

19. An evil friend / evil mind, just like the devil, have nothing but an evil agenda for your life even unknown to you.

20. An unfriendly friend is an enemy who pretends to be a friend but actually hates you, hates your destiny, hates your future, hates your blessings and breakthrough. He or she hates everything about you but will never tell it to your face.

21. An unfriendly friend is one that wants to be going up in life while you are going down. She pushes you down the steps, passes you and keeps going higher. She would even go as far as employing diabolical powers to keep you down while she moves up in life.

22. An unfriendly friend is a deceiver and cannot be trusted or relied on. Whether known or unknown to you, he or she is never trustworthy and will never be.

23. An unfriendly friend (evil mind / person) keeps all the good things to him or herself and voluntarily and gladly tells you about unprofitable things.

24. Evil minds are dangerous, evil persons are demonic! In short, an unfriendly friend is an unprofitable friend.

25. An unfriendly friend is one that circulates your name around for evil. They love to see you cry or weep, and cry with you with their crocodile tears in their eyes.

Pray against unprofitable friends and ask the Holy Ghost to expose, separate and keep them away from you. Pray for the restoration of everything that you have lost to unprofitable friendship. Pray against reinforcement and satanic counterattack.

PRAYER SECTION TO DEAL WITH EVIL MINDS AND UNFRIENDLY FRIENDS

A. Thank God for your life and for what He will do through this prayer in your life and destiny.

B. Confess every of your known sins and that of your ancestors, ask for mercy and repent of them all.

C. Finally on this section, give to God quality praise worship

WARFARE PRAYER POINTS AGAINST THE EVIL MINDS AND UNFRIENDLY FRIENDS

1. Power in the blood of Jesus Christ, fire of the Holy Ghost and fire of God deliver me now from these strangers now in the name of Jesus Christ.

2. Oh Lord my God, in your name destroy every battle in my life that is raging out of envy by the evil men and strange minds, scatter them by fire, in the name of Jesus Christ.

3. With fire and thunder of heaven and the blood of Jesus Christ, father close all doorways of demonic invasion into my life with your blood, in the name of Jesus Christ.

4. With the sword of God and the sword of Gideon I cut off all evil legs working about for my sake, in the name of Jesus Christ of Nazareth be cut off by fire, in the name of Jesus Christ.

5. In the name of Jesus Christ of Nazareth I vomit every satanic deposit deposited by the wicked altars in the middle of the night in my life, in the mighty and precious name of Jesus Christ.

6. Oh Lord God of heaven, in your name I decree, every harm done against me using my pictures and other personal effects, receive divine solution now in the name of Jesus Christ.

7. Oh Lord my God, in your name I decree, where ever my name is being called for evil by the evil minds and personalities, Holy Ghost fire answer them with your fire in the name of Jesus Christ.

8. Thou Holy Ghost fire of God arise and destroy every evil hands militating against my success spiritually and physically, wither now and die by fire, in the name of Jesus Christ.

9. Thou blood of Jesus Christ of Nazareth separate from me all unprofitable friends and evil minds and persons, in the name of Jesus Christ.

10. Oh Lord my God arise for my sake, thou Holy Ghost fire, chase away every unfriendly friend in my life spiritually and physically, in the name of Jesus Christ.

11. Oh Lord my God, in your name I come against every power that has dug a pit for me waiting for my destruction, in the name of Jesus fall into your own pit and die in the name of Jesus Christ.

12. Once again in the name of Jesus Christ I cut off every evil leg working about for my sake, right now I cut you off with the sword of Jehovah, in the name of Jesus Christ.

13. Power of the Holy Ghost arise and destroy powers circulating my name for evil spiritually and physically, your time is up, die by fire in the name of Jesus Christ.

14. In the name of Jesus Christ of Nazareth I speak the word of God, you unfriendly friends in

my life, make mistakes that will expose and disgrace you in the mighty name of Jesus Christ.

15. By and with strong hand of the Holy Ghost you spirit of error and mistake dwelling in my inner man, get out of my life now by fire right now in the name of Jesus Christ.

16. Oh Lord my God, in your name I demand of divine wisdom that cannot be deceived for any reason to come into my life now and give me serious utterances when needed in the name of Jesus Christ.

17. Anointing that breaks the yoke, in the name of Jesus Christ of Nazareth fall upon me now and forevermore and breaks every satanic yoke from evil minds against me in the name of Jesus Christ.

18. Thou Holy Spirit of the Living God incubate me with your fire, and protect me from the evil minds and personalities in the name of Jesus Christ.

19. By fire and by thunder I come against every attack of envious enemies, in the name of Jesus Christ of Nazareth I command you to fail woefully in the mighty and most wonderful name of Jesus Christ.

20. In the name of Jesus Christ of Nazareth I decree let the joy of the enemy over my life be turned to sorrow forever and ever in the name of Jesus Christ.

21. Oh Lord in your name I decree authoritatively that I will not go to my enemies for help for any reason at all, in the mighty and precious name of Jesus Christ.

22. Let every problem that has been transferred into my life such as business, health, marriage or finances) through demonic friends lose its hold now, in the name of Jesus.

23. Sword of God with fire, cut off every evil attachment in my life from the evil minds and demonic friends around me in the name of Jesus Christ.

24. Blood of Jesus, (say "blood of Jesus" seven times) separate my life and destiny from every unfriendly friends and demonic altars from the evil minds, in the name of Jesus Christ.

25. Oh Lord my God, I need your cleansing power and authority right now, Holy Ghost fire purge my life spiritually and physically, in the name of Jesus Christ.

26. According to the word of God and I quote, every tree that the Father did not plant in my life I command you be uprooted by fire and be roasted in the name of Jesus Christ.

27. Every conscious and unconscious covenant and soul ties militating against my life break and die, in the name of Jesus Christ.

28. I separate my life from every evil association and every evil gathering by the power in the blood of Jesus 1.Fire of God deliver me now in the name of Jesus

29. I take authority over all curses pronounced against my life by unfriendly friends and I command them to break by the power in the blood of Jesus in the name of Jesus Christ.

30. Holy Spirit of God wipe out from the memory of unfriendly friends every information that I have shared with them that they are now using against me, in the name of Jesus Christ.

31. Oh Lord my God, arise and destroy every evil minds and friends preventing me from moving forward, in the name of Jesus Christ fall down and die by fire in the name of Jesus Christ.

32. In the name of Jesus Christ of Nazareth I fire back every arrow of envious witchcraft and de-

monic manipulations from the evil minds, in the name of Jesus Christ.

33. In the name of Jesus Christ of Nazareth I receive back every property taken from me that is on any evil altar spiritually and physically in the mighty and precious name of Jesus Christ. I separate myself from you and command you to catch fire, in the name of Jesus.

34. Oh Lord my God, arise and destroy every power militating against my life, through the mouth gate of evil minds and people, fall down and die by fire in the name of Jesus Christ.

35. By fire and by thunder of the Holy Ghost I command every evil load transferred into my life by unfriendly friends, I return you back to your owner, in the name of Jesus Christ.

36. In the name of Jesus Christ of Nazareth I fire back every arrow of destruction fired into my life by unfriendly friends and evil personalities, in the name of Jesus Christ.

37. The name of Jesus Christ is a strong tower the righteous run into it and be saved. Oh Lord, in your name I destroy every yoke of unfriendly friend upon my life, in the name of Jesus break by fire, in the name of Jesus Christ.

38. In the name of Jesus Christ of Nazareth I release my prosperity from the hands of unfriendly friends and the evil minds of darkness working tirelessly against my life and destiny spiritually and physically, in the name of Jesus Christ.

39. Oh Lord, every damage done to my life by unfriendly friends and evil minds and personalities, be repaired by the blood of Jesus in the name of Jesus.

40. By fire and thunder I recover back everything that unprofitable friends have stolen from me by

the power in blood of Jesus Christ in the name of Jesus.

41. Thank you Lord for delivering me from the grip of unfriendly friends, evil altars and demonic evil minds in Jesus name.

WARFARE PRAYER AGAINST EVIL HANDS AROUND MY NECK

Hands symbolize power, skill, action, purpose, blessing, expression.

Your hand is an instrument of power-transfer; that is why a true Man of God, someone with a clean hand can lay hands on a person and transfer power and virtue. The hand is a carrier of honor and can transfer blessings to anything you touch. The hand is the key to a person increase and prosperity and can be a symbol of victory in warfare.

Evil hands can cause a lot of damage to your destiny. Evil hands work behind the scene. This means that you cannot see them with your physical eyes. There are many evil hands out there that want to destroy good things in people lives. Evil hands can do a lot of evil in the spiritual as well as in the physical in people's lives if they are left unchecked.

THE EVIL AGENDA OF EVIL MINDS AND HANDS ARE:

1. Steal from you. They subtract and snatch good things away from your life and hand you over to frustration.
2. They transfer evil into your life by planting evil things in your life, including your body, marriage, career, business.
3. They introduce affliction, suffering, pains and even heartache into people's lives and families.
4. Bring and promote problems and troubles into a person's lives and destinies.
5. Manipulate people's destiny with evil and fetish things.

6. Abort your goodness and promotes failure and destruction.
7. Are used to divert destinies by manipulating and cajoling people to where they do not want to go.
8. Bring reproach by soiling good names to evil and dooms.

THE OPERATION OF EVIL MIND AND HANDS ARE AS FOLLOWS

EVIL MINDS, HANDS AND PERSONALITIES OPERATES BY

1. Arresting a person's destiny
2. Scattering good things that a person has worked hard to get
3. Polluting life and destiny
4. Sweeping away good things
5. Putting evil marks on people
6. Preparing coffins and digging graves for people. They program untimely death.

HOW TO DEAL WITH EVIL MINDS, HANDS AND PERSONALITIES

1. Identify the issue afflicting you. Don't think anything is by chance
2. Cut down evil hands militating against God's best for your life, issue judgment on them and the powers behind their evil works. Command them to wither.
3. Pray prayer of restoration to recover all that evil hands have killed, stolen and destroyed in your life.

Job 5:12 says, "He disappoints the devices of the crafty, so that their hands cannot perform their enterprise"

PRAY THESE PRAYER POINTS AS FOLLOWES

1. Oh Lord my God, in your name I reject every evil calendar and time-table of darkness made for my life by the power in the name of Jesus Christ.

2. By fire and by thunder of the Holy Ghost I cut off evil hands militating against God's best for my life and that of my family in the name of Jesus Christ be cut off now forever, in the name of Jesus.
3. In the name of Jesus Christ of Nazareth I destroy every evil hands pushing my head down as I try to lift it up, in the name of Jesus wither by fire, in Jesus name.
4. Thou evil hands of darkness putting back the clock of my life and destiny, I cut you off by fire with the sword of God, in the name of Jesus Christ
5. In the name of Jesus Christ, decree and declare this way, I..... (Put your name) remove my name from the book of those who see good things but do not partake of it, in the name of Jesus.
6. Oh Lord my God, in the name of Jesus Christ reveal every secrets behind all my problems spiritually and physically in the name of Jesus Christ.
7. In the name of Jesus Christ of Nazareth I destroy every evil hand of unrepentant household wickedness upon my life, I decree, catch fire, in the name of Jesus Christ.
8. Every evil personality from the witchcraft kingdom bewitching my life from different covens, in the name of Jesus Christ die by fire in the name of Jesus Christ.
9. Oh Lord my God, in your name I come against every evil inheritance in my body from my father or my mother's house in my life, I reject you now and forevermore, in the name of Jesus Christ.
10. Oh Lord, in your name through the Fire of the Holy Ghost destroy every evil hand tying me down to the same spot spiritually and physically in the name of Jesus Christ.
11. I decree in the name of Jesus Christ of Nazareth that every evil assignment of the

enemy over my life to be terminated by fire and thunder tonight, in the name of Jesus.

12. Every evil hand fashioning evil garment for my life, catch fire and wither, in the name of Jesus.

13. Evil hands of darkness and of evil minds and personality assigned to terminate good things in my life, I cut you off and I set you on fire, in the name of Jesus Christ.

14. Oh Lord my God, in the name of Jesus Christ of Nazareth I come against any evil hand responsible for problems in my life spiritually or physically, die by fire in the name of Jesus Christ.

15. Thou satanic false pregnancy I am into, your time is over now and forevermore. You evil hands behind evil pregnancies in my life and destiny wither now by fire in the name of Jesus Christ.

16. Just as I destroy as many forces as possible, I stand to decree and declare that any power that wants to counter attack, or regroup and reinforce against me as a result of my prayers catch fire and die now and forevermore in the name of Jesus Christ.

17. Father, thank you Lord for answering my prayers in Jesus name.