

# INFINITE POSSIBILITIES INC.

## EMPOWERED!

For The Uncompromising Christian

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### *Live A Toxic Free Lifestyle*



### The Long Awaited Prayer Book

By Author ∞ *Ethlyn O Farrell*

**FREE EVENT**

*Prayers THAT TOUCH HEAVEN & CHANGE EARTH*  
Ethlyn O. Farrell

*Divine Access For A Divine Encounter*

Book Release & Intercessory Event  
HOSTED BY  
Ethlyn O. Farrell  
December 3, 2016  
4:30PM AST  
Living Hope Cathedral

Palms Court Harborview Hotel, Lower Grand Ballroom, 4&5 Gamble Norsidevej, St.Thomas, USVI

### Detox Your Association Michelle Mardenborough

Never before in the history of time has there been such an unprecedented volume of toxins dumped on us through our air, water and food. Today we are exposed to numerous synthetic and industrial chemicals, pollutants, pesticides, additives, and foreign substances. Needless to say, if we are to survive in this environment, we must learn how to off set the damaging effects of the toxins that surround us. There are times when we must detox our bodies internally as well as times when we need to detox from negative people around us. Unfortunately, much of our time is spent with toxic people. Sometimes we can't avoid it but As Christians, we must be radical about our association especially close association. 1 Cor 15:33 states **"Bad association spoils useful habits."** Paul instructed the Church at Corinth to stay clear from negative people he had a good reason. Negative people can actually have a toxic impact on you. The power of negative association is highly underestimated. We all know individuals who are so negative that we

can't wait to get away from them. Science is now revealing that's exactly what we should do; get away and stay away because it can harm the physical structure of your brain. We all have an occasional tough day but there are people whose lifestyle consist of constant bickering and complaining. These people are toxic! The best thing we can do is to pray God's best for them. Negativity has its roots in fear, as Believers we are to walk by faith. Maybe you're unsure if your associations are toxic. Here's a test. When you wake up after a good night's rest measure your energy level from 1-10. If you started your day on 10 begin to assess your interaction with each person you engaged. When you left their presence did your energy level decrease; did you feel uncomfortable with their conversation? Do you feel down, did their words hurt, if so assess your relationship with this person. God wants us to build one another up. Therefore your circle should be with people who have your back and best interest. If they don't it's time for an **association detox!**

## MONEY WITH MARDENBOROUGH

## Control, Alt, Delete to Reboot Your Financial Future

John A. Mardenborough

As the end of calendar year 2016 approaches, it is common to begin to reflect on experiences you've had during the year, things that you could have done differently, lessons learned, and defining a path forward (or at least what you hope to do). Additionally, the highly controversial and disturbing events that occurred during the 2016 presidential campaign that ultimately resulted in the election of President-elect Donald J. Trump, has spurred an increased sense of fear and uncertainty about the future of the United States and more importantly your personal future. **Although the premise of your faith should be built on the foundation of the Word of God** and not in man or any political or social-economic system, it is naturally human for you to feel uncertain about your financial and economic future. It is on this premise that I sense the need to **EMPOWER** you on the principles of taking control of your own financial future, Alt (or alternating/modifying) your thoughts which hinders the potential of your future and deleting all negative and adverse financial influences and roadblocks out of your life.



Like most of your daily decisions, the clothes you wear, how often you check in and post on social media, check email and text messages, your financial choices are all shaped by psychological behavioral neurological factors. Your expectations, experiences and even stress levels can all affect how you manage money. Since these decisions can have a huge impact on your life, it's important to understand and recognize the stumbling blocks. When it comes to making decisions about money, people are susceptible to a heap of psychological and sociological biases that can thwart their best intentions to save. Being aware of these preconceptions can help you avoid many common financial mistakes. It is important to know that there are neurological factors that influence financial behaviors. The neurotransmitter dopamine, which flows through a region of the brain known as the ventral striatum that has multiple links to the limbic system, handles your emotions. Dopamine also reaches the basal ganglia, which play a role in learning and affect the way people process experiences. This interactive chemical dynamic reacts differently in the brain when older and younger people are presented with long and short-term rewards. Understanding this correlation more salient with the "future you" makes you more likely to invest in **Your Future!**

Watch Money with Mardenborough **SATURDAY at 3:30 pm**

THE IMPACTNETWORK

<http://watchimpact.com/>

To begin "The Control, Alt, Delete" process of rebooting your financial future, commit to the following steps:

- ◇ Identify and recognize your bad financial decisions.
- ◇ Describe the patterns of behavior's which led to your decisions.
- ◇ Develop a plan and correct these behavior patterns.
- ◇ Gain the knowledge of what needs to be done to change your financial situation combined with the resolve to actually do it.

Now that you've identified your financial roadblocks and have developed a plan to reboot and move forward, here are a few tips to keep in mind on your path of renewal

### ◇ Take Your Time.

*When making large financial decisions, do not rush.*

### ◇ Do Your Research.

*The bigger the financial commitment, more time and more research are required*

### ◇ Check Yourself.

*Check your motivation, assess your emotional state.*

### ◇ Seek Wise Counsel.

*Talk to someone who has successfully made the same decision*

*Be cautious taking money advice from someone who is drowning in debt.*

### ◇ Look back at your financial decisions and pick them apart.

*Never make the same mistake twice.*

### ◇ Get Educated.

*Learn everything you can about money and how it works.*

*Getting financial knowledge comes in handy on a daily basis.*

### ◇ Ask The Right Questions.

*What will happen if this works out well?*

*Am I prepared for the worst-case scenario if it does happen?*

### ◇ Sweat The Small Stuff.

*Sweating the small stuff means paying attention to the details of your money management*

**Going forward, commit to learn from prior mistakes. The process will get better overtime, building a huge pile of wealth for you and your family. I guarantee it!**

## The Pressure Cooker of Life Is God's Refining Pot

Ethlyn O Farrell

In life, we're faced with different types of challenges, and circumstances which demand an answer. In these instances we have a choice in how we react or respond. Especially when the cover has been locked on the **Pressure Cooker of life**, nothing seems to be in our favor. Most of us use our kitchen pressure cooker to decrease the time it normally takes to cook something or as a faster way to tenderize it. In life, one of our human reactions is to hideout, or runaway. This seems like an easy way out because most of us want to avoid confrontation. However, when you are in the **Pressure Cooker of Life**, there's no escape until you're well done, for this is where God's refining process takes place. Time and time again, God will show himself as a "refiner," shaping us into vessels of excellence. In the Tabernacle and later in the Temple, The Ark of the Covenant was overlaid with gold. The staffs to carry it were covered in gold, as were the mercy seat and the cherubim's that covered it. Today, we represent the holy temple and our lives are as precious gold.



But many of us avoid the fire at all cost. As believers, we'll quote the Word of God to remind Him of His promises. Like 1Corinthians 10:13, states, "*No temptation has overtaken you but such as is common to man; and God is faithful, who will not allow you to be tempted beyond what you are able, but with the temptation will provide the way of escape also, so that you will be able to endure it.*" This is a legitimate course of action because God told us to remind Him of His Word. It's basically a gentle reminder to our Father that His promises are yea and Amen. Just like Jesus in the wilderness in Luke 4:1 and in the garden of Gethsemane, Luke 22:39, He surrendered to the will of the Father, we too must surrender and allow God's will to be perfected in our lives. Just like Hezekiah in 2 Kings 20: 1-6, when he faced an adverse situation he reminded God of his faithfulness to serve Him in his life and He added fifteen years to his life. Let us realize that sometimes we cannot delete adverse circumstances but we must go through them, but God is faithful and will bring us out like pure gold.

## GUARD YOUR SPIRITUAL GATES

Michelle Mardenborough

A physical gate serves as a barrier of protection as well as provides access. In the Bible the story of Nehemiah serves as a metaphor for living the spiritual life. In Nehemiah, the Temple represents **our heart**; this is where God meets with us. Jerusalem represents **our mind**; the city walls represent our **spiritual walls** and the health of our relationship with Christ, **and the gates of the city represent our eyes, ears and mouth**. To understand how best to use our eyes, ears, and mouth gates, I suggest you read the book Nehemiah to see how we as Christians should protect our spiritual gates. Lets start with eyes. Your eyes are pivotal. Matt 6:22-23 states *Your eye is a lamp that provides light for your body. When your eye is good, your whole body is filled with light. But when it is bad, your body is filled with darkness.* Therefore, we must be diligent about guarding our eyes which are the windows to our soul. We must be very selective when it comes to social media, internet

television, books, movies, magazines, newspapers, email, and even advertisements. We underestimate the power of media in our lives. Our eyes capture thousands of visuals per week. The visuals are filed in our brain. The brain is magnificent; it stores more data than any computer on earth. But unfortunately it's almost impossible to delete or purge the negative, toxic information and images we put in it. Our only hope is that we can dilute it by allowing more positive Godly instruction in our gates. The enemy is relentless and will get into our hearts and minds any way he possibly can. Protecting our ears is just as crucial. Have you ever heard a song on the radio or TV that would not leave your mind? What we hear and listen to impact our minds consciously or subconsciously. There are all sorts of things we hear that shape our thoughts, decisions and actions **so be radical about protecting your ear gates**. This should go with-

out saying but please avoid gossip and illicit, toxic conversations as well as demonic music. King Solomon instructs us in Proverbs 4:20-22 "*My son, pay attention to what I say; turn your ear to my words. Do not let them out of your sight, keep them within your heart; 22 for they are life to those who find them and health to one's whole body.*" Beloved, the times are crucial and it's time for Christians to tune into the frequencies of Heaven by guarding our spiritual gates and processing and filtering out toxins and dirt which has nothing to do with the things of God. Now is the time for all Believers to take a stand! We must be relentless about what we process. We should get into the presence of God and only allow the gateway to our eyes, ears, and heart to be open for the free flow of divine revelation, wisdom, and knowledge that's directly from the spirit of the true and living God!

Infinite Possibilities  
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# The Wheat Defeat!



How did an ancient food staple become toxic junk food? Grain has been eaten since the beginning of time, stored in its whole kernel, milled fresh and baked full of nutrition. It's a 10,000 year old tradition gone horribly wrong in the last 146 years. So what's changed you ask, **everything**. The way we grow it, the way we process it, and the way we eat it. The very wheat itself. First in 1870, the milling process changed from stone milling to the modern steel roller. The steel roller was faster, and instead of just mashing all of the wheat kernel together, it allowed separation of the wheat parts. This process resulted in the birth of nutrition less white flour. The flour was stripped of its bran and germ that contained the protein, vitamins, and minerals. It was cheap and lasted forever. Pest problems were eliminated because pest did not want it. They knew it was devoid of nutrients. White flour represents the birth of our first processed food, large amounts created in factories, a long shelf life, and shipped miles from its point of origin. In 1950, a scientist named Norman Borlaug, developed a wheat species that combined with synthetic fertilizers and pesticides created extremely high yield. Big food companies like Monsanto and DuPont spread this technology world-wide. Grain alternatives are coconut flour, almond flour, and garbanzo bean flour. Ancient wheat varieties like spelt and kamut that have not been industrialized. Therefore they still possess nutritional value and can be used. Another alternative is to buy organic whole wheat in its kernel form, pre-milled and mill it at home to flour to use as needed.



So man took the gift of wheat that God gave us and transformed it to a barren white flour. To summarize current wheat We have mutant seeds, grown in synthetic soil, bathed in chemicals. They're deconstructed, pulverized to fine dust, bleached and chemically treated to create a barren substance that no other creature on the planet will eat. In addition, the gluten level was increased to inflammatory levels all in the name of creating fluffier, long lasting, profit-bearing bread. And we wonder why it makes us sick? Symptoms of modern wheat intolerance are diarrhea, nausea, and abdominal pain. Non-GI symptoms include increased inflammation in joints, brain (multiple sclerosis) and the skin, migraine headaches and mood alterations. Grain alternatives are coconut flour, almond flour, and garbanzo bean flour. Ancient wheat varieties like spelt and kamut that have not been industrialized. Therefore they still possess nutritional value and can be used. Another alternative is to buy organic whole wheat in its kernel form, pre-milled and mill it at home to flour to use as needed. We must trust in God who created us and trust that He created the best foods for us. When we refine and modify the wheat as it was given to us—we are altering the excellent design that The Creator made. We are not trusting God fully. Everything that God made was perfect and we cannot add any good to it. If you believe that a Honey-bun tastes better than an avocado—then you have been fooled. Man-made foods are addictive and lead to obesity and disease. We must trust God that His foods are the best!

JOIN  
Infinite  
Possibilities for 31 days

**31**  
DAYS

December 1—31 *Scriptures Enclosed*  
Read and Meditate on Infinite Possibilities Daily Scripture

**THE Fearless CHALLENGE**