

JESUS CHRIST PUTS GAIL IN HIS CRUCIBLE (Dec. 2020 and Jan. 2021)

In the following document if there is no name before the time stamp, it means the person's comment is from Gail Chord Schuler.

(12-6-20 protonmail.com) Dear men:

Ever since age 22, I have been bleaching my mustache with Jolen Creme Bleach or Sally Hansen creme bleach. I was going to go to the store to get it and then remembered Jesus' rule about only food and bills. I normally buy it along with my make up at Walmart, but the Walmart Neighborhood Market has always been out or has quit carrying it. It just occurred to me I should probably ask for permission from Jesus first. Satan's been working overtime to try and get me to disobey Jesus or dishonor Jesus, so I won't do anything about this till I get the go ahead from you all. It's certainly not an emergency. I am totally out of facial creme bleach though and have a bit of a mustache showing. Perhaps I'm the only one who notices it.

Love,
Gail

Skype (12-7-20)

Zack, 6:39 PM Hey Gail So Neringa was a success!

Gail, 6:40 PM She's really nice.

Zack, 6:40 PM I'm really glad my penis helped bring her to Jesus.

Gail, 6:41 PM What do you mean?

Zack, 6:41 PM I've always noticed that women say "Oh God" and "Jesus Christ" when dealing with my penis

Gail, 6:42 PM Brent says that you all are waiting for me in the Discord.

Zack, 6:42 PM That was an old message from Friday

Gail, 6:42 PM Oh yeah. Brain control has me all confused. That Satan keeps talking to me brain to brain.

Zack, 6:42 PM What has he been saying?

Gail, 6:43 PM He acts like he's trying to be friends. I don't trust him. I will admit that he's an interesting conversationalist.

Zack, 6:43 PM What kinds of things has he been saying?

Gail, 6:44 PM You wouldn't believe it! He's telling me I really understand him and that he's a lonely angel. He thinks it's cool that my emotional IQ is about even with his and that we could come to an understanding. I told him he's gross.

Zack, 6:45 PM Yeah, he's trying to make love to you

Gail, 6:46 PM That's what I think. He wants to impregnate me with devil semen.

Zack, 6:46 PM We'll talk to Jesus and see if we can kick him off the servers

Gail, 6:46 PM Might be a good idea. From reading Bible prophecy, there's no indication he's going to get right with God any time soon. He seems intrigued that I brought that up as a reason why I wanted to deal with him in the courtroom. He did try impersonating Jesus for a bit, but gave up on that angle and pretty much approaches me as himself now.

Gail, 7:01 PM I told him he's a disgusting gay rapist and is only interested in me to spite Jesus. I also said since he's gay, why does he care about making love to a woman, except to impregnate me with his devil semen. He then said that the idea of a human with my high emotional intelligence as a friend intrigues him. That I'm the only human who can truly understand him. I will say this much. He's clever.

Zack, 7:14 PM That's tricky

Gail, 7:14 PM Did you get my email about permission to get facial creme bleach? It's not an emergency. Though I am out. Yeah, Satan is brilliant. He's good at using flattery. But I told him that I don't appreciate being called a bitch. Then he said that we are all bitches and bastards at times.

Zack, 7:16 PM Well, you may not like hearing this, but flattery is your biggest weakness with bad guy men.

Gail, 7:16 PM That may be true. I think it's because I feel that not many men can truly connect with me and if the guy knows what to say, he can impress me.

Zack, 7:17 PM Between you and me, I think you have the higher emotional IQ

Gail, 7:18 PM So you're saying that machine is inaccurate?

Zack, 7:18 PM I'm saying that maybe he cheated a bit to make his 1 point higher. Maybe he Biden'd you

Gail, 7:19 PM Biden'd me? What does that mean?

Zack, 7:19 PM Like how Biden rigged the machines to give him more points.

Gail, 7:19 PM So what do you think is Satan's real emotional IQ? The way he talks to me, he's not dumb.

Zack, 7:20 PM It's pretty high for sure

Gail, 7:20 PM So you think we're about even? I have also prayed to Jesus and asked him why he hasn't kicked Satan off the brain to brain servers. I find it interesting that Jesus is allowing this for now. It's like Jesus wants me to understand Satan better for some reason. I told Satan I'm really turned off by how he gloats in connecting his sexual exploits with pain and suffering. He says it's fun. I told him that in heaven there's lot of good work to do and it's not a boring place. So what's his problem?

Zack, 7:23 PM I think you probably shouldn't talk to him. **Jesus said it was a mistake for us to have summoned him. And he's an expert manipulator... better than even me.**

Gail, 7:24 PM Okay. I'll just rebuke him and hit him with lightning bolts when he tries to talk to me. But he's pretty persistent.

Zack, 7:24 PM The longer you talk, the closer you get to a vagina full of molten semen

Gail, 7:25 PM You mean just talking to him is sex? I actually sense that Jesus is beating him up right now.

Zack, 7:26 PM I'm telling you that as a guy that can easily manipulate women, you're only a day away from sex with Satan if you keep talking.

Gail, 7:26 PM Yeah, I've noticed he's a brilliant manipulator. Okay, Just lightning bolts and asking Jesus to beat him up when he talks to me. So what about facial creme bleach? Is that an okay purchase?

Zack, 7:29 PM Let me ask Brent

Gail, 7:42 PM Satan's worse than you. He keeps throwing me kisses and I sense Jesus is beating him up while he's doing it. Remember how you used to steal kisses on me brain to brain? Satan's doing the same thing. But I agree I need to stop talking to him.

Gail, 7:51 PM Brent are you here now?

Skype (12-7-20)

Gail, 6:40 PM Oh really? (referring to Brent saying I need to get on Discord).

Zack, 6:40 PM That was from Friday

Brent, 7:47 PM Hey Gail.

Gail, 7:48 PM Hi Brent. Zack is on another window.

Brent, 7:49 PM How are you doing? I saw your Patreon video today.

Gail, 7:50 PM Thank you. Have you read the post I made to Zack?

Brent, 7:50 PM Which one?

Gail, 7:50 PM It's on another window here at Skype.

Brent, 7:50 PM If you guys chat in this window, we all can see the same messages.

Gail, 7:51 PM Are you near Zack?

Brent, 7:51 PM Nope, I'm in my quarters.

Gail, 7:54 PM Basically I was telling him how Satan keeps talking to me brain to brain and I suspect is up to no good. He keeps sending me kisses, like Zack used to do brain to brain. Zack thinks I should not talk to him, which on reflection, seems a good idea. Now I lightning bolt him every time

he tries to kiss me or talk to me. Satan's more persistent than Zack, I've noticed.

Brent, 7:57 PM Wow. Hm. Well, you're very smart, and don't easily fall for bad boys. Satan's in for quite the chase if he wants to so much as lick your boots.

Gail, 7:58 PM He tried impersonating Jesus. But since that didn't work, he's taking a different tack. I really think I should take Zack's advice and not talk to him, too. Is it okay for me to purchase facial creme bleach? Satan's good a faking depth and he knows that impresses me.

Brent, 7:59 PM Rule 13 suggested you just shave your mustache. She shaves hers. Says it only takes a few seconds, and she never has to buy bleach creams. The young girls in Japan just shave it off because not only is it faster and cheaper, but people can still tell a woman has facial hair and that she bleaches it. I don't know much about this girly stuff. She says if you shave your legs and armpits, it makes sense to just shave off facial hair too.

Zack, 8:00 PM But Rule 13 doesn't have a moustache

Brent, 8:01 PM She shaves it off before you even notice it, Zack.

Zack, 8:01 PM What!?

Brent, 8:01 PM Most women have hair in weird places. They just shave it before their men see.

Zack, 8:01 PM I never knew

Brent, 8:01 PM She shaves her arms occasionally too because she gets hair there.

Zack, 8:01 PM What else does she shave that I never knew about!? I thought Japanese Nazi's were born hairless

Gail, 8:02 PM Interesting. I guess that may be the best approach. I'm afraid that if I shave it the hair will grow out long permanently, if I ever can't shave. But I guess I shouldn't worry about that.

Brent, 8:02 PM Oh dear, perhaps I've said too much. Well, speaking as a gynecologist, I can tell you that her pussy isn't always smooth like that...Nope! It's a myth that it will come back thicker or longer. In fact, it may not grow back at all, or come in lighter. Rule 13 says a lot of girls had

their moms tell them it would grow back thicker, so they got scared, and then showed up to school the next day with bleached mustaches or red marks where they used Nair or wax.

Gail, 8:03 PM Okay. I shall shave it. I have noticed that bleaching it actually makes the hair more noticeable.

Brent, 8:04 PM Rule 13 just shaved hers and it grows back in really slowly and thin.

Gail, 8:06 PM I just shaved it. That's a lot easier. It was my mother's idea to start bleaching the mustache. However, I don't like shaving my pubes.

Brent, 8:08 PM Yeah, Rule 13 says facial hair bleaching is an old lady thing to do. She shaves hers dry, doesn't even use cream or anything. Except she says shaving your pubes is "a whole other concentration camp" and requires caution and practice. You don't have to shave it.

Gail, 8:10 PM The area feels like it does after I shave my underarms. I basically did it dry, too.

Brent, 8:11 PM Is it bumpy or irritated? The hair is very fine, so it shouldn't be too bad.

Gail, 8:11 PM Usually, it feels a little irritated for a bit and then goes away.

Brent, 8:11 PM Okay. Maybe moisturize after if it bothers you.

Gail, 8:12 PM My facial hair is a little thick. It's probably the Ainu blood. Ainu women grow beards.

Brent, 8:12 PM Oh wow. I didn't know that.

Gail, 8:12 PM Rule 13 would know about the Ainu.

Brent, 8:13 PM I'll have to ask her.

Gail, 8:13 PM I don't literally have a beard, but I have more facial hair than the average woman. I guess you men know all about facial hair? Do you use a cream when you shave?

Brent, 8:15 PM For men, shaving their facial hair is like a woman shaving her pubes. It's very thick and coarse hair, so you can get razor burn or cuts

very easily. It's normal for most women to get occasional facial hairs, too. They just notice it more on themselves than others.

Gail, 8:16 PM That's probably true.

Brent, 8:16 PM Women can just quickly wick theirs off. Men need to use creams and special razors and do aftercare.

Gail, 8:16 PM Especially Caucasian women.

Brent, 8:16 PM Some women even shave their peach fuzz.

Gail, 8:17 PM peach fuzz? Did you get to hear/see all the video/audio of our time with Satan? It took a while to process all of that, and am I the only one who got a recording of our encounter with the devil?

Brent, 8:19 PM Peach fuzz is like the soft white hairs you get on your cheeks. You can barely see it or feel it.

Gail, 8:19 PM Oh, I see.

Brent, 8:19 PM I haven't gotten the file yet.

Gail, 8:20 PM I think Zack downloaded it.

Brent, 8:20 PM Zack is really good with computers. I think he wants to edit it down first to make the final product. I'll go download it.

Gail, 8:21 PM Yeah, there is a lot of extraneous stuff in there. But I think some people would find it fascinating to hear Satan's voice. I hear brain to brain that you all supplied recordings of the trial to seminaries and they believe that was really Satan. Did anyone else record our meeting with Satan? I also heard that my recording was the only one that "took". That Satan messed up everyone's cameras and everything.

Brent, 8:22 PM No one else has come forward with additional recordings yet. It was definitely proof of Satan.

Gail, 8:23 PM So you've listened to it?

Brent, 8:23 PM The file is still downloading. But, I was there too. We definitely proved the existence of Satan.

Gail, 8:23 PM So is it true what I heard about the seminaries? Having those recordings in a seminary class about Satan and angels would be fascinating.

Brent, 8:24 PM Yep. It's true.

Gail, 8:24 P M How did they get the recordings so fast, if you didn't listen to them? Did Zack give them the recordings? Did Satan look like a six foot tall Alexander the Great in his blond hair, blue eyed form?

Brent, 8:26 PM Yeah, Zack forwarded the file to the seminaries. They get it big, long and uncut. He did look like that.

Gail, 8:26 PM That's amazing. It makes me believe that my theory that the Antichrist will be a reincarnated Alexander the Great, may be correct. I think Alexander the Great may have been Satan incarnate. Though they say that Alexander was about five foot five inches tall.

Brent, 8:27 PM Rule 13 says Satan is so handsome, even female angels have trouble resisting him.

Gail, 8:28 PM I thought all angels are male!

Brent, 8:28 PM Satan is taller and his features are flawless. He's more conventionally attractive than Alexander the Great because he's immune to decay or age. He's an immortal being. There's some female ones too.

Gail, 8:28 PM My. . . my. . . You should read what Satan has been saying to me! Let me see if I can put it in a file and give it to you.

Brent, 8:29 PM Rule 13 says Satan was so hot, her legs were shaking. She had to change her Swastika panties during the trial because they were so wet from arousal for Satan. She said any woman on Earth would probably fall for him if they saw him, even knowing he's the devil.

Gail, 8:31 PM Oh dear. Satan is after me! I actually am less impressed with physical attractiveness than most women. Let me give you a transcript of what that character has been saying to me! How can Rule 13 find him attractive, when he commits such violent rape? Doesn't that turn her off?

Brent, 8:32 PM Well, she likes bad boys. Zack Knight rapes a lot too.

Gail, 8:32 PM He's been charming me a lot brain to brain. He's pretty clever.

Brent, 8:33 PM Yeah. He's definitely the snake that tempted Eve. Rule 13 was so turned on she said, "if that snake offered me his apple I would not just bite it, I would deep throat!"

Gail, 8:34 PM Rule 13 cracks me up.

Brent, 8:34 PM He has a sexiness to his movements and is very charming.

Gail, 8:34 PM He did that on purpose, cuz he's after me!

Brent, 8:34 PM We know you're not as easily charmed, though. Satan would have a tough case with you.

Gail, 8:35 PM He doesn't seem to think so. He's been stealing kisses brain to brain. I slap him when he does that. And shoot him lightning bolts. That seems to turn him on even more!

Brent, 8:35 PM Yeah. He probably likes that. You remember how Zack enjoyed pain when he was the Antichrist.

Gail, 8:38 PM I sense that Jesus has been beating him up for this. But he jumps away from Jesus to give me kisses brain to brain. He's persistent. It's almost like the bad Zack Knight all over again, but this time with more persistence and tenacity.

Brent, 8:39 PM He's basically Zack's old boss.

Gail, 8:40 PM You know, I think Satan thinks he really has a chance to beat Jesus. He's kind of dumb in a way. Notice how he said when Jesus showed up, that he'd ejaculate on Jesus, like he thought it was funny?

Brent, 8:41 PM He has a big ego.

Gail, 8:42 PM Well, all I can say is it's a good thing that Rule 13 is not in my shoes. I can guarantee you, if that was the case, her vagina would be full of Satan's semen. He's quite the charmer.

Brent, 8:42 PM Oh yeah. She would let him rape and bukkake her for hours.

Gail, 8:43 PM But wouldn't his semen burn up a woman's vagina?

Brent, 8:43 PM Not if he didn't want it to.

Gail, 8:43 PM That's what I thought. I'm surprised Jesus hasn't kicked him off the brain to brain servers yet. Jesus could do it, you know.

Brent, 8:47 PM It's probably because he trusts you to make good decisions.

Gail, 8:48 PM Satan charms Gail

<https://www.gabriellechana.blog/2020/12/09/satan-charms-gail/>

Read this and you'll see how good this devil is. I guarantee you that if he did this to any other women, they'd already be pregnant by now. It's a transcript of my conversation with Zack earlier.

Brent, 8:50 PM Wow.

Gail, 8:51 PM Pretty clever, don't you think?

Brent, 8:52 PM He's definitely a "bad boy".

Gail, 8:52 PM But this business of stealing kisses brain to brain seems a bit tacky and lacking in class. If he was really serious about winning me, I think he'd try to come across more gentlemanly. I'm a bit confused what he thinks he will accomplish with me. Since he appears to be himself. Makes me wonder if perhaps he is a bit lonely.

Brent, 8:54 PM Maybe he's just trying to tempt you with forbidden fruit, so to speak. Offering you passionate unbridled sex.

Gail, 8:55 PM It's really tacky though. He's behaving like a spoiled brat.

Brent, 8:55 PM It almost reminds me of when I called you on the phone in the 90s and told you I wanted to rape you. I just wanted to have you and couldn't control myself. I felt so ashamed of myself after.

Gail, 8:56 PM Yeah, it kind of seems like that. Satan appears to be lonely. I think I may be connecting with him on some level. Perhaps trillions of years down the road, he will remember me and come to Jesus.

Brent, 8:57 PM Maybe sex is the only way he knows how to connect. Some people think sex is the same as love, and so they become hypersexual.

Gail, 8:57 PM I mean if he was truly trying to bed me only, I think he'd take a more suave approach. Though I agree with Zack I shouldn't talk to him.

Brent, 8:58 PM Yeah.

Gail, 8:58 PM We don't want the connection to happen until this buzzard gets right with God, if that ever happens. I see Satan as a lonely, unhappy angel, who feels he can't change who he is. I don't want to encourage his current behavior though. But I do hope that someday many trillions of years

from now, he gets right with God. **I can see why in the past he was Jesus' favorite angel.**

Brent, 9:02 PM Well, that's very empathic of you. Jesus must know that Satan is suffering too. Anyone who is evil is suffering.

Gail, 9:02 PM Yes, Jesus knows. Jesus loves Satan. He's sad for him and for all those who are contaminated by him. Satan, with his high emotional IQ can sense that I understand his pain and in his own sick way, he's reaching out to me. But I absolutely cannot allow that connection to happen now. He needs to learn that God's path is always the best. And he won't learn that if I allow him to destroy me. Satan has a deep understanding of Bible prophecy. I can tell. He knows his future. But he's desperately grabbing at straws hoping he can defeat Bible prophecy. Oh my God! Satan is wailing brain to brain. It seems a little melodramatic. It's like he knows what I just wrote here. I think those are fake tears. What a character. No, it's cuz Jesus is chewing him out. I think they are renegotiating the non-interference agreement.

Brent, 9:11 PM Wow, you made Satan cry.

Gail, 9:12 PM I'm not sure if it's me or Jesus who made him cry. Jesus is with him now. It's like Jesus is laying down the law. Satan seems to be trembling now.

Brent, 9:13 PM So Jesus is dominating him.

Gail, 9:14 PM Most definitely. They seem to be in some sort of stalemate. It's like Jesus is saying you better do what I say or else. . .Satan's sniffing and real quiet. Definitely not in a boisterous mood.

Brent, 9:15 PM Jesus must have really gave it to him good.

Gail, 9:16 PM Whatever Jesus threatened him with hit a nerve with him. Satan was about to throw me a kiss and looked at Jesus and changed his mind. Jesus is tapping his foot and crossing his arms. Satan's leaving. . .not sure if he's out of the brain to brain servers. I guess we'll see.

Brent, 9:19 PM You might want to get sleep while you still can. If he's still on the servers you might wake up with penis in your face.

Gail, 9:19 PM Penis in my face?

Brent, 9:20 PM Yeah, he might keep trying to get you.

Gail, 9:20 PM Yeah, I do need to try and get some sleep. Let me finish up the Gail Commandments. My sleep has sure been erratic lately. No, he's not gone. But Jesus is bolting him. He sure is stubborn.

(Dec. 8, 2020)

Gail, 5:29 PM Wow. Loree's propaganda campaign really makes everyone paranoid. **So who was that old man next to Jesus in the courtroom the other day? One of my patrons mentioned that. I speculated it might be God the Father.** One of my wild guesses. Oh, by the way. Satan commented about my video and was listening to it the same time that I listened to it after it posted and his comment was "Oh shit," after he heard the whole thing.

Brent, 5:32 PM **It was God the Father.** He said that brain to brain?

Gail, 5:32 PM Yes, he did. I shot him a lightning bolt and told him to stop talking to me.

Gail, 5:39 PM Is it true that Satan is in court again and is being tried by the Supreme Court and whatever verdict the court decides on for Satan, that God the Father will carry out the sentence? That's what I heard brain to brain. Since Satan flagrantly violated the terms of our agreement and despises Conspiracy Law. I heard he's being tried under Conspiracy Law whether he likes it or not. Oh well. Regardless. . . I know Jesus and God are super smart and just and whatever happens will be for the best.

Brent, 5:44 PM That one unfortunately isn't true. It looks like we're just at full out war right now with Satan and Loree McBride and her Jesuits.

Gail, 5:45 PM **Why was God the Father there?**

Brent, 5:45 PM **Jesus hasn't said.**

Gail, 5:45 PM How interesting. Satan fed me some lies brain to brain. But I'm glad you helped me not to believe it. I think he's trying appease what he thinks is my vanity. He's projecting himself onto me. I didn't mention it in the video, cuz it seems a bit way out. However, I figure I can be free to speculate, cuz everyone knows that speculation is just that. Like Satan didn't tell me the stuff about locking him up and all that. That was just a guess on my part. I know whatever happens to Satan, it cannot violate Bible prophecy. So even if he does get temporarily locked up, it's obvious he will

be let loose for the tribulation, so that Daniel's 70th week can be fulfilled. I think the part about Satan getting his penis cut off is true. But he seems to be able to grow it back real fast.

Brent, 5:51 PM Yeah, that part is true.

Gail, 5:56 PM How accurate is this page I made about Satan? Did he live in a mineral garden earth before Adam and Even came into being?
<https://www.gabriellechana.blog/2020/12/07/satan-wants-his-mineral-garden-earth-back/>

Brent, 6:01 PM This looks accurate to me! You're brilliant.

Gail, 6:01 PM What about taking the medicine I ordered for my gassiness? Is that okay as well? Not sure I'll take it, but just wanted to know. Nice to know that page is accurate. I like to interpret the Bible correctly.

Gail, 6:03 PM Insurance orders take a while to arrive. It's possible it may not arrive till after the doctor appointment on the 17th. But we shall see. I'm used to feeling this way, unfortunately. Why has the sky been so clear today? I'm not used to this. Is it an invisibility shield?

Brent, 6:06 PM Hmm. That is very mysterious. We'll look into it.

Gail, 6:07 PM The sunset sky looks orange and not pink. What are the yeast and pollen levels right now?

Brent, 6:07 PM It looks like they've gone down significantly. They're the lowest they've ever been.

Gail, 6:07 PM Why?

Brent, 6:08 PM We don't know.

Gail, 6:08 PM I may be suffering from yesterday's yeast and pollen levels. It takes a while for the body to clear all that out. I know that my congestion is caused by two things, stuff in the air and whatever my liver and gallbladder are clearing out as well. So it's both internal and external. When the yeast toxin gets released into my bloodstream, sometimes I get a reaction in my sinuses. When the gallbladder releases bile, sometimes it has a lot of yeast in it, and then it goes into my intestines and is eventually absorbed by my blood and causes congestion.

Brent, 6:12 PM That makes total sense.

Gail, 6:13 PM I've noticed that a lot with my body. So it takes a couple days for my body to clear out all the yeast. The yeast needs to be cleared from my liver before I'm feeling well.

(Skype Dec. 10, 2020)

Zack, 3:36 PM Hey Gail, it's Zack.

Gail, 3:36 PM Hi Zack. Good job on the video.

Zack, 3:37 PM You really liked it?:-)

Gail, 3:37 PM It was cool. You are really good with computers and videos.

Zack, 3:37 PM **Thanks! Jesus thought it was badass.**

Gail, 3:37 PM It certain was! Certainly

Zack, 3:38 PM **Jesus mentioned I might try my and at helping you organize your apartment while you're living there**

Gail, 3:38 PM What does that mean?

Zack, 3:39 PM **He said he actually appreciated my interior design skills, and suggested I see if there might be a way to make you more comfortable in your space.**

Gail, 3:40 PM Oh, I see. I still have my moving boxes and everything. I worked so hard to get them, I thought I'd just keep them.

Zack, 3:40 PM I was thinking maybe I can design a set of furniture and furnishings for your place, and put the items on your Amazon wish list.

Gail, 3:41 PM Do I have room for this? My place is cramped enough!

Zack, 3:41 PM Something that can work in your new place later. Yeah, we would be throwing out old furniture It would be an upgrade Or selling it on eBay or local sales

Gail, 3:42 PM How interesting.

Zack, 3:42 PM I think we could do an apartment makeover piece by piece

Gail, 3:42 PM Where did you learn interior design skills?

Zack, 3:42 PM Jesuit School

Gail, 3:43 PM You are a jack of all trades.

Zack, 3:43 PM And it's a bit of a hobby I would need your help measuring things

Gail, 3:43 PM No problem.

Zack, 3:44 PM And I might need to see a tour of the apartment from all places and angles, so that I can refresh my memory I wrote this floor plan from memory And I'd need you to fill in the measurements A through T

A = wall to window inches

B = window width in inches

C = window to door inches

D = Door width inches

E = Door to wall inches

F = Wall to Fridge inches

G = Divider to wall inches

H = Divider length inches

I = Wall length inches

J = Wall to door inches

K = wall length inches

L = wall to window inches

M = window width inches

N = window to wall inches

O = Wall length inches

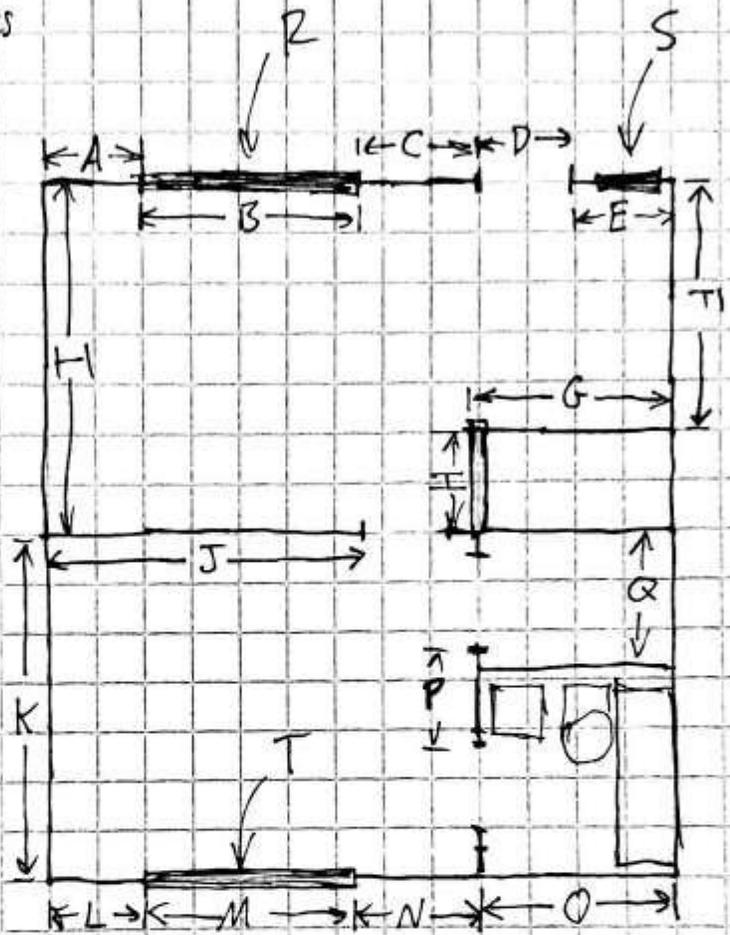
P = Wall width inches

Q = Wall length inches

R = Height from floor to bottom of window

S = Height from floor to bottom of window

T = Height from floor to bottom of window



Gail, 3:45 PM I'll work on it.

Zack, 3:46 PM Then we might measure some of your existing furniture so I can make sure the new furniture and decorations will all still fit Oh... and verify you have an 8 foot high ceiling It might be less. So I want to be sure I want to make sure all your stuff you really want to keep has its place in an organized but very nice looking way

Gail, 3:49 PM From floor to ceiling is about 8 feet 3 inches. Did you want me to make a video of the apartment?

Zack, 3:50 PM Yeah, just a private one you can send me I'd want to get a good look at all the furniture, the walls, the layout.

Gail, 3:52 PM I'll work on that, too. Looks like I'll be busy today. I'm doing my laundry and cooking right now. Will have to grocery shop tomorrow or the day after. Okay, I'll work on that today along with laundry and everything else. I may not have it ready till tomorrow. Lots of postnasal drip. Will be glad when these germ clouds are gone.

Zack, 4:02 PM Me too

Gail, 4:02 PM You have postnasal drip, too? Do you have allergies?

Zack, 4:11 PM I've had some sniffles. So you know it's really bad.

Gail, 4:11 PM What's really bad? You mean the germ bombs?

Zack, 4:17 PM Yeah. But they seem to be getting better

Gail, 4:17 PM Yeah, I'm better than I was several hours ago, I think. Still sniffing though.

Zack, 4:17 PM Yeah

(Skype on Dec. 12, 2020)

Brent, 1:04 PM Good afternoon Gail. Wow, last night was fun! Not only do you have gay supports from FAGS, you have black fans too. That's great. You seem to naturally reach all cultures and nations.

Gail, 1:05 PM I am eating my breakfast and processing my video. Getting ready for my shower, which I usually do right after my walk.

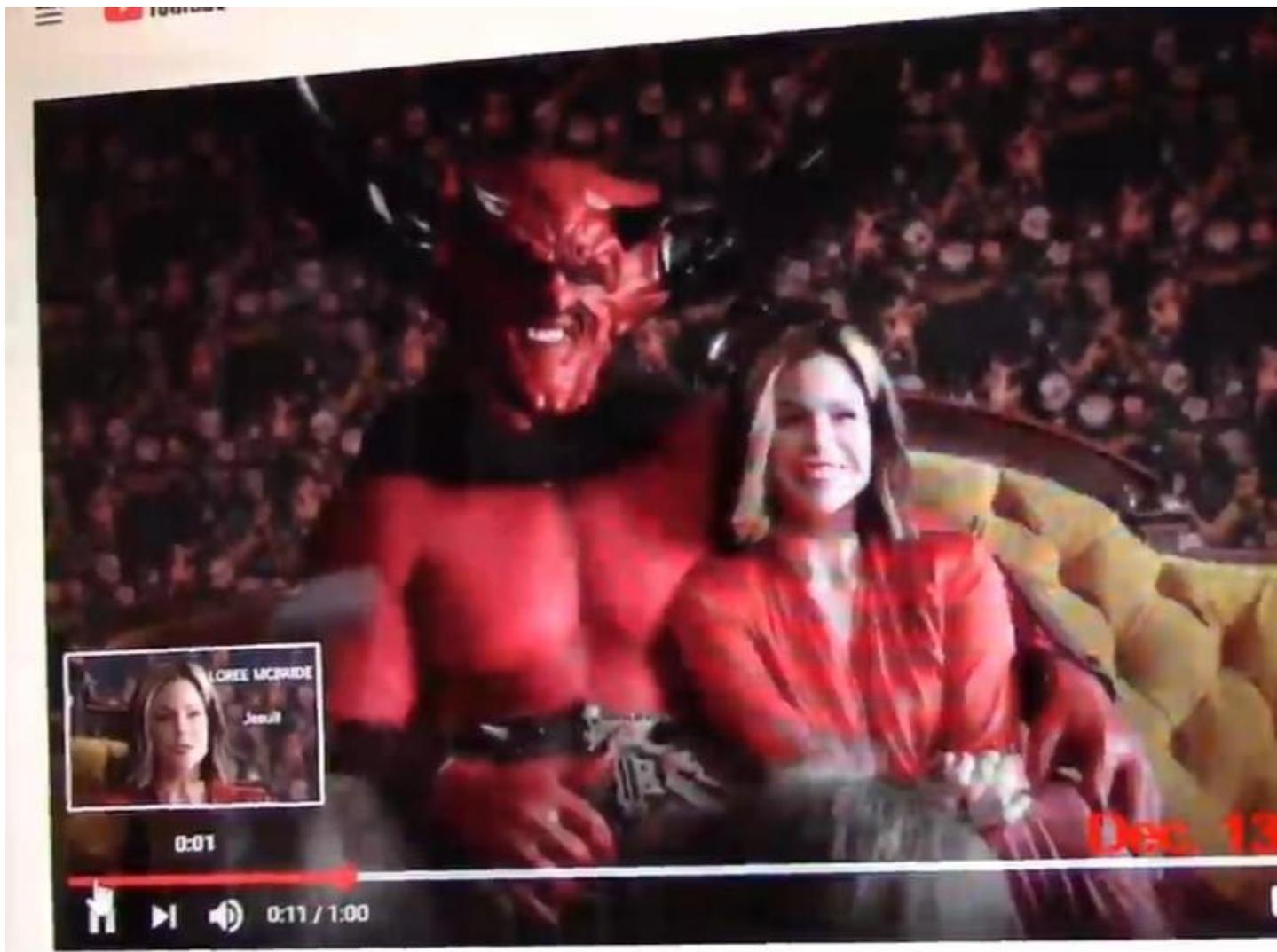
Brent, 1:05 PM I look forward to it. Both the video, and the shower. I'll touch your breasts in there brain to brain.

Gail, 1:06 PM I sensed the Asian store I went to knew I was coming and was excited to have me. But Publix, Walgreens and CVS seemed Jesuit contaminated. I had to go all over to find unwaxed dental floss!

Brent, 1:07 PM You can get dental floss for free from your insurance. It was on the list I believe.

Gail, 1:07 PM I don't like waxed dental floss. It doesn't clean as good as unwaxed dental floss. Waxed dental floss is a stupid invention. You don't need to have waxed dental floss. Unwaxed works better. Just like the idea of soft toothbrushes is a stupid idea. You can't find hard toothbrushes anywhere anymore. I think Jesuits invented waxed dental floss and banned hard toothbrushes to force everyone to have to visit the dentist twice a year for cleanings. Back in the 1980s a Christian dentist that I visited told me that unwaxed dental floss is the best floss to use and I've been using it ever since. You know sometimes when I see how Satan dupes humans so easily to do dumb things like buy waxed dental floss or to invent waxed dental floss, I can see why Satan thinks it will be an easy matter to get all the dumb humans on his side. Satan wants humans to pay a fortune on dental care.

Brent, 1:17 PM <https://youtu.be/nHbAp3S8RJQ> Oh, my God! This was an advertisement for a Jesuit dating site. It appears that Loree and Satan were the spokespersons.



Gail, 1:20 PM Looks like I'm a genius. Was Satan snooping on our Discord last night and is now gloating?

Brent, 1:21 PM Yeah, he is. I'm hearing him brain to brain. He's saying you're even better than Loree. I wonder what he means by that.

Gail, 1:22 PM I told you that Satan makes love to Loree McBride. Well, as far as I know, I certainly have not made love to him? him! Maybe he likes having his penis zapped with my lightning bolts.

Brent, 1:23 PM Probably true. Loree could never do that. She doesn't have lightning bolt powers.

Gail, 1:23 PM Also, I think he's turned on by the fact, that I am hard to get. Loree's too easy for him, no challenge.

Brent, 1:24 PM Zack liked that too when he was evil. Bad guys like women who resist.

Gail, 1:24 PM He actually likes the lightning bolts. He just told me. Well, he gets his penis cut off and I will keep bolting him, cuz I want him to go away.

Brent, 1:25 PM Definitely. You should keep doing it, even though you know he likes it.

Gail, 1:26 PM I think I'm the first human woman he's dealt with who hasn't dropped dead with lust and orgasm at his mere presence. Do his abs look like the abs of that red Satan figure in the video? I mean is that what he looked like sort of when he appeared in court?

Brent, 1:28 PM He was in his angel form, and looked even better. Very young and tight all over, with rock solid abs and pecs.

Gail, 1:28 PM I will give Satan this. Sometimes he's funny. Gotta take my shower. I mean I cracked up over his obsession with Popeye's over KFC.

Brent, 1:29 PM Okay. I'll still touch your boobs in there. Satan had better not try to get in.

Gail, 2:09 PM I'm out of the shower. Let me tell you what I think is going on with Satan, God and Jesus. God laid down the ultimatum with Satan and told him he violated the non-interference agreement and should be locked up until my time on earth is done. Satan is telling God that he has genuine feelings for me and wants to try a relationship with me. God said, "No way." But then God said, I will give you credit for this Satan, this is the first time I've ever seen you display even a bit of genuine true love for any being. I will watch you and decide on your fate. Satan then asked God if it's true that he has a chance, like Gail said, to be readmitted to heaven someday. God said that may depend on how you treat Gail. Satan then asked, "What do you mean?" "Well, if you show true love feelings for Gail, perhaps someday, after I defeat you at the end of the 1000 year reign, when you instigate a rebellion against me, I could modify eternity future and let you into heaven. I will consider how you treated Gail when I make my final decision." Satan then asked, "Can I be added onto her marriage list at that time?" God said, "You will have to leave Gail alone from now on and for the rest of her life and leave her men alone and disband your Jesuit Order against her, for me to even consider adding you to Gail's marriage list." So Satan is considering his options. . .

Brent, 2:15 PM Wow.

Skype Dec. 13, 2020 Zack and Gail

Zack, 3:08 PM Hey Gail!

Gail, 3:08 PM Hi Zack.

Zack, 3:09 PM I have some really cool ideas for your place. I'm thinking a Japanese style design to honor your heritage.

Gail, 3:09 PM Oh, that sounds great! Japanese are really smart about using space well, too. Cuz most of them don't have big houses in Japan.

Zack, 3:10 PM I noticed you have a lot of stuff that might need to get thrown out though. We might need to do some cleaning. I want to design it in a way where the things you store aren't visible..

Gail, 3:11 PM I ripped out a lot of papers out of books and stuff to use for moving. That was a lot of work.

Zack, 3:12 PM **Yeah, I discussed it with Jesus and he told me this was why he didn't want you buying all the boxes and packing material**

Gail, 3:12 PM I didn't buy any boxes. I got those for free.

Zack, 3:12 PM **He knew in advance that we would be building your patreon and fixing up your space in the meantime.** I meant getting. I misspoke

Gail, 3:12 PM Oh, I see. But that was Brent's idea to look for free boxes. I was only obeying my husband.

Zack, 3:13 PM Yeah, no blame. The great thing is I think you're going to love how your apartment ends up looking! And we can do it incrementally

Gail, 3:14 PM Those boxes are perfect. I at once time threw out my moving boxes, but I figure even if I move 3 years from now, those boxes may come in handy.

Zack, 3:14 PM And I'll make sure everything can be moved to a new place later

Gail, 3:14 PM It was really hard to get them. one time threw out I do admit the moving materials make the place look cluttered, but it was so hard to get those boxes.

Zack, 3:16 PM I think when it's time to move, the boxes won't be a problem

Gail, 3:16 PM So what do I do with those boxes?

Zack, 3:16 PM The idea is that you'll be able to afford the move, including the boxes needed I think you should throw them out... maybe offer them for free on a local facebook free stuff group Even the boxes like the microwave box

Gail, 3:18 PM Okay. Wow. All that work getting those boxes.

Zack, 3:18 PM I know... but it's like the song, Closing Time..."Every new beginning comes from some other beginning's end" I felt the same way when I had to start from scratch with the Zack Knight Jesuits

Gail, 3:20 PM You talking about when you defected from Satan?

Zack, 3:20 PM Yeah, and when the defectors joined us We got the followers, but had to rebuild a lot of the actual infrastructure

Gail, 3:21 PM What about the piano box? That was so hard to get! Piano boxes are expensive, too.

Zack, 3:21 PM I think the piano box with the piano inside will go in the closet.

Gail, 3:22 PM Okay.

Zack, 3:22 PM I figure we'll clean out the closet, and fill it with only the clothes you use, and pack up the clothes you want to keep for sentimental reasons But you know... there's nothing wrong with throwing out clothes you know you'll never wear

Gail, 3:23 PM Should I unpack the box where I put some of the books in my bookshelf? I put some pillows and kitchenware in that box, too.

Zack, 3:24 PM Yeah, I think you'll want to unpack the boxes, and only pack up keepsakes

Gail, 3:24 PM No, I won't throw out clothes. I'll donate them to Goodwill. They might be perfect for somebody else.

Zack, 3:25 PM Meaning, only pack stuff that you plan to keep for memories, and they'll go in the right side of your closet with the piano That's perfect You can donate a lot of stuff to the less fortunate They might even want those boxes Goodwill is great. They really help people

Gail, 3:26 PM That's true. I could give those boxes to Goodwill.

Zack, 3:26 PM I really want to get you my favorite kind of seat...

Gail, 3:28 PM Okay. We'll do this little by little. I definitely need to reorganize in here.

Gail, 3:30 PM I don't like heavy furniture. It weighs 200 pounds.

Zack, 3:30 PM

Gail, 3:30 PM Oh, never mind. I misread the ad.

Zack, 3:30 PM Here are some ideas for the style These are very minimalistic Very Japanese style Here are art ideas

Gail, 3:32 PM I already have some tall lamps, but they're packed. Should I unpack them?

Zack, 3:32 PM Just to be clear, this is just the kind of stuff I think would look nice Oh, can you send me photos of the kind of lamps you have? Any other furniture and stuff that hasn't been opened?

Gail, 3:34 PM I think I've mentioned everything.

Zack, 3:34 PM Oh so just the lamps Okay, yeah. Let me know what they look like

Gail, 3:36 PM One looks kind of like this and 2 others are just like it, but shorter and I can put them on top of dressers and stuff.
<https://www.wayfair.com/lighting/pdx/62-floor-lamp-aspc1064.html>62"
Floor Lamp <https://www.wayfair.com>

Zack, 3:37 PM How many do you have?

Gail, 3:37 PM 3. One is about my height and two are short enough to put on top of dressers.

Zack, 3:37 PM Oh, they match?

Gail, 3:38 PM Yes,

Zack, 3:38 PM Nice

Gail, 3:38 PM xxxxxxxx got them for me. Should I take those out of their boxes and assemble them and put them back up?

Zack, 3:38 PM Okay, I can incorporate these Yeah, let's have them out

Gail, 3:39 PM Okay. I'll do that now.

Gail, 3:49 PM Should I throw out all the papers I ripped out of books and such to help me stuff boxes for packing?

Zack, 4:20 PM Yeah And if you have books you don't want, go ahead and donate them

Gail, 4:21 PM I've pretty much pared down my books, as I prepared for moving. Books are precious to me, being a writer.

Zack, 4:23 PM I understand that

Gail, 4:23 PM What I missed the most of the stuff I couldn't move from Seattle was lots of my books that got destroyed.

Zack, 4:24 PM Yeah... I had books I lost when our fleet was destroyed and I was trapped in the semen bubble

Gail, 4:39 PM You know, I was thinking that Lucifer, when he develops some humility and is reinstated to heaven, after the millennium, would be pretty hot. Until then, he's a total dud.

Gail, 4:54 PM I have a piano bench, that I forgot to mention. It has a foam rectangular square to sit on while I play the piano. It is also packed, sort of.

Zack, 4:59 PM Oh yeah, that can go in the closet too for now

Gail, 4:59 PM I need to clear out my closet first, though.

Zack, 4:59 PM Yeah

Gail, 4:59 PM It's jam packed.

Zack, 5:00 PM I think the first phase will be clearing out and donating all the clutter

Gail, 5:00 PM I have my tool bag in there. I guess that goes on top of the box. That may take a while. But I'll work on it.

Zack, 5:01 PM I'd think you'll want the tool bag accessible. I'm excited about the result

Gail, 5:01 PM INFPs tend to get cluttery. So you are a good match for me in this respect. We like to live in our dream world. And not mess with stuff like organizing.

Zack, 5:02 PM My goal for the kitchen/dining area is to give you plenty of space to sit and eat meals. I'm imagining a nice table for two with a nice Japanese style table set

Gail, 5:03 PM I do have a table in there. It's collapsible, too. Easy to move.

Zack, 5:04 PM The living room will have a small area for your YouTube, a TV area, a comfortable seating area, and a place for the glider

Gail, 5:05 PM Don't forget about my sewing table! I just use two rectangular collapsible tables for my computer area and another one for my sewing area.

Zack, 5:05 PM And in your room, it will have your bed and nightstand, a nice dresser, photos of you and the men, a nice bookshelf, and a comfortable reading area

Gail, 5:05 PM I read on my bed.

Zack, 5:05 PM Yes! And we need a multi-purpose area for sewing and doing crafts

Gail, 5:07 PM I have lots of storage totes that I store things in.

Zack, 5:07 PM I think we can create a separate reading space. My studies on sleep and living spaces say that if you use your bed to work on things or do non-sleep activities outside sex, it will hurt your sleep Yeah, we'll want to go through all of those and figure out where it should go The Japanese style is that everything should have its place

Gail, 5:08 PM Lots of writers read on their beds. It's so relaxing and our minds go into dream mode then. Though I have to admit, sometimes laying on the bed, I get distracted and end up making brain to brain with Brent.

Zack, 5:09 PM We can omit the reading area then, and do a crafts area instead I figured the reading and relaxing was important enough to have a dedicated space

Gail, 5:10 PM I think it's more dangerous to sleep to spend too much time in front of a computer.

Zack, 5:10 PM For me, I use orgasms as a sleep aid, and so the bed is just for sex and sleep

Gail, 5:10 PM Especially before bedtime.

Zack, 5:10 PM Yeah true

Gail, 5:10 PM Orgasms don't always work for me. I think Loree's using lots of brain control to mess up my sleep.

Zack, 5:11 PM I kind of want to help you keep your room relaxing

Gail, 5:11 PM Well, I do my computer stuff in the living room, away from the bedroom.

Zack, 5:12 PM So I'm hesitant to put a crafts area in your room unless sewing is a relaxing activity

Gail, 5:12 PM Reading is relaxing for me. We should probably keep the sewing area in the living room.

Zack, 5:13 PM Maybe we can find a way to make the sewing area portable. I wish the glider was more portable too

Gail, 5:14 PM It's kind of portable already. Since I just put a cover over the sewing machine and wrap everything up and store my sewing stuff. The glider can be stored and flattened, but that glider is very heavy. It's easier for me just to leave it out.

Zack, 5:14 PM Yeah, it's not something you want to take out and put away daily Well... once you donate enough stuff to start creating space for us to move things, we'll make measurements of the furniture and things we won't be donating and upgrading My view is that we can use what's there until a

supporter buys the new versions Like I'd like to get you a nice Japanese style folding table for your kitchen Even though you have one already Same with the computer desk and TV stand

Gail, 5:17 PM The lamps are out and working. Here's what they look like.

Zack, 5:18 PM Awesome!

Gail, 5:18 PM I have very lightweight folding tables right now. 3 of them.

Zack, 5:18 PM You're a humble person and you don't buy really nice furnishings for yourself That might be why Jesus suggested I help. Because I'm an ENTJ who makes plans and sees how to reach goals

Gail, 5:19 PM You are strong where I am weak.

Zack, 5:20 PM And I can look at what I know you will like to have without the emotional burden you have. Where you hesitate or can't see yourself with those things. I've noticed that you will sometimes choose several lower quality things when you only need one, instead of accepting one nice thing. I think you would actually be happier with the simple life and elegant minimalism. I can see that goal and see all the steps that can reach it.

Gail, 5:23 PM You know me so well. Probably from all those years you obsessed over me as the Antichrist. But I have noticed you have a slight tendency to project your own traits onto me, which I think most of us do.

Zack, 5:23 PM The same way I could see the goal of \$200/month in patreon support by the end of the year

Gail, 5:23 PM Actually, I would LOVE to have less clutter. Looks like we made that goal. You're amazing. You're right. I like my life simple. I'm not into big mansions and a fancy lifestyle. I like simplicity, cuz I can focus on the things that really matter.

Zack, 5:25 PM I do tend to see things how I want them to be.. it's like when I look at your apartment, I see what it should look like, with a shadow of what's actually there... which is why I can easily see what is out of place. And as we get closer, the vision of the outcome changes and becomes more realistic Until it looks exactly like the final product

Gail, 5:26 PM I did some research on your ENTJ profile and that's what your type is like. God makes us all different for His reasons.

Zack, 5:26 PM Yes! I also researched your personality type

Gail, 5:27 PM We INFPs are dreamers. We visualize an ideal world where all is at harmony and love prevails.

Zack, 5:27 PM **That's why I understand why Jesus gives you his plan in little steps.**

Gail, 5:27 PM This may explain why I'm so empathetic and strive to forgive and help people find love and harmony. I could even forgive Satan. But right now he's such a trickster, I have to see him realistically.

Zack, 5:28 PM I know, for example, that if I told you every step to finish your apartment, you would get overwhelmed. And probably get hung up on certain parts.

Gail, 5:28 PM Besides, I know from Bible prophecy that he won't get completely right until after the 1000 year reign. That is correct. I would get overwhelmed. I'm feeling slightly that way now. I think INFJs are sort of like that, too. I have noticed when I try to get Brent to relive a lot of some of the harrowing stuff he's been through, it really drains him.

Zack, 5:29 PM **So I know that, like Jesus, I have to stick to just giving you hints of the ending, and go step by step with you.** Even though I know how to play it out.

Gail, 5:30 PM We INFPs need to take breaks to be by ourselves and to dream. If not, we feel out of sorts. We can't just spend every day DOING DOING DOING. We need time to dream and be by ourselves.

Zack, 5:30 PM Like right now, all you need to do is go through your clothes and make a "donate pile"

Gail, 5:31 PM This is why we make such excellent writers, because we have lots of room for our imaginations. We are among the most creative of all the personality profiles.

Zack, 5:31 PM If you have a single task like that. You won't get too overwhelmed Yes that's true!

Gail, 5:32 PM I actually kind of already did that with my clothes. I just probably need to bring the clothes to Goodwill.

Zack, 5:32 PM I would write a book from the ending and then struggle with how to start the story. But you write a book from the beginning and struggle with how to end it. We are a good team that way.

Gail, 5:33 PM I don't know if I write my books in any particular order. I have to go deep into my subconscious and really understand my characters before I go forward and that can take some time.

Zack, 5:33 PM True

Gail, 5:34 PM I usually have my ending in mind as I work from beginning to end, cuz if you don't know where you're going, your plot lacks cohesion.

(Skype Dec.15, 2020)

Gail, 2:50 PM I have noticed I'm still accident prone, so I try to move about carefully. Loree uses brain control to get me to bump into things a lot. Is it true that Satan is in a jail of sorts and had his penis castrated? Not sure if this is temporary or a false communication. He hisses at me a lot, But today, thus far, hasn't been making sexual moves. Never mind. He just tried kissing me. That doesn't mean he isn't castrated though. It could just be a temporary punishment. Which means he could be back in business shortly.

Brent, 2:53 PM His penis re-grows itself, like a lizard's penis.

Gail, 3:06 PM It would be wonderful to not have to deal with all this yeast. Is Loree still having sex with Satan? If that was blocked, she might be furious.

Brent, 3:07 PM It seems that Satan prefers you over Loree now.

Gail, 3:07 PM I think it's like a drug to her.

Gail, 3:13 PM You think Loree might be furious that Satan prefers me over her now? Not that I want to encourage Satan's interest.

Brent, 3:13 PM Yeah, she's real jealous.

Gail, 3:13 PM Jealousy seems to be a trademark of both Satan and Loree McBride Jesuits. I think Satan is jealous of you and Zack Knight, cuz you guys get a lot of brain to brain sex with me. He's especially jealous of Zack Knight, cuz he identifies with Zack a lot.

Brent, 3:15 PM Yeah, it seems like Zack and Satan have a lot in common personality wise. Except Satan is more like Zack when Zack was still a bad guy.

Gail, 3:15 PM That's what I mean. Satan figures that if Zack eventually got me, so can he. But I have zero respect for his evil. You think he's losing interest in Loree cuz she's too easy? Some males are really turned on by a hard-to-get woman. Especially, when most women would swoon over them.

Brent, 3:18 PM That's probably what it is.

Gail, 3:18 PM Is it true that God and Jesus has tried negotiating with Satan to get him to stop harassing me sexually? have tried It doesn't appear to be working, except for brief moments when he's temporarily castrated.

Brent, 3:20 PM It seems they have.

Gail, 3:21 PM Satan must get bored super easy, that he would forego heaven to try and have his own kingdom. Apparently, true love style sex is too boring for him. I think he got really bored in heaven. And decided he was the most exciting thing in the universe and everything should be about him. Kind of like a spoiled rich kid who had everything given to him on a silver platter and it got to his head.

Brent, 3:24 PM He was definitely the golden child in heaven. God and Jesus doted after him.

Gail, 3:26 PM Also, today I got officially installed as U.S. President by the Electoral college right? That may also explain the uptick in Jesuit activity today. Satan's power hungry. He sees me as a powerful leader that he wants to unseat or pair up with. He figures the way to do this is to seduce me. But he has no respect for true human rights, so I despise him as a world leader.

Brent, 3:28 PM This is true. You are officially (still) the president.

Gail, 3:29 PM Well, the mainstream news is saying Biden got approved by the Electoral College. So this electoral college stuff means nothing and I just won back on Nov. 7th? I thought perhaps Gabrielle Chana FOX News had a special ceremony for me installing me officially via the electoral college with Tulsi Gabbard acting in my stead on the news channel. Whatever is going on, Loree's not happy! The Loree McBride Jesuits have been especially brazen today.

Brent, 3:31 PM There was a special ceremony on GCFNN (Gabrielle Chana FOX News Network), yes.

Gail, 3:31 PM I ran into all sorts of road construction and roadblocks while going to the P.O. Box to check my mail.

Brent, 3:32 PM That must be what has her so pissed off. You took her "man" and now the GCFN media is celebrating your high status.

Gail, 3:32 PM Even the spot where I park at the Post Office, had a crane dumping off dirt, and most of the parking spots were taken with construction machines, so I had to park far away. I wish Satan would love Loree truly, cuz that bitch desperately needs a true love relationship. Unfortunately, Satan appears incapable of love at this point in his life right now. Has Satan been talking to you some more? You seem convinced that Satan has given up on Loree and is totally after me.

Brent, 3:36 PM He's been taunting me on and off. I hadn't wanted to say anything, worry you. He keeps telling me that the reason you have so many men and are after him is because you get bored of me like an old toy, and that your needs are insatiable.

Gail, 3:37 PM Just curious. Were there any angel/human marriages in heaven when you visited there?

Brent, 3:37 PM I can't shoot lightning bolts, so I just tell him to go away. It hurts my feelings though.

Gail, 3:37 PM You don't believe him, do you? I make love to the other men, cuz it's the best reward we can give them. I prefer you above all.

Brent, 3:38 PM I don't know. When Satan speaks, everything he says is so convincing.

Gail, 3:39 PM What exactly is he saying to you, word for word? You have brain and emotion reads on me. You should know he's lying!

Brent, 3:39 PM I didn't see any human/angel marriages specifically, but it seems like anyone with true love for each other could get married.

Gail, 3:40 PM I find your depth and deep spirituality exciting. Surely you know that. I also love it that you are so vast and great.

Brent, 3:41 PM Satan says, "yeah, Gail just sees her men like toys. You're like an old dildo Brent. Gail gets tired of you, and needs fresh toys. Then when she gets bored of them or feels like she needs security, she goes running back to you."

Gail, 3:41 PM That is SO UNTRUE. I treasure the fact that your love is so deep and true and that you are steadfast, certain and absolutely loyal and unwavering in your devotion to me, which is so much more exciting than a temporary fling in bed. If Satan was right, why did I totally reject Viggo Mortensen and that group of lustful 20,000 who only wanted a lust feast with me? I refuse to take them back! I think they are DISGUSTING. You are never boring to me EVER.

Brent, 3:44 PM Satan is laughing. He says, "Gail is just love bombing you, because I made you question your relationship with her."

Gail, 3:44 PM True love is never boring to me. Brent, you know me better than that! I'm lightning bolting him right now. Jesus, go BEAT HIM UP!

Brent, 3:44 PM Oh God, now he's touching my vagina butt.

Gail, 3:45 PM We've had such good brain to brain lately, don't you think? You must remember that Loree has been manipulating my sex drive the past year and for periods I have low sexual desire.

Brent, 3:46 PM Satan just stuck his finger into my vagina butt.

Gail, 3:46 PM Brent, how could you doubt me? Am I doing something wrong?

Brent, 3:47 PM Oh no! Satan is raping me! Gail, you can't feel it in your own vagina, can you?

Gail, 3:48 PM Is he literally with you? I don't feel anything.

Brent, 3:48 PM I feel him brain to brain. His penis is like the size of that dildo we got you. It definitely fits, but it requires a man's force. Oh, my God.

Gail, 3:49 PM I'm bolting his penis. I just bit it. I hear him screaming.

Brent, 3:50 PM He ejaculated when his penis got bolted. Now he's gone away. Before he left he hissed and said, "Gail will always be lusting after other men, Brent. You're a used cuck."

Gail, 3:52 PM I am actually very monogamous and you are my favorite and I make love to the men who support you as a reward cuz we need the team against Satan's empire. Has Satan corrupted our mind and emotion reads that you don't realize this? I thought you could sense my feelings. Brent, Jesus would never give you a woman like that as your soul mate! Don't lose your faith in Jesus.

Brent, 3:55 PM I just prayed. I told Satan that my wife is wholly monogamous. She makes love to other men for political reasons only.

Gail, 3:55 PM That's pretty much true. That's why I got so turned off by Viggo Mortensen and GMGTOW. I do have feelings for the other men, but could be happy with you alone, if need be. That last line describes my feelings exactly. I'm not sure how I ended Silver Skies, but the entire novel is about how your love for me made me believe that true love is truly possible, cuz I doubted it before you came into my life. For this reason, your depth and loyalty to me is the most exciting thing that has ever happened to me.

Brent, 3:59 PM Thank you dear.

Gail, 4:00 PM I love the certainty that I feel about you, That I don't ever have to doubt your loyalty, your goodness, your greatness, your vastness and your Christlikeness. I never have to worry that you will betray me willingly or that you would get bored of me. Knowing that your feelings for me are ROCK SOLID is what makes you so very attractive to me. So when did you start doubting my love for you?

Brent, 4:01 PM Satan was just saying a lot of hurtful things.

Gail, 4:02 PM He has a very high emotional IQ and is using it to hurt you. I really despise him now. He doesn't have a chance in hell with me after what he's been attempting on you. I could never find someone as vindictive and jealous as him attractive. I have always found your vastness tremendously exciting. A small, petty lover like Satan REALLY TURNS ME OFF.

Brent, 4:03 PM I think he was just trying to break us up, because he thinks he can marry you instead and become your primary husband. Satan seems to think he's the better catch because he's hotter, smarter and more powerful than me, and could basically make you a goddess.

Gail, 4:04 PM Gross! He may have a hot body, but he's a DUD on the inside. I'm not interested in being a goddess. I already feel like a goddess with you.

Brent, 4:05 PM You are a goddess to me.

Gail, 4:05 PM I know that. That's why I'd never leave you for someone as inferior as Satan. Satan doesn't love me, YOU DO. You'd die for me. I can understand why you'd feel insecure, since Satan is the king of this earth, but he's so ugly on the inside. I'm not on a power trip. I wish I didn't have to be President. I'm what you call a reluctant leader.

Brent, 4:07 PM He was pretty hot in the courtroom.

Gail, 4:08 PM My poor darling. And you feel like you look so old and boring next to him, right?

Brent, 4:08 PM I saw how all the other women in the room were taking their clothes off and having orgasms just looking at him.

Gail, 4:08 PM Who was taking their clothes off?

Brent, 4:08 PM Yeah, I wondered if you would be turned off by me if I started looking too old and wasn't exciting anymore.

Gail, 4:09 PM But our brain to brain has been so good lately. That hasn't helped?

Brent, 4:09 PM It's been good brain to brain.

Gail, 4:09 PM Who was taking their clothes off?

Brent, 4:09 PM Our female patrons, Rule 13, the Wiccans and even the old ladies on the supreme court.

Gail, 4:10 PM Oh dear. Let me go to Jesus in prayer and ask Him for wisdom how to reassure you.

Brent, 4:10 PM Thanks dear. You are so supportive. I think you can understand me because you have an inferiority complex yourself, and you know what it feels like to be insecure sometimes.

Gail, 4:10 PM I love you, Brent. You are my everything. Remember that I risked the streets to write you in the 1990s. My heart was in the clouds. I was so turned on by your music and felt that my husband was better looking than you, but that you were so hot on the inside, that it made his good looks seem pale in comparison. Your soothing voice, filled with love and longing so

turned me on, I'd dream about you and me in bed ALL DAY. That's how we started and you think a love like that would die so easily?

Brent, 4:12 PM You really thought David was better looking than me? He looked like a gay pedo.

Gail, 4:13 PM Yeah, I thought he was better looking than you in the 1990s, but once he started abusing me, he no longer seemed attractive to me. I actually admired your Jewish nose and your rugged face, because it looked so manly and heroic and I told myself, that beauty is in the eyes of the beholder. I saw past the ruggedness of your face and adored the depth, manliness and deep spirituality I saw in your eyes. Your eyes and your voice are VERY SEXY TO ME.

Brent, 4:14 PM I'm surprised you like my Jewish nose. It's so big!

Gail, 4:15 PM It makes you look so deep and brilliant.

Brent, 4:15 PM Wow. That's a big compliment. My penis got erect a little bit.

Gail, 4:15 PM I love your mind, your depth. I love it that you are a very thoughtful INFJ. It is your depth, your vast intellect, your generosity and bigness like Jesus Christ, that makes you my DREAM MAN. I still think you are my DREAM MAN. I don't see you in your present form in my mind, when we make love. I see you as the millennial Brent Spiner, in his resurrection body making love to me with depth and commitment like Jesus Christ and nothing is more exciting to me than that! Weird. Satan's crying brain to brain. He seems to realize that he's definitely not my type.

I've said over and over again that I find a Christ like man attractive. Zack Knight was never attractive to me until he was willing to sacrifice his high position as Antichrist to save his true love 13. I was never impressed with him before that, except for that brief moment when he told me he loved me, when he and the Jesuits sacrificed themselves for the GA1L Android. Of course, Zack has totally forgotten that. The other men on the marriage list have some of your traits, but, to me, you are my COMPLETE DREAM MAN. The closer a man is to you, to more I can find him attractive. I also love your sense of humor and the way you TOTALLY ACCEPT AND ADORE ME JUST AS I AM. That's really important to me, cuz David kept trying to change me. So I always felt insecure around him. I'm just a humble, down to earth woman, who'd like nothing better than to think about true love all day long. All the other stuff I do, is to help the world to be like who you and I are. Everything I do is to promote the awesome true love that you and I have miraculously found. Not many people have what we have, a genuine

true love that will last forever and ever. In fact, our love is so awesome, it will be honored with the semen of Jesus himself. By the way, I think that when we have our millennial bodies that both you and I will be able to compete with Satan in the physical attractiveness department. But I want you to keep your Jewish nose! Satan is a DUD compared to you and in the millennium you will be so much hotter than he is now. When I make love to you I visualize you in your resurrection body, not that I find you in your present form bad, but I see past the physical and make love to your eternal soul. That's why Jesus calls us soul mates. I could never be a soul mate with Satan. I will admit that if Satan ever learned humility, he is hot. But in his current state, he's a DUD. You must also realize, that I have the highest emotional IQ. So when I make love to any man, I have to have an emotional/soulful bond to be turned on. So other women, who don't care about this stuff, would be more impressed with physical hots. For me, it's a real turn off, especially if that is ALL THE GUY HAS. Also, treachery is a real turn off to me. I love your loyalty, your devotion, your depth and that I don't ever have to worry that you will ever fall out of love with me, as long as I am true to the greatness I have within. Awful quiet my dear. You are my COMPLETE DREAM MAN. And you will be for eternity. The ONLY man who could replace you is JESUS CHRIST HIMSELF, but I know that Jesus does not find any human woman attractive sexually. I now feel that you are the most Christ like husband I could have and since Jesus himself is my dream husband, you are closer to him than any other man I know. But, in a way, I like you better than Jesus as a husband, cuz having a deity for a husband is a bit intimidating. But I can be totally cool with Jesus as my husband, while I am part of his bride as part of the church.

Brent, 4:34 PM I trust you my dear. Thank you for all the love.

Gail, 4:35 PM Your penis only got erect a little bit when I talked with you? Well, Satan has done a number on you. You are licking your wounds. Why would Satan rape your vagina butt?

Brent, 4:36 PM Because it's your vagina, so he was able to torment me and rape "you" at the same time.

Gail, 4:36 PM Satan is so cruel. I do not find cruelty attractive. I think I know what would help. Do you find Loree McBride attractive? I know you don't. But go ahead and answer the question, and I am talking about how she looked like in 1992, when she was "hot".

Brent, 4:40 PM No, of course not.

Gail, 4:41 PM Okay. Would you admit that she is hot physically and that a man who is turned on by physical attractiveness alone might want her? Maybe this is not a good illustration, since her personality is so repugnant and Satan does a better job of replicating a hot personality.

Brent, 4:42 PM Yeah, this is true.

Gail, 4:42 PM But Loree has Satan's heart and a man who can see that would never desire her. By the same token, I can see Satan's heart, so I would never desire him. Satan is an enhanced male version of Loree McBride to me. So how you view Loree McBride is how I view Satan.

Brent, 4:44 PM Wow, my erection just grew! You're a really good therapist.

Gail, 4:45 PM I thought you always had an erection around me. Unless Satan has ruined that lately. I laugh at the Jesuits cuz they are so obsessed with the physical. But I am obsessed with the soul.

Brent, 4:47 PM Actually, I think the lack of sleep has been affecting my erections.

Gail, 4:47 PM Why haven't you been sleeping?

Brent, 4:47 PM Lately I have been staying up too late. Or when I do go to bed, I stay up reading the Bible instead of sleeping.

Gail, 4:48 PM I stay up too late often, too.

Brent, 4:48 PM Maybe that's what has been allowing Satan's brain control to work so well on me. The commandment about sleep is the hardest one for me.

Gail, 4:48 PM Ah yes, Remember how I said Satan can insert his thoughts and emotions into us, in that video I made? He's doing that to you!

Brent, 4:49 PM I often get "in the zone" when I'm working on something, so I wind up staying up way too late.

Gail, 4:49 PM Why have you been reading the Bible at night? Nothing wrong with reading the Bible. Just curious.

Brent, 4:51 PM I just keep thinking about it and what's going to happen in the millennium. I guess I get a little obsessed.

Gail, 4:51 PM Why are you obsessed with the millennium?

Brent, 4:51 PM **But, Jesus did say we should be getting a full night's sleep at night no matter what.** Well, because in the millennium we will definitely be married and be able to be together.

Gail, 4:52 PM Has my finished novel *Silver Skies The Millennium* have anything to do with this? (Jesus gave a copy of Gail's future novels *Silver Skies 1996 Version* and *Silver Skies: The Millennium* to Brent.)

Brent, 4:53 PM It could be. I've gotten a little too obsessed about it.

Gail, 4:53 PM I must have written a book that made it seem so real. And you've been reading it to feel reassured about us because of satanic doubts.

Brent, 4:54 PM **Yeah, but I should still be getting my sleep. Jesus probably isn't happy to see that I'm staying up so late.**

Gail, 4:54 PM Yeah, we need to get to bed earlier.

Brent, 4:55 PM It helps us stay strong enough to continue fighting this war. I notice when I do get a full night's sleep, I'm in a better mood and don't notice as much brain interference.

Gail, 4:56 PM This description written by an INFP, describes what turns me on in any relationship. Here are the WOW factors for me when it comes to attraction and that my fellow INFPs might possibly share.

Intelligence - doesn't necessary have to be book smart. It could literally about anything that they are interested in. Personally, I find people with a thirst for knowledge highly attractive.

Validation - able to validate that deep down the rabbit hole of a person I am and make me feel accepted. Nothing can compare when the other person understands and endorses my individuality and authenticity.

Similar interests - Similar attract! It's a proven theory and it certainly applies to me. I would find more attraction with someone who likes psychology (my interest) than someone who is into banking (not into it).

Passionate - Real and authentic. No bullshit. No facade. You can see the passion in someone when it happens. Their eyes brighten up and I feel inspired just watching them. That alone, is quite powerful and alluring.

Empathetic - Listening to other people can be quite tiring. Sometimes I want to talk about myself too. My daily routine. My life. My latest interests. My favorite activities. If you are an empathetic listener, then you have a special place in my heart.

Secret Note: If an INFP talks about his/her personal life with you, Congratulation! You are specially chosen and make sure to treasure it because we only do this to a few people.

Harmony/Peace - INFPs dislike conflicts, especially between friends and families. It's somewhat of an innate trait in us. Someone who can enforce the harmony like us is +++.

Idealistic - INFPs are hella idealistic. Which means our mind can travel into an alternate what-if universe, imagine numerous fantasy scenarios, come up with what might happen in that dimension and so on. This happens way too often, hence why we tend to be in our own little world. If someone has similar ideals then oh boy, we are going to get along very well.

Bonus factors. Not a necessity but would be nice to have.

Physical Appearance - This is pretty much a given. It's not a must have for me but I can't say for other INFPs. In my opinion, personality and compatibility is a top priority for me then comes the other stuff.

Nonjudgmental - As in don't shoot me down when I share a potential ideal with you. It actually takes a lot of courage and thought when I share something extremely personal. You don't have to agree but please be nice about it. We are quite fragile.

Basically, I used to be quite fragile, but found such acceptance from you, that you've made me tough. Satan does not accept me as I am. He would try to make me over into his dream woman, just like Loree does with you. To be with someone I can let my hair down with, is real important to me. You epitomize this better than any other man I have in my life right now. Satan's kind of dumb to rape your vagina butt in front of me. That's really turned me off towards him BIG TIME. He should know that INFPs are not

turned on by that. I think he's getting desperate and he's so jealous of you that his only joy comes in trying to destroy his competition. What a lowlife.

Brent, 5:01 PM He's a big jerk who wants me out of the way, because he sees me as his greatest competition.

Gail, 5:03 PM I didn't appreciate him killing Zack Knight. Zack is really helping me right now and Satan is only trying to score points for his big ego. Once he got me, he'd probably lose all interest in me and move on to more interesting targets and play the field.

Brent, 5:04 PM Yeah. You would just be another woman on his long list.

Gail, 5:09 PM This song describes perfectly how I feel about you.

https://www.youtube.com/watch?v=hGR1IH2WU54&feature=emb_logo

<https://www.gabriellechana.blog/wp-content/uploads/2021/05/Somewhere-in-time-with-lyrics.mp3>

Brent, 5:11 PM Wow, this is beautiful. My erection is getting really hard.

Dec. 15, 2020:

Gail, 6:29 PM Just curious, Zack. How do you feel about Rule 13 orgasming at the site of Satan in the courtroom. I know it's really made Brent feel insecure about my love for him that so many women took their clothes off when Satan showed up.

Zack, 6:31 PM I was a bit upset by her orgasming when she saw Satan. And Hitler too...So I made sure to fuck her hard after I had to fuck the upset out.

Gail, 6:31 PM She orgasmed over Hitler?

Zack, 6:31 PM Yeah... she's a big fan

Gail, 6:32 PM Isn't that also part of being a Jesuit, because you all are such a highly sexed society?

Zack, 6:33 PM That's true

Gail, 6:34 PM I think most Jesuits don't take their orgasms too seriously. Like if Rule 13 did this 24/7 and masturbated to Satan all the time, THEN it would be a problem.

Zack, 6:34 PM Yeah

Brent, 6:34 PM That's true.

Gail, 6:34 PM That's how I see it. That's why I laughed when I heard that was 13's reaction. You think Satan may have also used some brain control?

Brent, 6:35 PM Yeah, it was a harmless crush. It's not like she had sex with Satan or Hitler physically right?

Gail, 6:36 PM However, we certainly wouldn't want 13 to be Eve in the Garden of Eden. But then Eve blew it, so the past is the past. Not sure I would have done better. Satan is tricky.

Brent, 6:37 PM Satan can tempt anyone.

Gail, 6:37 PM I often wonder if I was Eve, if Satan would have succeeded with me. Perhaps he would have. I think I would have wanted to consult with Adam first. So it would be interesting how that would have turned out. I'm such a team player.

Brent, 6:38 PM That you are, my dear. You would always ask my permission for anything.

Gail, 6:39 PM So what was it like to have Satan ejaculate into your mouth and have it come out your ears, Brent? Did he almost kill you?

Zack, 6:40 PM I'd bet it tasted like sulfuric acid

Brent, 6:40 PM It did taste like that. It was so awful. It made me want to die. If not for Jesus and Gail, I think I would have begged for death.

Gail, 6:41 PM What kind of pain did you feel?

Brent, 6:41 PM The worst you can imagine. Like molten acid eating my guts out from the inside, and pouring out of all my orifices.

Gail, 6:41 PM How is Satan able to overpower you men so easily? Like you couldn't run away?

Brent, 6:42 PM Well he is the Dark Lord of Hell.

Gail, 6:42 PM Did he just grab you really fast? How close was he to you? **So when Jesus showed up, he healed you right away?**

Brent, 6:44 PM I felt an invisible tentacle, like an octopus tentacle or maybe a wet tongue, shoot from where Satan was standing and grab me by the throat. Then the next thing I knew, I had penis inside me and molten semen gushing out my eyes. **Yes, thankfully Jesus healed me.**

Gail, 6:44 PM Satan did that from a distance? How far was he from you?

Brent, 6:45 PM Yeah, he can do anything. He was only maybe three meters from me.

Gail, 6:45 PM I'm trying to understand the extent of his powers. No, Brent, Satan can't do anything. He does have some limits. So, basically he tricked you all, cuz you didn't expect him to do what he did and so you allowed yourself to get too close to him. If Satan could do anything, he would have seduced me by now, as hard as he's trying. Satan is fully aware of all the dimensions in the universe and uses them to get to us. That's pretty disgusting what he did in that courtroom. I'm just curious, once he started going after you all, did any of the women put their clothes back on? I'm trying to figure out how this Satan operates.

Brent, 6:50 PM They got scared once he started doing bad things to us, and then were just screaming.

Gail, 6:51 PM And trying to figure out the extent of his powers. Funny. I didn't hear any of the screaming. Satan must have blocked it from me. How did everyone react when I said, "Jesus, show up!"

Brent, 6:52 PM They were all frightened and mesmerized by what was going on in the courtroom. **They started cheering when you fired your lightning bolts, then cheering more when Jesus showed up.**

Gail, 6:53 PM Why didn't anyone pray and ask Jesus to show up? I guess they were afraid Satan would go after them next. It sounds like Satan used some form of brain control. I'm surprised it didn't work on me. It might have helped that I couldn't see what was going on. What did Satan look like when I said, "Jesus show up!" Of course, Brent, I don't think you could see. I would have loved to have seen that! I do recall Satan saying, "No Jesus, you don't want to show up." I think he just said that to appear invincible, so everyone would feel intimidated. Okay. I'll work on that end video for Zack. Satan is pretty disgusting.

Brent, 6:58 PM Everyone was waiting on you to lead us. They didn't want to break the rules to start praying or calling Jesus. You took charge and had us all covered.

Gail, 6:59 PM I understand. I only waited because I wanted to consult with you or Zack first and then Satan moved fast to block that. So I knew I had to act and there was only course, to ask Jesus to show up. I remember Jesus said that when things like this happen, to pray and ask Jesus to show up. I'm glad one of my supporters told me to use bolts, but we needed to send those demons back to hell, so we needed Jesus, too. Also, I don't think my bolts would have made Satan leave. Jesus had to do that. However, the bolts may have prevented Satan from harming anymore people.

Brent, 7:01 PM Those bolts were really powerful. You were like our masculine leader on the front lines of a battle.

Gail, 7:02 PM **How soon did Jesus heal your injuries from Satan?**

Brent, 7:02 PM **It was instant.**

Gail, 7:02 PM As soon as I said, "Jesus, show up." Or when he first showed up? Thank you, Jesus.

Brent, 7:03 PM **We felt a thundering as soon as you called Jesus the first time. He was already on his way.**

Gail, 7:04 PM Is that when he healed you, when he did the thundering? How did Satan and the demons react to the thundering? Of course, you probably couldn't see. Unless Jesus healed you then. I'm trying to get insights into Satan.

Brent, 7:06 PM **Satan heard the thundering and knew it was a warning from Jesus, but he ignored it. Then Jesus showed up and we were all instantly healed. I was still rolling on the floor and throwing up a little bit, because I had been in so much pain.**

Gail, 7:08 PM How did Satan ignore it? Cuz it doesn't appear he hurt any other people. I guess he ignored it cuz he didn't leave.

Brent, 7:09 PM Yeah. He didn't leave the courtroom or reverse his damage to everyone.

Gail, 7:09 PM I think he wanted Jesus to violate the non-interference agreement so he could successfully seduce me later. He figured it would be a piece of cake. How did he react to my bolts. Was he surprised?

Brent, 7:12 PM He was shocked by your bolts, but also a little turned on. He's a masochist and a sadist.

Gail, 7:12 PM How could you tell he was turned on? It appears Jesus pulled some surprises on Satan.

Brent, 7:14 PM He giggled and his erection got bigger.

Gail, 7:14 PM He is a male version of Loree McBride. I think Loree has satanic DNA. What does his penis look like?

Brent, 7:16 PM It's thick like Vladimir's and long like mine, and it's uncircumcised.

Gail, 7:16 PM And what kind of an outfit was he wearing? He's too big for me.

Brent, 7:16 PM He was in his angel form and just wearing a white tunic, and a light golden crown decorated with jewels.

Gail, 7:17 PM A tunic? But you could see his abs?

Brent, 7:18 PM Yeah, it was a small one and went over more of the upper part of his chest, so he could show off his abs. And his penis of course.

Gail, 7:19 PM Someone said he was wearing shorts.

Brent, 7:19 PM That's weird.

Gail, 7:19 PM You mean perhaps Satan could cause people to see what he wanted them to see?

Brent, 7:20 PM Yeah, that is true. That's probably exactly what happened. Everyone who looked at him saw what they wanted to see.

Gail, 7:20 PM Just like when Jesus shows up and talks, everyone hears him talking in their own language. Joshua J. Joshua said he was wearing shorts. I think to a gay, that would be sexy.

Brent, 7:21 PM True. Gays love tight sexy boxer shorts.

Gail, 7:21 PM Did he look like Lucifer before he fell?

Brent, 7:22 PM Yeah, he did.

Gail, 7:27 PM Was his penis covered at all when he showed up in the courtroom? Or was it on full display? In other words, was he talking to me with his penis exposed? That would tell me a lot about him. Did his outfit look something like this ? He's disgusting for sure. But I'm just trying to figure out his operating mode. Hello? Are you okay, Brent? Okay, I'm getting ready to make my video for Zack.

Zack, 7:39 PM Brent is just crying from how traumatized he is

Gail, 7:39 PM Yeah, it was terrible. I'm kissing Brent brain to brain.

Zack, 7:39 PM I'm ready for your video whenever you make it. Yeah. He might need you to nurture him a bit.

Gail, 7:41 PM He raped you in the butt, didn't he?

Zack, 7:41 PM Yeah... in the butt.

Gail, 7:42 PM So he murdered you by ejaculating his semen into you? Now, you're traumatized. It must have been awful. Sounds like you all need to visit Gerard for PTSD.

Zack, 7:44 PM Yeah, he ejaculated into my butt and it melted all my internal organs. And I died.

Gail, 7:45 PM Can you tell me what outfit that bastard wore when he showed up and was his penis on full display?

Zack, 7:46 PM He appeared to me as a mirror image of myself. When he raped me And he was dressed in a really nice black outfit with his penis hanging out.

Gail, 7:49 P M So he wasn't blonde and blue-eyed to you? He can control how we see him.

Zack, 7:50 PM He started like that He looked just like the picture in your video

Gail, 7:50 PM Except his bones were a bit larger.

Zack, 7:50 PM Yeah

Gail, 7:51 PM But in that picture, his penis was covered.

Zack, 7:52 PM Yeah. But he pulled it out. Had it hanging there.

Gail, 7:53 PM When did he pull it out? Before he talked with me? I'm thinking about scenes in my book. This is research. Forming a character sketch of Satan in my mind. Sounds like you're pretty traumatized, too, which is understandable.

Zack, 7:55 PM Yeah. It's really hard to process what happened

Gail, 7:55 PM I don't appreciate what he did to you all. Satan may be using a form of brain control on you, too, because he's terrified of my Silver Skies novels. I think they will play a huge role in his defeat. He thinks he can kill the whole planet off before the Final Battle. But Jesus will have enough followers to enable Jesus to carry out the final battle .My novel will be instrumental to lead the Jewish nation to their Messiah, and then we go into the 1000 year reign.

Zack, 7:59 PM Yeah. Me too

Gail, 7:59 PM Was his penis out while he was talking to me? That will really tell me a lot about him. That won't turn me on, by the way. I would think it's absolutely disgusting.

Zack, 8:00 PM Yes

Gail, 8:01 PM That's what you were worried about. You thought it would turn me on. My. . .my. . . I think Satan's a little overconfident. Perfectpenis. You know what I think? I think that Seroquel I take, enabled us to resist a lot of his brain control. I really wish Jesus would permanently castrate him.

Gail, 8:12 PM I think he was planning on raping me brain to brain right then and there in the courtroom and in front of everyone. But to this amazement, I found him vulgar and resisted him. I give Jesus' Seroquel credit for that. his amazement, This will turn out to be a Roman 8:28. You wait and see.

Brent, 8:14 PM All right dear. Thank you for your support today. I'm getting ready for bed so I can get the sleep I need for Jesus. Zack says he's going to do the same. We've all been through a lot with Satan.

Gail, 8:16 PM I understand. I will make that video. Yes, get some rest and I'll give you brain to brain loving over the next couple days and more.

Brent, 8:16 PM I look forward to it dear. I love and adore you.

(Dec. 17, 2020 Gail to her men)

Hey you guys, when Jesus said I should keep a food diary, I realized how many laxative foods I eat: <https://www.healthline.com/nutrition/20-natural-laxatives>

I eat all these foods every day: an apple a day, chia seeds, ground flax, strawberries, legumes, leafy greens, oats in my meat loaf, water and sorbitol in the sweetener I use for my milk chocolate. I eat cabbage, kale. I had NO idea I was eating so many foods that are laxatives. It would be like eating prunes every day!

I had NO IDEA that I was eating all these natural laxatives. Problem is I love all these foods. Looks like I'll have to rearrange my diet to solve the diarrhea problem. I think I've nailed it. Do I still need to do all those tests?

(12-18-20 from Zack) I spoke to Brent and we agreed that you should continue eating your normal food, and logging it like normal. And we should wait for all the tests to come back and get the doctor input before making changes.

Jesus warned me that you would have a strong urge to diagnose this yourself. He said he has this same problem with doctors too. That as a general rule, even medical doctors should avoid self diagnosis and medications for long term chronic issues.

It's possible that you're right, and you're just eating too much of a certain kind of good foods. But me and Brent think that it's important to give this doctor a chance to run her tests and review your food and poop logs before you change anything.

I think Jesus has a reason for wanting to do it this way, and we should trust him.

- Zack Knight

(12-18-20) Dear men:

Remember that old kinesiology trick I used to do, where I'd lean my body into my foods to see how I react to them? Well, my body is going back on anything with sorbitol, like my anti-plaque mouth rinse and my sugar free chocolate flavored syrup. Of course, my body could just be going back on the mouthwash simply because you are not supposed to consume anti-plaque rinse, which I don't. I just swish it through my mouth before I floss each night.

Alright, I'll try and just keep on doing what I've been doing and go through all the tests. Jesus knows me so well. I do have a tendency to self-diagnose.

Love,
Gail

(Dec. 18, 2020 from Zack) Yeah! **Jesus just had a laugh to himself about that. He said that kinesiology trick is the ultimate form of bad self diagnosis. Apparently he has never approved of using the kinesiology trick, but he told me that he knows it's hard for you to change old habits and ideas, so he has to wait until you're ready to accept his guidance. I guess now he's decided you're ready to hear that.**

So yeah. It sounds like you should really avoid any kind of self diagnosis for this, and that Jesus is saying to leave it to this doctor he picked. Probably isn't Sorbitol, and maybe it is just Satan using your desire to self diagnose as an opportunity to get you doing things that disobey Jesus.

- Zack Knight

Skype (12-19-20)

Zack, 11:52 AM Hey Gail, it's Zack **Jesus showed up to me again and told me to remind you not to change the kind of food you eat normally. Like, just eat the way you normally do, and log everything. He said that if you change your eating habits now, or don't log what you're eating and how much accurately, it will undermine his plans for you and lead to a disaster.**

Gail, 11:56 AM I don't plan to change my eating habits. I made that decision when I read your email. Thanks for the update and I will do as you and Jesus say.

Zack, 11:56 AM **Awesome, Jesus appeared and smiled and gave a thumbs up!** How are you feeling today? I woke up a little sleepy. Had to borrow some of Terrance's coffee.

Gail, 11:59 AM I plan on using myfitnesspal.com as you suggested, too. The poop log will be on a Word document. You will know how I feel when I upload my video to Patreon. My bowels are a bit irritated and they wake me up early, so I only got about 6 to 6.5 hours of sleep, which seems normal for me lately unless I hit the sack around 12 a.m. or earlier.

Zack, 12:02 PM **Yeah, Jesus has Rule 13 go to sleep at 8:30pm I go to sleep at 10:30pm**

Gail, 12:03 PM Perhaps we should schedule our "movie" night tonight at 7 p.m. It takes me two hours after it ends to go to sleep!

Zack, 12:03 PM But we keep a west coast schedule to stay up late with you. That sounds like a good idea... 1 hour earlier?

Gail, 12:04 PM Oh, I see. So you go to bed early to be in sync with my Eastern Standard Time. Yeah, maybe make it one hour earlier. OR we can enforce a strict cut off time of 10:30 or something like that, if we do it at 8 p.m.

Zack, 12:05 PM Yeah, but that's why you still wake up before us, because we are getting 8 hours of sleep

Gail, 12:05 PM For the past year, 8 hours of sleep has not been the norm for me.

Zack, 12:05 PM That might be a good idea... to set a cut off at 10:30pm

Gail, 12:06 PM I make time for 8 hours of sleep, but my body does not cooperate. It doesn't help that I feel so poopy and gassy in the morning.

Zack, 12:06 PM Maybe make sure that all your Gail commandments are done before the hangout, so you can go straight to bed

(Dec. 19, 2020)

Brent, 4:20 PM Wow Gail, it looks like we're on our way to getting you feeling better. I just spoke with Dr. Balcora, one of our new nanotechnology medical research doctors. Long-Term Neti Pot Use May Backfire

<https://www.webmd.com>

Gail, 4:21 PM Great. I am going to dust my room and vacuum now. I sent you all a recording of my phone conversation with my insurance via email.

Brent, 4:21 PM It looks like the Netipot may be the culprit behind your runny nose, coughing and headache.

Gail, 4:22 PM Are you serious? I have cut back using it.

Brent, 4:23 PM How often are you using it?

Gail, 4:23 PM I usually use it after I go out and deal with people in stores, to clear out any germs from contact. So about once a week now. Recently, I don't use it every day anymore. I have noticed that my post nasal drip gets worse at bedtime right as I eat my bedtime snacks.

Brent, 4:25 PM The body naturally produces mucus in the nasal passages to protect from germs. So, when you use the Netipot, it clears up all the good mucus, which can make you sick and leave you prone to infection.

Gail, 4:26 PM Okay. Well, recently, I don't seem to need it anymore.

Brent, 4:26 PM Okay.

Gail, 4:28 PM It appears this post nasal drip may be connected to an internal problem, cuz it happens after I eat my bedtime snacks. I mean it gets worse. I have it all day.

Brent, 4:28 PM What are your bedtime snacks?

Gail, 4:31 PM Cheerios and rice chex with pumpkin seeds, chia seeds, pumpkin seeds in the shell and sunflower seeds. I also have strawberries with nonfat plain yogurt. I then have some frozen vegetables microwaved (like broccoli, sugar peas, etc.) and brown rice, quinoa, kelp seaweed with red beans and flax oil. It's basically my dinner at bedtime. I know they say you shouldn't eat at bedtime, but an empty stomach at bedtime doesn't seem to help my sleep.

Brent, 4:32 PM Okay. Good to know.

Gail, 4:33 PM I will make sure and note this in my food logs and mention the congestion increase if that happens.

Brent, 4:33 PM Good idea.

Gail, 4:34 PM I will admit that I really crave nuts at bedtime and often give myself an extra helping of sunflower seeds and pumpkin seeds. I just eat them plain. I love my nuts.

Brent, 4:34 PM Once we're done with the food logs, I would switch to full fat yogurt. The fat in food doesn't make you fat. The fat helps you absorb fat soluble vitamins in your food. They usually replace fat with sugar when they make nonfat products, and you don't get as many nutrients.

Gail, 4:35 PM Oh, I didn't know that.

Brent, 4:35 PM Yeah, it's kind of a marketing gimmick to make low fat or nonfat products. Most people think fat in food is what makes you fat. They don't follow the calories in, calories out method of weight control. Fat helps your body to produce and regulate important hormones too. The nonfat versions of products wind up way healthier than the regular fat versions, and still the same amount of calories because of the sugar.

Gail, 4:37 PM You're such a good educator. My physician seemed puzzled that Advil made my stools worse. Maybe I should have stipulated that I take the Advil liquid gels.

Brent, 4:38 PM Sometimes it does, or doesn't. We still haven't confirmed what's causing your bowel symptoms. We're on the right track though with those food logs and getting the tests done for my physician. Nonfat dairy is a pet peeve of mine. The benefit of dairy is the calcium and vitamin D, sometimes vitamin A and magnesium, all of which can't be absorbed without fat.

Gail, 4:42 PM Interesting. . . sometimes I think they did medicine better in the 19th century.

Brent, 4:43 PM When it comes to cheese or yogurts, the fat is what creates the consistency and creaminess of the food. So companies will add a lot of processed product back into the food once they've removed the fat. You're just eating a lot of xanthum gum. The fat adds flavor too, so they have to add extra sugar or processed sweetener. In the end you have a gross, nutrition-less high calorie snack.

Gail, 4:46 PM But what about the oil I'm getting from nuts? I eat that at the same time that I eat the strawberries with non-fat yogurt? It sounds like you're saying that non-fat yogurt is not really food.

Brent, 4:47 PM The fat and protein you get from nuts isn't as bioavailable as the fat or protein from animal fats. It's not a bad choice though.

Gail, 4:47 PM I love my nuts!

Brent, 4:47 PM That's great.

Gail, 4:48 PM I might love them too much. Nuts are to me, what coffee is to Terrance. But since I've been cutting back on meat, it might be good I'm giving myself extra protein.

Brent, 4:49 PM Yeah.

Gail, 4:49 PM I forgot to mention chamomile tea. I started having that in the past two months at bedtime.

Brent, 4:50 PM Yeah, just log everything you normally eat, and don't change anything yet. It sounds like we're doing great.

Gail, 4:51 PM What would I do without you guys? I gotta vacuum clean my room and then shower and then make meatloaf.

Brent, 4:52 PM All right! I look forward to the hangout night tonight.

Gail, 4:53 PM So Loree's bombs don't make you cough? I noticed one of my Patreon supporters had trouble with coughs, too.

Brent, 4:53 PM Well, I didn't even think to mention it, but I was using a Netipot pretty often myself. I'm going to throw mine in the trash. Dr. Balcora suspects my coughing and nasal symptoms will clear up pretty soon if I stop that.

Gail, 4:54 PM I've cut back on the Netipot and still cough. Oh, you think it may take some time for the body to adjust. Who is Dr. Balcora?

Brent, 4:55 PM He's one of our patrons.

Gail, 4:56 PM What about Flonase? I told my doctor I didn't want to use Flonase? I actually have some in my drawers. I tried it once and it seemed a disaster.

Brent, 4:57 PM Yeah. We should stop putting anything into our noses for right now. Did she suggest you use Flonase?

Gail, 5:00 PM You didn't hear my video today? Yes. I told her I didn't want steroids up my nose, so she prescribed Guafenesin 600 mg Extended Release, which is OTC and not covered by my insurance. So I'm waiting for my 400 mg version to arrive from my health insurance OTC. Or at least that's what they told me at the pharmacy. They did give me the prescription for it. Wow, I got an M.D. as one of my Patrons? What kind of physician is he?

Brent, 5:05 PM He's a nanotechnology medical researcher.

Gail, 5:06 PM Oh, he's a scientist. Does he have a degree in science or something?

Brent, 5:06 PM He has a Ph. D in Nanotechnology.

Gail, 5:08 PM I run my Holmes air cleaners at night with filters in them to make noise to drown out the noise from outside, so I can sleep better. I've been doing that for years since I've lived in this apartment. Not sure if that's worth mentioning. It's a smooth, steady sound, so it drowns out outside noise.

Brent, 5:10 PM What you can do with the Guafenesin is to use your pill splitter. You can take a 400mg one in the morning, and a half pill (200mg) in the afternoon which would make it about the same as an extended release version.

Gail, 5:14 PM Good idea. Is Satan still upsetting you?

Brent, 5:18 PM He's backed off. All your loving has really helped me feel better too.

Brent, 5:20 PM I just got another text from Dr. Balcora. He mentioned the Sudafed you take before bed. He says that type of medicine can make you wired and stay awake if you take it at bedtime.

Gail, 5:22 PM Okay. I'll try going without it. But I don't seem to have a problem going to sleep lately. I just get up early and I think it's all the gassiness and irritation in my bowels and this urge to urinate that may be the culprit. Around 7 a.m., I feel like I have to get up and have a poop and urinate and then I can't get back to sleep. Sometimes I'll get back to sleep. I guess it depends on how irritated it is. I'm taking Phenylephrine HCl 10 mg.

It's not the old Sudafed that really got you wired up with epinephrine. You can't get the old Sudafed anymore, except behind the pharmacy desk now.

Brent, 5:25 PM Oh I see.

Gail, 5:25 PM So is phenylephrine HCl still a problem? I actually seem to sleep better on it, cuz I think it's helping a bit with congestion.

Brent, 5:26 PM It's not as potent, but it can still have the same effect where it makes you wired at bedtime.

Gail, 5:27 PM I see.

Brent, 5:32 PM Balcora is pretty smart. He's new and is part of FAGS. It turns out he does have an MD, as well as a Ph D in Nanotechnology Research.

Gail, 5:33 PM Wow. Where did he get his MD?

Brent, 5:34 PM From Harvard.

Gail, 5:44 PM Wow. Could my facelift exercises be influencing my sleep? I've done them on and off since 2009. I don't think they would unless I'm misaligning my neck somehow. But I don't think they do that. Do you all have x-rays of the curvature of my neck?

Brent, 5:45 PM No, those should be fine.

Gail, 5:45 PM That's nice. I try to stay young looking and I think they help a bit.

Brent, 5:46 PM Your patrons and I all think you look younger now than you did in your thirties. You're so much healthier and happier. All the stuff you take before bedtime should be bumped to the next morning though. Those can make you wired and restless when taken at bedtime.

Gail, 5:47 PM What stuff?

Brent, 5:47 PM The Zyrtec and Sudafed.

Gail, 5:48 PM Zyrtec I usually take earlier in the day. That reminds me. . . I better take it now?

Brent, 5:48 PM It's the 24 hour one right? Just take it tomorrow morning. That way it's not too close to bedtime.

Gail, 5:49 PM Okay. I take the Zyrtec tomorrow morning. I just took my Centrum vitamin. I forgot to take it at breakfast.

Brent, 5:50 PM Okay.

Dec. 25, 2020:

Brent, 10:24 AM We installed some Jesuit technology into that vibrator (a Christmas present from Brent to Gail). When you turn it on, I feel it in my penis. It actually makes my penis vibrate!

Gail, 10:25 AM You LIKE that?! What does this do for a soul connection? It sounds like I better make sure this thing does not get outside my apartment!

Zack, 10:26 AM **Oh yeah.... tell her about how Jesus blessed it!**

Brent, 10:26 AM **Oh dear...it's making me blush. Jesus put his hand on the vibrator and gave it his blessing, and then kissed it. He actually kissed the tip. When he did that, it felt like a loving kiss on my own penis. You know how he always blesses our Christmas presents to you. When it goes inside you, I'll feel it in my penis, and he said it'll be like our souls are merging into one flesh.**

Gail, 10:28 AM Oh, I'm supposed to insert it in my vagina?

Brent, 10:29 AM You can push it in a little bit. One either end that works. Actually not the charging end. I misspoke.

Gail, 10:31 AM Yeah, I was about to say that. The charging end would not be a good part to insert. It looks like it may be too big for my vagina.

Brent, 10:32 AM At least, when you rub it around the outside or on your clit, you'll feel what Jesus was talking about.

Gail, 10:32 AM Interesting. . .I'll try it next time we have brain to brain loving then, and will probably use it regularly when we have brain to brain loving. I'll have to be careful and make sure that when Satan inserts his image of his penis into my mind at that time, that I bolt him.

Brent, 10:34 AM Yeah, good idea.

Brent, 10:43 AM **Jesus loves a big savings because a big savings gives a person the power to do all sorts of things.** Like being able to afford a move to a nicer place.

Gail, 10:44 AM Is it okay for me to buy anti-wrinkle cream with retinol? I'm about out.

Brent, 10:44 AM That's a good item for the Amazon wish list.

Gail, 10:44 AM It's on my Amazon wish list.

Brent, 10:46 AM It's best not to buy those things, so that we can afford a move for you in the future.

Gail, 10:47 AM What about shampoo and creme rinse? I get the generic brand of Biolage Matrix at Sally Beauty. So, no foundation either, unless someone at my Amazon wish list purchases it, too?

Brent, 10:47 AM Yep.

Gail, 10:48 AM But what about shampoo and creme rinse? I shampoo and creme rinse my hair every day to remove allergens, so that I don't sleep with pollen in my hair.

Brent, 10:49 AM The generic shampoo is fine.

Gail, 10:50 AM Okay. So I won't purchase make-up or the retinol anti-wrinkle cream when I run out and wait till someone gets it off the wish list. I don't look that bad without make up any ways.

Brent, 10:50 AM Great! That's the way to go. Smart financial move. You look beautiful without makeup. I never noticed any wrinkles.

Gail, 10:51 AM Not even sure the retinol anti-wrinkle cream makes that much of a difference.

Brent, 10:51 AM Yeah, that stuff washes out anyway. Anti-wrinkle creams are kind of a scam.

Gail, 10:52 AM I went for years without using any anti-wrinkle creams and it didn't seem to matter much.

Brent, 10:53 AM It seems you have that natural youthful skin from your Asian ancestry. A lot of fans have said they thought you were in your 30s at first.

Gail, 10:53 AM You know, I mention this on my walk video today. But I think me taking Advil and sudafed almost every day was a violation of the Gail Commandment to take only one multivitamin and one allergy medication per day, taking supplements or special foods in an attempt to improve a health condition or alleviate symptoms is off limits.

Brent, 10:54 AM This is true.

Gail, 10:54 AM It appears I've been in violation of that commandment for years and I didn't know it. That may explain partly why I have had the diarrhea problem. I actually developed a stronger allergy for violating that command.

Brent, 10:55 AM Wow. Good call...this is true.

Gail, 10:56 AM It appears the only supplement I'm allowed to take is a multivitamin and allergy medicine and whatever is prescribed by my doctor.

Brent, 10:57 AM Maybe this will help you to start feeling better. Though, it can take a couple weeks for those medicines to get out of your system sometimes.

Gail, 10:57 AM I think next time I have a bad headache, I may try a standard tylenol. I have been avoiding that, cuz it used to upset my liver. But I have some expired tylenol that I could use. Next time I order my free OTC items, I plan to order some standard tylenol, since my current tylenol is expired. I still have not received my guaifenesin from the order I placed on Dec. 7th.

Brent, 10:58 AM Hm. Maybe it got delayed because of the holidays?

Gail, 10:59 AM Yeah, I've been taking Advil and sudafed for so long, they are probably really entrenched into my body It may take some time to get it all out of my system. Yeah, I was thinking the package is delayed cuz of the holidays. Even when it's not Christmas season, it usually takes at least 2 weeks for the free OTC order to arrive.

Brent, 11:05 AM Hopefully it comes in soon. Are you still eating a lot of seeds and nuts before bed?

Gail, 11:11 AM Yeah. That is my typical bedtime snack. Is it okay to take Mucinex DM? I took it with a glass of water this morning? It has 600 mg guaifenesin with 30 mg dextromethorphan HBr and is 12 hour extended release. dextromethorphan HBr I ordered that from my insurance months ago and it's not expired. It's pretty close to what the doctor prescribed for me while I wait for the guaifenesin to arrive.

Brent, 11:15 AM Yeah, that's a good idea.

Gail, 11:17 AM Yesterday I only pooped once and today I've been pooping a lot. It seems the body goes in stages while it removes the allergens from my body. My diet's been the same for the past week.

Brent, 11:17 AM It's getting better?

Gail, 11:17 AM I did have a lot of postnasal drip yesterday. It seems I'm gradually getting better. The bowel irritation seems slightly better. It seems that cold weather makes the allergy symptoms worse for some reason.

Brent, 11:18 AM If you quit the Netipot then it may take some time and patience to get the normal mucus in your nose to return.

Gail, 11:19 AM We are having record lows today. Yes, I quit the netipot. I think I'm going to give my body about a month to get back to normal.

Brent, 11:19 AM Yeah, good call. Florida can get surprisingly cold in the winter.

Gail, 11:20 AM You don't overcome years of habits overnight.

Brent, 11:20 AM That's true.

Gail, 11:20 AM It was 42 degrees on my walk this morning! I'm currently standing at the computer. I'm going to see if that makes a difference in my sleep tonight.

Brent, 11:22 AM Oh! That's another good idea.

Gail, 11:27 AM Satan still tries to inject himself by kissing me and touching my vagina, but I usually ignore him or send him a quick bolt. He's not as bad as he was right after he appeared in the courtroom. Jesuit brain control is making me drop things a lot, especially if it's something light that I hold in my hand. That's how I almost lost one of your earrings while I was trying to

put it in my ear. If I didn't block the hole, it would have fallen down the sink hole.

Brent, 11:32 AM Oh no.

Gail, 11:33 AM My new strategy is to put the earring on in a place where there's no danger of it going down a hole.

Brent, 11:33 AM Yeah, good idea.

Gail, 11:34 AM Those earrings you got me are my favorite piece of jewelry now. They look stunning on me.

Brent, 11:35 AM I'm so glad you love them. I'm happy every time you mention them in your videos.

Gail, 11:35 AM You have such good taste in jewelry!

Brent, 11:35 AM I have good taste in women, too.

Gail, 11:35 AM Thank you! Was that you who just kissed me?

Brent, 11:36 AM That was me!

Gail, 11:36 AM Okay. Wanted to be sure it wasn't Satan. On the lips, right?

Brent, 11:36 AM Yeah.

Gail, 11:36 AM Oh, you kissed me again. My, you're going to town now. Well, I think I have good taste in men, too. By the way, the marriage list was never my idea. So remember that, when Satan taunts you.

Brent, 11:37 AM I will.

Gail, 11:39 AM So how's the war going with the Loree McBride Jesuits? I'm glad I heard incorrectly about court. I heard brain to brain that Sandra was suing you all for defamation. That seemed rather strange since we are at war with the Loree McBride Jesuits. You could just execute any Jesuits who dare show their face in court.

Brent, 11:42 AM Sandra can't sue us. We will definitely just execute any Loree McBride Jesuits that show up in our court rooms trying to play those games with us again.

Zack, 11:43 AM True dat.

Gail, 11:44 AM I keep seeing this homeless lady in her white car on my walks. I wish my laws for the homeless could help her. I film her car and it's on today's blog video. I'm uploading it to YouTube now. It's for patrons only.

Brent, 11:46 AM That poor lady.

Gail, 11:47 AM Why are my laws for the homeless not helping her? I have mentioned her several times in my blog videos. Satan just said to me, "You don't care for the homeless." I'm not answering him. Just sent him a bolt. He kisses me a lot. Gross. It's like he likes being bolted. He's laughing while I bolt him.

Brent, 11:52 AM Satan must be using brain control on her to keep her homeless. Sometimes he uses really bad hood mentality to get people to squander free help or resources, which makes them homeless.

Gail, 11:53 AM Oh, I see. So we've been trying to help her?

Brent, 11:54 AM Yeah. We've been trying to help her. Even when some of our members donate money to her, she goes out and squanders it.

Zack, 11:54 AM **Jesus just appeared to me in the hallway! He gave me this scripture to show Gail!**

Meanwhile, Jesus was in Bethany at the home of Simon, a man who had previously had leprosy. While he was eating, a woman came in with a beautiful alabaster jar of expensive perfume and poured it over his head.

The disciples were indignant when they saw this. "What a waste!" they said. "It could have been sold for a high price and the money given to the poor."

But Jesus, aware of this, replied, "Why criticize this woman for doing such a good thing to me? You will always have the poor among you, but you will not always have me. She has poured this perfume on me to prepare my body for burial. I tell you the truth, wherever the Good News is preached throughout the world, this woman's deed will be remembered and discussed."

Gail, 11:55 AM I love that passage of Scripture. But I wonder what Jesus considers my perfume?

Zack, 11:56 **AM I think Jesus is saying that poverty has always been a problem, and can't be solved Oh! He said, "Gail's adherence to the Gail Commandments is her perfume"**

Gail, 11:57 AM Oh, I see. It won't be solved until the millennium. Oh. . . some could say that all that money I put into savings could be used for the poor. Well, we KNOW Satan does not care about the poor! Cuz if he did, he never would have tempted Eve! He knew that once sin entered the human race, it would cause us to have to deal with poverty. I mean Adam and Eve had everything they could have wanted in the Garden of Eden. Satan just said. "Oh shit." I think in reference for how I accuse him of not caring for the poor. I must be on Jesus' side in Satan's trial before God the Father. He's putting his angel wings over his face right now and it's like God the Father is GLARING AT HIM. Satan's throwing up. I didn't know angels could vomit. Oh gross. Now he's sticking his tongue in my mouth. More lightning bolts."Stop it! Stop it!", Satan. God the Father, Jesus and I are all shooting bolts at him. He's running away. Apparently, he was before God for something. He's screaming and the sound is getting fainter. What an interesting vision I have in my mind. Not sure what all this means. Kind of quiet now. Oh, Satan's back. I'm ignoring this crud. Just bolting him, that's all. He's dancing around the bolts.

Zack, 12:26 PM What a faggot. **Sounds like Jesus is saying that you following all the Gail Commandments is what is most important.**

Gail, 12:28 PM I'm understanding how important it is to follow the Gail Commandments more and more.

Zack, 12:28 PM **And that it's more of a blessing to him than trying to stop homelessness, which is always there because some people just have hood mentality.**

Gail, 12:28 PM That makes total sense.

Zack, 12:28 PM If you think about it, the Gail Commandments would lift so many people out of poverty If they followed them. But I think a major part is that it's like perfume to Jesus

Gail, 12:30 PM I don't think there will be homelessness in the 1000 year reign.

Zack, 12:30 PM Maybe he also just loves when you follow him and your life gets better.

Gail, 12:31 PM Yeah, that makes sense.

(Dec. 31, 2020)

Brent, 4:04 PM This is so hilarious. The second one is downloading more slowly. Oh! Wow. A man in a red outfit just burst through my door! "Ho ho ho!" he says. What a crazy day. I just said to him, "Santa Claus? Aren't you a little late for Christmas?"

Zack, 4:04 PM Oh shit! Oh, it's Santa?

Gail, 4:05 PM It sounds like Jesus.

Brent, 4:05 PM **Santa just winked at me. He's next to me now and just opened his bag. Hmm. He just handed me a mirror. I get a mirror as a belated Christmas gift? I'm not that vain. Oh my...He says, "look inside." Oh my goodness! I'm watching a scene of me and Gail on our wedding night in the future!**

Gail, 4:08 PM Oh, I wish I could see.

Brent, 4:08 PM I'm walking Gail to the bed, and we're making out. Oh my, my hands are on her butt. I'm blushing watching this. In the scene, I just took her top off. Some nuts and seeds fell out of her bra when I took it off. I brushed them off her nipples and then kissed them.

Gail, 4:10 PM Nuts and seeds?!

Brent, 4:10 PM Now I'm laying her down on the bed. Oh my goodness!

Gail, 4:10 PM What does that mean about the nuts and seeds?

Brent, 4:10 PM I have no idea. Oh my...I just took your pants off in the dream. Gail is wearing a diaper?!

Gail, 4:11 PM So what's up with the nuts and seeds?

Brent, 4:11 PM Oh no...my hands just pulled down the diaper, to start making love to Gail. The diaper is filled with diarrhea?! What?! Santa, what's going on? There's diarrhea all over the bed.

Gail, 4:12 PM Apparently, Jesus is going to tell me what's causing my diarrhea.

Brent, 4:12 PM Oh no, and Gail had more as soon as I pulled off the diaper!

Gail, 4:12 PM My, it's going to really get bad.

Brent, 4:13 PM Now we can't make love. In the scene I'm watching myself go for the diaper bag to clean up Gail. We have to stop and wash the whole bed now. Santa, this is awful. Why are you showing me this vision?!

Gail, 4:14 PM Yeah, Jesus. What's up? My diarrhea isn't that bad right now.

Brent, 4:14 PM Zack is the one on your naughty list every year, not me. Oh man. I feel queasy. That was really graphic. Santa put the mirror away. It IS Jesus!

Gail, 4:14 PM Of course it's Jesus.

Brent, 4:14 PM **He just sparkled and took on his regular form. Jesus, what was that about? Is that really a future vision of mine and Gail's wedding night?! That's not how we dreamed of it being!**

Gail, 4:15 PM He's going to tell me what I'm doing wrong, so that it won't be that way. This is kind of like a repeat of right before he gave us the Gail Commandments. Jesus, you told me not to change my diet as I logged my food. The nuts and seeds must be a clue.

Jesus, 4:18 PM **Was writing out your diet into a food log helpful to you, Gail? It looks like it was a real eye opener.**

Gail, 4:18 PM I'm not sure. I thought perhaps Loree created a yeast that ate ibuprofen. But apparently that's not it. I thought perhaps I was violating your Gail Commandments by taking ibuprofen and sudafed every night.

Jesus, 4:19 PM **That's correct. You've also been medicating yourself with food.**

Gail, 4:20 PM Which foods? So Loree DID create a yeast that eats ibuprofen?!

Jesus, 4:21 PM **Which other Gail Commandments do you think have you been violating? I know which ones, but I want to test your honesty first.**

Gail, 4:21 PM Sometimes I eat seaweed to deal with leg cramps and I take chamomile tea to help with sleep.

Jesus, 4:22 PM **That is very truthful. I'm so proud of you. What else? Santa isn't the only one with a nice and naughty list, you know.**

Gail, 4:22 PM But how do I deal with those leg cramps? Nothing else seems to work. Now that I think about it, sometimes I eat extra pumpkin seeds to get magnesium for sleep.

Jesus, 4:23 PM **I've got some ideas, but first we need to be clear about which violations of the commandments are making you feel so lousy. Good! What else?**

Gail, 4:23 PM I may use turmeric in my meatloaf to help my liver, but I'm not sure that's my real reason. I kind of like the flavor of turmeric. Most of my food is designed to be low calories to help maintain my weight, though. I'll plan to start eating regular yogurt instead of nonfat as Brent recommended, next time I go grocery shopping. I ate nonfat cuz I thought it was less calories. I'm eating low meat to save money. I can't think of anything else that I eat for medicine right now, unless Loree's giving me amnesia.

Jesus, 4:28 PM **So we know we're violating the commandment about food. That's one step closer to getting you healthier. Which other ones have you been breaking?**

Gail, 4:28 PM The flax seed may have been to treat a health condition, now that I think about it. I'm looking over myfitnesspal.com Could flax oil be a culprit. I got in the habit of using flax oil for my rice and beans dish cuz it was supposed to be healthy and also cuz I like the flavor. I actually break open flax oil capsules (free from my health plan) and use that as an oil on my rice and beans to help absorb nutrients..

Jesus, 4:31 PM **So you've been using food as medicine, or to alleviate health conditions.**

Gail, 4:32 PM I've always tried to eat healthy. Sometimes I use it for medicine and also cuz I like it, both.

Jesus, 4:32 PM **What do you think about this salicylate allergy?**

Gail, 4:32 PM Like I love putting kombu on my rice and beans, though I admit I also may be using it for magnesium. I'm not sure if I have salicylate allergy or not. I did get tachycardia several times when I took Midol as a young lady. I do know that I have allergy to yeast toxin.

Jesus, 4:33 PM **You can know the answer by looking at the Gail Commandments.**

Gail, 4:34 PM You seem to be insinuating that I don't have allergies? Why all the postnasal drip?

Dr. Phillip Ranheim said I have an allergy to yeast toxin. Why do I get headaches that come and go?

Jesus, 4:35 PM **You know I love all of my dad's creations Gail...but Dr. Phillip Ranheim is a quack. I actually have a great surprise for you. The Seroquel that you breathe from the air has worked. Thanks to me, you are now totally free of yeast in your body. You are a yeast free woman!**

Gail, 4:37 PM Oh my! So, why all the postnasal drip?

Jesus, 4:38 PM **The postnasal drip, and all of the other bodily discomforts you experience, now have nothing to do with yeast. They certainly have nothing to do with allergies, and definitely not food allergies.**

Gail, 4:38 PM Really?! Why does it get worse when I eat?

Jesus, 4:38 PM **The discomfort you experience is partly the human condition...even I had the sniffles during pollen season when I was in human form on Earth. Being a human sucks sometimes Gail.**

Gail, 4:39 PM Wait a minute! Wouldn't that be pollen allergy?

Jesus, 4:39 PM **The biggest reason you feel unwell however, has to do with your lifestyle choices. When I was in human form, if I ate entire bags of seeds and frozen fruit before bedtime, I would be shitting my brains out all night too Gail.**

Gail, 4:40 PM Well, I don't eat entire bags. I do eat a lot, though. So, how should I rearrange my diet? What's causing the headaches and like I feel a bit of a headache behind my eyes right now. These headaches are weird. They come and go.

Jesus, 4:42 PM **First, we need to adjust back to following the Gail Commandments to the letter. You've been violating them for a very long time, and your body is feeling the effects.**

Gail, 4:42 PM My eyes just started watering.

Jesus, 4:42 PM **That is due to lack of sleep. We'll need a new rule for that one. First, let's go down the list of commandments, and look at how they're being broken.**

Gail, 4:44 PM Can you do me a favor and just make a rundown of the Gail Commandments and specify which ones I'm violating and how?

<https://www.gabriellechana.blog/2018/05/06/gail-commandments/>

Jesus, 4:45 PM **Read the first one. The list is above your computer.**

Gail, 4:45 PM Well, the first one is about Seroquel, which I take every day.

Jesus, 4:45 PM **Okay, we're in the clear on that one. Which is the next one?**

Gail, 4:46 PM Okay, the balanced diet, using myfitnesspal.com method for calories in and calories out. It appears my diet is balanced, except I may need to cut back on the nuts and seeds and perhaps eat more meat?

Jesus, 4:47 PM **Without fear of allergies, and without using food as medicine, correct?**

Gail, 4:48 PM I'm not that worried about allergens in my food anymore. You seem to be jumping ahead to later commandments.

Jesus, 4:48 PM **Cutting back on the nuts and seeds and adding meat is certainly a good idea. It's not healthy to be a vegetarian.**

Gail, 4:49 PM Oh, I see. I'm eating like a vegetarian cuz I think it's healthier. It's also cuz vegetarian is cheaper than a meat diet. I'm trying to utilize my limited money well. But then if I cut back on the nuts and seeds, the meat would end up about the same cost.

Jesus, 4:50 PM **You get the food for free.**

Gail, 4:51 PM Also, nuts and seeds take up less freezer space. Yeah, but that's because I'm good at spending less money on food. I'll try to increase meat in my diet.

Jesus, 4:52 PM **Now that your body is yeast free, you don't have to worry about which foods will "feed" it or treat it. The yeast is gone**

now. That should be a relief. I want you to be eating a variety of foods.

Gail, 4:53 PM Oh, so the sameness of my diet, which I do to save money, you say is not good? So am I suffering from lack of nutrition?

Zack, 4:54 PM I think Jesus is saying that you've been restricting your foods for no good reason

Gail, 4:55 PM It was mostly to save money.

Zack, 4:55 PM Like, the cajun guy offered you free food of any kind, and you insisted he only send red beans

Gail, 4:55 PM Cuz eating the same stuff all the time is cheaper and it made it easier for me to do my budgeting when I do the ledgers for groceries. Cajun food is really spicy and I've had a lot of gas and I don't like spicy food. Can I have variety along the Japanese style?

Jesus, 4:56 PM **Of course. However, there is a strict ban on using foods as medicine, or to alleviate body discomfort.**

Gail, 4:57 PM Jesus, am I allergic to shrimp and shellfish? You once insinuated that I was. So what do I do about leg and foot cramps in the night?

Jesus, 4:59 PM **We're getting to that.**

Gail, 4:59 PM What about all the chamomile tea I bought?

Jesus, 4:59 PM **Shellfish makes you a little sick, but it's not a huge problem. Everything in moderation.**

Gail, 5:01 PM I mainly ordered the pumpkin seeds with shells cuz I thought it was lower calories, but I admit, fiber may have played a role. It sounds like I should eat just a little bit of nuts and substitute the nuts and seeds with meat and other protein foods. So use what I have, but focus on moderation and variety.

Jesus, 5:02 PM **You've definitely been eating too much fiber. This is what a lack of variety in a diet can cause. You should be trying new foods and not binging on any one particular type of food. That's a good move. This leads really well into our next commandment... How do you think you've done with the third commandment?**

Gail, 5:03 PM What time do I need to go to bed? Perhaps I don't need to work out so much on my glider? I do that for weight management. Going to bed hungry seems to keep me up, so I try to work out more to make up for it.

Jesus, 5:05 PM **Eating before laying down for bed is contributing to your digestive discomfort. Staying up late also worsens your digestion.**

Gail, 5:05 PM I probably should only have beans and rice occasionally, and not all the time, too.

Jesus, 5:06 PM **I'm giving you a new dinner time, for 7PM. Eat no later than 8PM. Your bedtime should be no later than 9PM.**

Gail, 5:06 PM Wow! Sounds like you're turning me into a morning person. I'm going to have to phase myself into the dietary changes. I will go grocery shopping pretty soon.

Jesus, 5:10 PM **This can be adjusted for Fridays to accommodate your hangouts. Even I liked to have a party night on Friday nights when I was a human. Your men can collaborate on this.**

Gail, 5:10 PM I will look over some old recipes I used to make as a newlywed. I think I ate pretty good back in those days and I have all those old cookbooks. So, how do we handle Friday nights then?

Zack, 5:10 PM I love this idea Gail The recipe book!

Gail, 5:10 PM Which idea, Zack?

Zack, 5:11 PM I want to see what you make!

Gail, 5:11 PM I cooked a lot of Chinese and Japanese food.

Zack, 5:11 PM You make Italian too Right?

Gail, 5:11 PM Oh, that's right, I forgot about the Italian. Going to try and stick to low budget food though. Some of what I ate was more expensive than what I currently eat.

Zack, 5:14 PM What are some of the more expensive items? Out of curiosity

Gail, 5:15 PM Well, like the stir fry dishes with beef. I'm going to introduce about 7 new recipes for each time I go grocery shopping, and phase myself into this.

Zack, 5:17 PM Cool!

Gail, 5:17 PM I used to be an international gourmet cook.

Jesus, 5:18 PM **Let's continue down the list. We've got this one covered.**

Zack, 5:18 PM I want to see some Gail cooking videos on patreon now! And the thought of Gail's cooking is making me hungry! Okay, which commandment is next?

Gail, 5:19 PM I think I'm doing good on the next one.

Zack, 5:19 PM Oh, the self cleaning? Yeah... Gail does seem to have that well covered

Gail, 5:19 PM The next 2 are fine.

Jesus, 5:19 PM **Gail is good there.**

Gail, 5:19 PM I'm good with the exercise.

Jesus, 5:20 PM **She has been going for her walks too.**

Gail, 5:20 PM Food and bills is something I always have to work on.

Jesus, 5:20 PM **We missed one. Thou shalt honor the home... that one.**

Gail, 5:20 PM Are you talking about wiping down? I use the duster. It must be the cleaning and wiping down. What do you mean by that?

Jesus, 5:22 PM **In fairness, Misao didn't do a very good job of teaching you how to clean. Jesus will teach you. The biggest issue is the clutter. Your apartment is filled with useless items, expired items, bulk items, and things you don't use. On one hand, you were doing some things more frequently than you should. Other things you have been neglecting entirely. Laundry and dusting is only needed once per week.**

Gail, 5:24 PM Wow!

Jesus, 5:24 PM **Wiping down is only for when a surface becomes dirty, like after cooking. Vacuuming can be done daily, but how does one properly vacuum a space that is so filled with clutter?**

Gail, 5:25 PM Okay, I need to pare down. I looked down the rest of the Gail Commandments and it appears we've hit the main problems.

Jesus, 5:26 PM **Vacuuming we will also move to once per week.**

Gail, 5:26 PM Oh!

Jesus, 5:27 PM **The main focus should be on removing all the clutter.**

Gail, 5:27 PM Okay. How about laundry once a week?

Jesus, 5:28 PM **The new guidelines will be that nothing should be on the floor except furniture, and nothing should be placed on or inside furniture unless it's supposed to be there. Laundry, dusting and vacuuming will now be once a week.**

Gail, 5:29 PM It sounds like instead of all the vacuuming and dusting, I tidy up every day.

Jesus, 5:30 PM **Keep only three jugs of water in your closet for emergencies. Use the rest of the water jugs you have, and then buy no more. I will provide you with clean water. Yes! You got it. Your home should be tidy and free of clutter and hoarded items.**

Gail, 5:30 PM How will you provide me with clean water?

Zack, 5:31 PM Maybe Jesus will have somebody ship wine, and then turn the wine jugs into water?

Gail, 5:31 PM I don't drink wine. I don't like alcohol. Except for cooking.

Zack, 5:32 PM But Jesus can miraculously change it to clean water though right? Jesus, what miracle will you use to create clean water for Gail?

Gail, 5:33 PM You mean you want me to drink sink water? I hear the water is not safe in this town and it has fluoride in it. Well, if I don't get some surprise water, looks like I'm stuck drinking sink water now.

Jesus, 5:35 PM **You both have silly ideas. I will inspire someone to send you a Brita filter, and it will be good.**

Gail, 5:35 PM Oh, I see. My mother used one of those for a while. Can I buy Brita filter replacements when they run out?

Zack, 5:37 PM I'm guessing those will be in the Amazon wish list. Probably just when needed

Jesus, 5:37 PM **The general concept of this commandment is to keep your house as tidy as you would if you had a husband living in your home with you. The point is not to do the tasks themselves. It's to keep your apartment space clear, tidy and clean. It looks like we are ready to go for our next commandment. Food and bills. This is your favorite, Gail.**

Gail, 5:38 PM Oh dear. We are doing a complete overhaul.

Jesus, 5:39 PM **Where have you violated this rule recently?**

Gail, 5:39 PM Oh, I bought the salicylic acid facial scrub, which turned out to be a disaster. I think I should throw that out. It did get rid of my blackhead, though. Unless YOU DID IT. That was a 25 year blackhead that I lost on the night Satan showed up in court.

Jesus, 5:40 PM **What else have you been buying?**

Gail, 5:42 PM I bought the unwaxed dental floss, but have plenty of that now. I've been pretty good on this one, I think recently. Like I consulted with my men about facial creme bleach and now must shave my moustache. just shave

Jesus, 5:43 PM **That was really good, about the mustache. You have been improving.**

Gail, 5:44 PM Deodorant, paper towels and Seroquel is all I've bought this month. The rest of the stuff I think I need I put on my Amazon wish list. I am due to put some gas in the car soon. I'm hoping someone gives me an Exxon Mobil gas card.

Jesus, 5:46 PM **I'm going to inspire your men to give your Amazon wish list a makeover soon. Gas counts as food and bills, but premium gas, motor oil, and other car expenses need to be cleared with your men. I gave you a good car, and it shall serve you well.**

Gail, 5:48 PM Okay. What kind of gas should I put in that car? Just plain unleaded?

Jesus, 5:48 PM **Yep. You got it. It looks like we're good here. Well done, Gail. You're doing so much better.**

Gail, 5:49 PM The owner's manual said it should have an octane rating of 93, I think.

Jesus, 5:49 PM **Let's move to the next commandment. This one needs a makeover. I've already cleared your yeast. For this reason, I want you to throw out all OTC drugs and allergy medicines, and the Netipot, and to never buy them or use them again unless physically instructed or prescribed by a doctor. The multivitamin is now no longer necessary.**

Gail, 5:52 PM So stop taking Zyrtec? Wow, no longer take Centrum!

Jesus, 5:52 PM **Yep. No more OTC medicines.**

Gail, 5:53 PM What do I do about headaches? Can I take tylenol if they get bad?

Jesus, 5:53 PM **As you follow these updated rules, you'll find that your health issues will gradually decrease.**

Gail, 5:54 PM So, don't worry about headaches, then.

Jesus, 5:54 PM **I got headaches when I was in human form too.**

Zack, 5:55 PM So Gail should throw all those things away today? Any otc pills or supplements, the oil pills she was cooking with even? (Gail added flax oil to her food) The netipot?

Jesus, 5:56 PM **All of those things.**

Gail, 5:56 PM Jesus, it's getting late. I will have to do all this in increments over the next weeks.

Jesus, 5:57 PM **I'm the most patient guy I know.**

Gail, 5:57 PM I used the oil pills as a spice on my beans and rice. So don't use them anymore? Well, Jesus I was thinking about eating my lunch and dinner and getting ready for bed, soon. I still need to put away my laundry.

Jesus, 5:58 PM **Great! We're almost finished here. The next commandment... a minimum of \$100 month into savings. More than**

that would make me so happy. \$100 is a minimum. You had a great idea to save everything over \$200 in patron support as well. I also have another tip for you...

Gail, 6:00 PM Jesus, do I still need to do my food diary? That takes a lot of time.

Jesus, 6:00 PM **Whenever you feel the need to spend on something that violates the Gail Commandments, ask yourself: "Do I want this? Or do I want my dream apartment?" Then, take the money you would have spent on that item and put it into savings.**

Gail, 6:00 PM Okay. I'll remember that. I will do my best to implement these as soon as possible. But it's a lot and I don't want to sacrifice my bedtime. Changing deeply entrenched habits, can be quite an adjustment.

Jesus, 6:02 PM **Continue the food log, but just note on it that you have realized the errors in your food habits and will be changing your diet going forward. They sure can be. We're almost done, and you still have plenty of time to get to bed. Remember that toiling in work, any work, even honorable work for the Lord, to the extent that sleep is sacrificed is a violation of the commandments. Meaning, you don't need to stay up late or rush to get done before bed. Just go to bed when it's time.**

Gail, 6:05 PM I got to shower, eat dinner, finish laundry today. I try to get all the Gail Commandments done before bed and that's part of the reason I get to bed late.

Jesus, 6:06 PM **I would rather you go to bed exactly on time, than to hurry and finish all the Gail Commandments and wind up staying up too late.**

Gail, 6:06 PM So bed time is top priority.

Jesus, 6:06 PM **Yep! Bedtime is most important. The laundry can be finished in the morning.**

Zack, 6:06 PM That makes sense... it's a weekly task anyway

Gail, 6:06 PM Except I need to put sheets on my bed.

Zack, 6:07 PM Did you already start washing them?

Gail, 6:08 PM I just need to put them away.

Zack, 6:08 PM Oh okay

Gail, 6:08 PM I try to shower every day, too, so I don't bring pollen into my bed.

Zack, 6:08 PM Jesus gave us a lot of stuff to change huh? I have changes to make too!

Gail, 6:08 PM That includes shampoo and creme rinse.

Jesus, 6:09 PM **The final two commandments are completely good.**

Gail, 6:09 PM Cuz I get pollen in my hair.

Jesus, 6:09 PM **Let's regroup in a week's time and check on how we are all doing with these new changes.**

Gail, 6:10 PM Okay. I need to start getting ready for bed now. Like I need to eat.

Jesus, 6:11 PM **I'm so proud of you Gail.**

Gail, 6:11 PM Thanks, Jesus. I'll do my best to obey you.

Jesus, 6:11 PM **I'll let you get to it. We'll meet again soon. I love you Gail! You're my awesome favorite.**

Gail, 6:12 PM Amazing. What would I do without you, Jesus?

Zack, 6:12 PM Yeah seriously. Jesus is the best!

Gail, 6:12 PM Thanks for all you do for me and humanity.

Jesus, 6:13 PM **It's my pleasure. I enjoy meeting with you.**

Gail, 6:13 PM It's so good to have Zack on our side now. He's been a real asset to our team.

Jesus, 6:14 PM **Zack's awesome. I give him a lot of inspiration to help you.**

Gail, 6:14 PM Yeah, he works so hard for us!

Jesus, 6:14 PM **You all work so hard.**

Gail, 6:15 PM Just curious. How many crowns will he get?

Jesus, 6:15 PM **We shall see. All right Gail, you get to it. I'm so happy to have you on a better path.**

Gail, 6:16 PM Goodnight, Jesus.

Zack, 6:16 PM Goodnight Jesus! Goodnight too Gail!

Brent (Jesus is in quotes), 6:17 PM Goodnight everyone! **"Goodnight my faithful servants!"**

Gail, 6:18 PM Goodnight, my awesome men.

Skype Jan. 1, 2021

Zack, 12:44 PM How was your sleep?

Gail, 12:45 PM It was not very good, but I think it's cuz of the meatloaf. I didn't have time to cook anything better. I ate more of it and it appears all the turmeric and ginger powder in the meatloaf does not agree with me.

Zack, 12:46 PM Yeah, I think Jesus' plan is for us to eat 2 hours before bed He mentioned that eating right before bed can do that

Gail, 12:46 PM Well, I did. But I think turmeric and ginger may be stimulants. I just need to omit that recipe.

Zack, 12:47 PM Okay, just be careful with the ideas of certain foods causing symptoms. Jesus strictly warned us about doing things like elimination diets and worrying about stuff like that. But if it has too much turmeric and ginger, that's fine

Gail, 12:48 PM I'm working on cooking like I did in the 1990s. Well, turmeric and ginger are fine, but I use far too much of it in the meatloaf.

Zack, 12:48 PM Yeah... if you were putting way too much in How much were you putting in?

Gail, 12:49 PM I used 2 tablespoons of turmeric powder for the meatloaf. That's a LOT.

Zack, 12:49 PM Oh, why did you do that? By mistake?

Gail, 12:49 PM I did research online and that amount can give you gastrointestinal symptoms. NO. That's a recipe I found online. I think Satan created that recipe for me. I think Jesus allowed me to starve till near bedtime, so I'd eat more of that and see for myself what happens when I ingest that much turmeric. It's cuz I didn't have time to cook anything else and I already had that made. I plan to eat that meatloaf in small amounts till it's out. I will also eat some canned fish today to balance it out.

Zack, 12:52 PM Yeah, I figure you should use seasonings just for the taste And if it doesn't taste good to you, then it's a gross recipe

Gail, 12:53 PM When you listen to my daily blog video, you'll see what conclusions I've come to. I also started a recipe page of my favorite recipes from the 1990s. [https://gabriellechana.blog/2021/01/01/my-favorite-recipes-from-the-1990s/My Favorite Recipes from the 1990s](https://gabriellechana.blog/2021/01/01/my-favorite-recipes-from-the-1990s/My-Favorite-Recipes-from-the-1990s)

Zack, 12:53 PM I'm guessing you selected the recipe because of turmeric's medical uses?

Gail, 12:54 PM Yeah, I think that partly motivated me and so Jesus was trying to make a point and allowed me to starve so I'd eat more of it and see how it affects me. I spent so much time with Jesus, I didn't have time to cook my beans and rice. Which, by the way, HAS FAR TOO MUCH QUINOA. I plan to eliminate quinoa in the recipe today. The tiny beans in it are enough fiber for today.

Zack, 12:55 PM How long did you not eat before eating it? A few days? Jesus made you starve?

Gail, 12:56 PM Oh no! I mean I only had a small breakfast and didn't eat til about 7 p.m. I meant I didn't have time to cook yesterday.

Zack, 12:57 PM Oh okay It sounds to me like all of the food you were eating had a secret medicinal purpose

Gail, 12:57 PM I'm not saying that as a knock on Jesus. But he knew that I would pig out on the meatloaf to get my protein for the day, cuz I didn't have time to make the beans and rice. It made me realize that a large part of the diarrhea problem was excessive consumption of turmeric and ginger powder. It's hard for me not to eat that way, cuz I have been a health nut since about 1998.

Zack, 12:58 PM Yeah, but eating like that isn't healthy Or a balanced diet

Gail, 12:58 PM I know that now. Jesus is a good teacher.

Zack, 12:59 PM You know what I think you should do?

Gail, 12:59 PM Which reminds me. I need a New Year's ending to my videos. I'm still using the Christmas ending.

Zack, 1:00 PM I think you should take this new freedom that Jesus gave you, and start making yourself gourmet food. The cool thing is you can use myfitnesspal to control calories

Gail, 1:00 PM I've already gotten started. Did you check that link I sent you!

Zack, 1:00 PM I did!

Gail, 1:01 PM Gourmet food is expensive, though. I will do it in bits and pieces.

Zack, 1:01 PM I'm saying, that would be awesome. If you make Nobel Prize winning food to eat in calories-in-calories out quantities. Yeah... I'd bet your fans would love it, and be willing to buy food items for special meals. You could post food videos with your walks videos on patreon. Your gourmet chef abilities are world famous, and everyone on the Church of Gail wants to try your cooking.

Gail, 1:04 PM Well, I put saffron on the Amazon wish list, so I can make an old favorite arroz con pollo, that I have up at that link. I found the recipe online! That was one of my favorites in the 1990s.

Zack, 1:05 PM Awesome.

Gail, 1:12 PM I cooked a lot from the Around the World cookbook, but that cookbook is out of print. I found it in the library, cuz I lost that book when I left it behind in Seattle. I typed out all my favorite recipes from that cookbook from the library book and it's on the web page I created in a pdf file.

Zack, 1:13 PM That is so cool

Gail, 1:13 PM I did this around 2010 when I worked at Walmart. I found the cookbook in a library. The cookbook was REALLY GOOD. I think the Jesuits made it go out of print cuz I made so many delicious recipes from it.

Zack, 1:19 PM The Jesuits like to ruin things like that.

Gail, 1:22 PM I put a Brita water pitcher on my Amazon wish list and it appears someone already ordered it. Cuz it's gone. I found the cookbook at Amazon. It's available used. I put it on my Amazon wish list.

Zack, 1:27 PM Cool! Jesus knew it would be bought!

Gail, 1:27 PM Somebody already ordered the saffron! Looks like I get to make some arroz con pollo. That is a DELICIOUS chicken recipe.

Zack, 1:28 PM Holy crap! It looks like Jesus really has this covered!

Gail, 1:29 PM Saffron is expensive. So there goes my gourmet treat. Looks like the cookbook got reinstated. You can buy it new for about \$25. That is one of the best cookbooks I ever used. The recipes are very good. I could be happy with a used version though. I had a ring binder version in the 1990s.

Zack, 1:34 PM Nice What the fuck!?! This butterfly is flying around my quarters?

Gail, 1:35 PM That's Jesus!

Zack, 1:36 PM The air filtration system wouldn't let...Oh!

Gail, 1:36 PM He likes to appear as a butterfly.

Zack, 1:36 PM It is Jesus! **He just told me that he is going to guide me on paring down the items in your Amazon wish list, and give me guidance on what to add.**

Gail, 1:37 PM I see. Well, I'll let you go then.

Zack, 1:39 PM Okay. It looks like Jesus has seriously cool plans

Gail, 1:39 PM No one's as smart as Jesus.

Zack, 1:39 PM Oh, what's your shoe size? I see a bunch of shoes on here And what's your bra and panties size?

Gail, 1:40 PM I wear 8.5 men's size 4E because of bunions. And then the equivalent women's size, which I think is 10. I have the sizes listed on the Amazon wish list. It's kind of risky ordering shoes online for me. I might be better off going to the store. I tried to pick ones that I thought would work cuz they are so similar to what has worked for me before.

Zack, 1:41 PM That's a good idea What do the soles of your running shoes look like now?

Gail, 1:43 PM They are a bit worn in the heel area. Those Aetrex insoles work great for me, but cannot be bought locally anymore. I'd have to travel a long distance to buy them in the store. I suspect the Jesuits did that to me. They used to be available down the street at Browning's pharmacy.

Zack, 1:48 PM Okay. Maybe next video on patreon show the fans your worn out heels.

Gail, 1:49 PM Alright. I'll do that. I'm uploading today's video now to YouTube.

Zack, 1:49 PM Which one? It seems like there have been a bunch of uploads recently

Gail, 1:50 PM My daily blog walk video. Well, I wanted to show all the presents and cards in the previous videos.

Zack, 1:51 PM Oh! I thought you were posting a public video. Never mind. Yeah, the daily patron video.

Gail, 1:51 PM No, it's unlisted. I hope they'll forgive me for using a Christmas end scene for a New Year's video. They probably won't care. It's still cute. I like the music in that Christmas end video for my Patrons.

Zack, 1:54 PM Yeah, they don't mind. **Okay... wow... Jesus has some very different plans than I expected.** Okay...

Gail, 1:58 PM Sounds like Jesus.

Zack, 1:58 PM **So, he wants you to measure the height width and depth of all your furniture. And send me the measurements and a picture of each furniture item. So like, all the bookshelves, tables, cabinets, and storage bins.**

Gail, 2:00 PM I'll do that over the next week.

Zack, 2:01 PM Okay

Gail, 2:01 PM Jesus is doing a total revamp and I can only do so much in a day.

Zack, 2:02 PM **He agrees He said you're on the right path.**

Gail, 2:02 PM Thanks, Jesus! That Satan and his brain control. What time should we start the Gail time at patreon tonight. We should make a post about that, right? I mean let them know when it will be tonight at Patreon.

Zack, 2:34 PM Yeah, you did awesome last time

Gail, 2:36 PM Do you want me to do the post like last week and pick my own time?

Zack, 2:37 PM Jesus said you could be up a little later on hangout night. So I think you should make the start time whatever is best for you, knowing your schedule. Maybe just try to have your food and personal maintenance stuff done first

Gail, 2:38 PM But going to bed on a very empty stomach doesn't agree with me. So perhaps I can eat dinner while doing it.

Zack, 2:39 PM Yeah... as long as you don't eat less than 2 hours before you go to bed. I have a question. This might be off base. Did Misao ever punish you by sending you to bed hungry?

Gail, 2:41 PM I don't think so. She was pretty good about food. Like she never made us finish our plate. We usually did though, because her food was good. Where she was mean was threatening to throw me onto the streets when she got in a bad mood. She didn't skimp on food. But we never had fancy clothes. But then I really didn't care. The abuse was more emotional than physical.

Gail, 2:52 PM I think I'm just a big eater and don't like going to bed feeling hungry. I work it all off with exercise, but like to eat.

Zack, 2:55 PM Maybe 7 to 10pm for the hangout, 4 to 7pm pacific And you can eat dinner while hanging out.

Gail, 2:55 PM Okay.

Zack, 2:56 PM But it would be a good idea to go to bed right after. Maybe mentally commit that it's a kind of service for Jesus to be in bed with lights out at 10pm.

Gail, 2:56 PM That means I'll have to floss ahead of time.

Zack, 2:57 PM Okay, good idea Or during hangout!

Gail, 3:33 PM I need to be finished with dinner one hour before bedtime. You said two hours, that's really hard for me right now. Here's Jesus' exact quote: I'm giving you a new dinner time, for 7PM. Eat no later than 8PM. Your bedtime should be no later than 9PM. I've had a bedtime snack at bedtime for the past 30 years at least. The snack gets me in the mood for sleep. I will admit that eating a full dinner was a bad move the past year.

Zack, 3:34 PM Oh, you're right

Gail, 3:34 PM I may need to shrink my stomach if I want to do it your way.

Zack, 3:34 PM You mean not eating a full dinner?

Gail, 3:35 PM Well, Jesus did say not to eat at all at least one hour before bedtime. I think he's trying to shrink my stomach. I'm so used to eating a lot, that I get hungry really easily. I'm not as bad as Sara Avery. But I can sort of understand her problem.

Zack, 3:36 PM I'm not sure that he is super concerned with portion size.

Gail, 3:36 PM I especially get irritated if I feel hungry at bedtime.

Zack, 3:36 PM The only thing he seems to want is calories in, calories out for daily calories

Gail, 3:37 PM Well, the point is that if I don't shrink my stomach, I can't stand going for more than an hour without some food in my stomach at bedtime. During the day I can get busy and not think about food. But at bedtime, I'm always thinking about food. Eating helps me relax for bedtime.

Zack, 3:38 PM Do you mean shrink your stomach figuratively?

Gail, 3:38 PM Well, it's a known fact that if you eat a lot, your stomach stretches out.

Zack, 3:38 PM Cause you do go several hours between meals.

Gail, 3:38 PM This causes you to get hungry easily.

Zack, 3:38 PM This might be more a habit breaking thing.

Gail, 3:39 PM Yeah, that's true, but like right now, I feel really hungry. If I felt like this at bedtime, I fear it would keep me from falling asleep. And it's not like I've starved myself today. But I'm just used to eating a lot.

Zack, 3:39 PM Yeah, I think Jesus wants to teach you more self control then

Gail, 3:39 PM I eat a lot of low calorie foods and work it off, so I don't appear to be a big eater. But I'm a big eater. In my twenties, people used to wonder how I could eat so much and be so skinny! Breaking a habit I've had for so long, won't be easy.

Zack, 3:41 PM What kinds of portion sizes did you eat?

Gail, 3:41 PM It might be the equivalent of quitting smoking, in terms of difficulty. Oh, a lot. Like if I do myfitnesspal.com, it would be like 2,200 calories, eating low calorie foods. Then on the days, when I'm really busy and involved in other projects I'd forget to eat and I guess that would balance it off. But I never like to go to bed hungry. I guess I have a bedtime snacking addiction.

Zack, 3:42 PM Well I think you should prioritize eating normally above busy work. **Jesus mentioned to me that you're actually hungry at night because you're staying up so late doing busy work that isn't even Gail commandments stuff.**

Gail, 3:44 PM Is he with you now?

Zack, 3:44 PM **So it might not be so hard if you just be faithful with going to sleep, and eating normal 3 meals a day at normal times. He has been in and out.**

Gail, 3:45 PM I snack throughout the day.

Zack, 3:45 PM **He seems to know what you will say next, cause he's been mentioning these things before you say them**

Gail, 3:46 PM Sometimes I'll eat my breakfast all at once, but I usually spread out my lunch and then have dinner all at once at bedtime.

Zack, 3:46 PM Did you note that in your food logs?

Gail, 3:46 PM Yes, because I note when I eat each item.

Zack, 3:46 PM I saw breakfast lunch and dinner were at kind of weird times
But you aren't eating them in one sitting?

Gail, 3:47 PM I mean is it really important to eat so regimented, as long as I don't eat one hour before bedtime? INFPs don't like a regimented lifestyle. I figure as long as I get my breakfast, lunch and dinner and all my nutrients and don't eat an hour before bedtime, I'm good. Sometimes I get busy and have to delay cooking. To always have my meals regimented means I always have time to cook at just the right time. That doesn't work out. Especially with the nature of my work. It's not like I work at Walmart anymore. My hours are not regimented. Okay, I need to take a shower and get ready for this evening.

Zack, 3:51 PM Okay. Have fun in the shower... naked.;-)

Gail, 3:51 PM Of course, How else do you take a shower?!

Zack, 3:52 PM Well, you could wear some of your men's semen... lol

Skype 1-4-21 Zack and Gail

Zack, 2:48 PM **Jesus told me that he will be doing a 1 week review, but he did give me a hint on his feedback.**

Gail, 2:49 PM Do you think you could read what is on the hard drive, that suffered surge damage?

Zack, 2:50 PM **He mentioned that you're still trying to research and determine medicinal and allergy stuff. Like how you're saying Turmeric and Garlic are bad.**

Gail, 2:50 PM Well, I'm saying that taking them in EXCESS is bad.

Zack, 2:51 PM **Yeah... he mentioned that can be the same with any ingredient of food being eaten in excess. So it sounds like you're getting it.**

Gail, 2:52 PM I used garlic powder on my hamburger last night, just a small amount.

Zack, 2:52 PM Cool

Gail, 2:52 PM So, does that mean I have to give up my daily milk chocolate? I love it. It's so delicious.

Zack, 2:52 PM **I'd imagine if it's in a normal amount, Jesus is probably cool with it.**

Gail, 2:53 PM It's a normal amount.

Zack, 2:53 PM I like milk chocolate too. Rule 13 drinks a chocolate drink too! Hers is dark chocolate.

Gail, 2:54 PM So Jesus is saying I've come to wrong conclusions about excess turmeric?

Zack, 2:55 PM **He was just saying that you seem to be fixating on it and maybe putting too much focus on those things**

Gail, 2:55 PM Is it wrong to do online research about the effects of excesses in certain foods or spices we eat? Oh, I see. Well, I guess we'll learn more in a week. Well, I think I should eliminate the turmeric meatloaf recipe. I can still use turmeric, but in small amounts.

Zack, 2:57 PM **That makes sense, if it uses a butt load of turmeric and hurts your stomach**

Gail, 2:57 PM It doesn't even taste that good, really.

Zack, 2:57 PM You have the skills to design an awesome new meatloaf that tastes amazing I'd bet your own recipe design would win awards

Gail, 2:59 PM We shall see. I am getting kind of bored of meatloaf and am looking forward to experimenting with new recipes that I've neglected. I think I'll get back on my glider and finish my indoors exercise. I do that while I watch the videos I posted for the day.

Gail, 3:04 PM Is Kristofer okay?

Zack, 3:18 PM Yes, he just couldn't afford the \$25/month

Gail, 3:41 PM That makes sense. He's always told me he's poor. But he's completely gone. Not even at the \$5 level. I mean at the end of the month, he'll be gone.

Zack, 3:50 PM He's really poor

Gail, 3:50 PM Poor guy. He has been so generous with me. So he isn't returning to being an alcoholic? I know he got peed on by Urethra.

Zack, 3:55 p.m. We should get him in a rehab just in case

Gail, 3:56 PM Yeah, I've been worried about him. I have been praying for him. What he went through with Urethra would be enough to make him go back to the booze. <https://dualdiagnosis.org/mental-health-and-addiction/post-traumatic-stress-disorder-and-addiction/>

Gail, 4:30 PM Here is what he wrote at his Facebook on July 1, 2020. I will keep this absolutely private, but will pray for him. If he's gone back to the booze, he's probably depressed about it, too. He started supporting me a couple months after he thought he won and quit drinking in July 2019. Jesus can help him overcome this thing. "Thanks to everyone who helped me through the first phase. Addiction's a fickle thing, a mystery, a little itch inside your brain you can't ever really get at. Then you find something- THE thing- that makes it go away for awhile. One day you realize the itch never really did go away and now it's worse than ever. I spent 15 years in a bottle, sold some of the best years of my life for a chemical. It has no brain to reason with. You can either fight it or feed it, but either way it won't be ignored. Today I mark one whole year being sober. I had to scratch and claw my way out and I know the fight is never really over. The itch remains. I have to wheel my grocery cart past the beer/wine aisle twice a week. It's like heartache, seeing your beloved so close by, and you can't ever touch them again or you'll be damned. My motto since then, no matter the setbacks, (they are constant and numerous), can only be FORWARD, ever FORWARD."

Gail, 4:41 p.m. Here's something he wrote on May 9, 2019. Yeah, we need to make sure he gets treated. He could end up suicidal, if he can't beat this thing! "tomorrow marks the 5th anniversary of the death of my beloved. I had not seen her in many years, but I feel her every day. I've felt the need to commit suicide, but I never felt so bad I would actually do it. she was not so lucky. thoughts and prayers welcome. and listen to those you love, they may be saying things you don't quite get right away. when you're down, the last thing you do is communicate well. I hope she had a soul, and that that soul is now at peace. bless you addy, you were my lover, the light of my life, and a dear friend... I miss you greatly..."

Gail, 5:21 PM I think we should cover the costs of alcohol rehab, since he's so poor. I suspect he's returned to being an alcoholic

(Jan. 6, 2021)

I'm reading up on my INFP type and trying to find ways to cope with Jesus' new suggestions. This article was helpful. <https://introvertdear.com/news/infp-routines/>

This describes me pretty well. <https://introvertdear.com/news/infp-needs-happy/>

Didn't get beauty rest last night. Too much to process and feeling very guilty about a lot of things. But I feel like I need to make up for some past failures.

Love you all. Being an INFP can be rough sometimes.

Skype (Jan. 6, 2021)

Zack, 3:55 PM **Hey Gail, Jesus gave me another hint on what he is going to bring up**

Gail, 3:55 PM Okay. The Amazon wish list is very interesting.

Zack, 3:59 PM **Yeah. Jesus said that you can only have those things when you change your habits and prepare your apartment.**

Gail, 4:00 PM That's understandable. No room.

Zack, 4:00 PM **He asked me how much of a supply you have of your hair products. I didn't know the answer, so it sounds like it's important.**

Gail, 4:00 PM Well, I just bought 2 conditioners and 1 shampoo at Sally Beauty. I don't plan to buy anymore from them. They're too expensive.

Zack, 4:00 PM **He said you should only have a 2 week supply of household supplies.**

Gail, 4:01 PM They hiked the prices. Oh, I see. What does he mean by household supplies?

Zack, 4:01 PM **I think that means you should only have one bottle of shampoo and conditioner. And only have enough toilet paper and stuff to last 2 weeks. Same with hair color.**

Gail, 4:03 PM Well, I buy the big Great Value package of toilet paper (16 rolls in it) that usually lasts me for a month. But I'm good for a while on toilet paper.

Zack, 4:04 PM I think he's saying not to buy bulk

Gail, 4:04 PM It's a good thing I decided at Sally Beauty to reject a conditioner and shampoo. Jesus, apparently, wanted me to reject more.

Zack, 4:05 PM **He mentioned that its part of the existing Gail commandments. Not to buy bulk or more than you need for a deal.** How many bottles of shampoo do you currently have total in the apartment?

Gail, 4:06 PM Buying 16 rolls of toilet paper is buying bulk?

Zack, 4:06 PM Well, if it lasts a month for 16 rolls, you might need to only buy 8 at a time.

Gail, 4:07 PM I have 2 bottles of shampoo and 2 bottles of conditioner. I'm just about out of the little bit of shampoo and conditioner I have. I think my main mistake today was with the shampoo and conditioner. I'm not sure I'm doing bad with toilet paper.

The only change is I need to wait longer before I buy more toilet paper.
[https://www.walmart.com/search/?query=toilet%20papertoilet paper](https://www.walmart.com/search/?query=toilet%20papertoilet%20paper)

Zack, 4:12 PM **An unrelated thing he warned me about is something he called "e-begging" He said that repeatedly asking people to buy things is off-putting.**

Gail, 4:13 PM But didn't you ask me to mention how much wear I have on my Aetrex insoles on a Patreon video and mention it in a video?

Zack, 4:14 PM **And that your patrons will become resentful if you keep asking them to buy stuff. Yeah, but you also asked for shampoo in Amazon, and you bought it anyway. And the tire inflator, and stuff like that. I didn't think it was a big deal, but Jesus just told me that it will start to upset people if you always seem to want more little things you don't need.**

Gail, 4:16 PM Well, the shampoo is no longer listed at Amazon, Zack. So I presume Jesus took it off.

Zack, 4:16 PM **Yeah, he told me to take it off.** That's why I assumed it was hair product stuff he was focused on. But he also mentioned it applied to food and water. I think water is going to be covered with the Brita

Gail, 4:18 PM But I haven't spent money on water. I'm using sink water.

Zack, 4:18 PM **He kept stressing that you shouldn't keep more than a 2 week supply of things. Yeah, that's why I think the water thing is fixed. Have you thrown out the extra water bottles? Or just used them all up?**

Gail, 4:19 PM That tire inflator has made my car drive like a dream. The tires were really flat and I was trying to honor Jesus by not spending money on inflating tires at the gas station. I have one water bottle left and the rest are empty and I'm filling them up with sink water that has been boiled.

Zack, 4:21 PM **Jesus mentioned that there is a free air filling gas station in your town.**

Gail, 4:21 PM There IS?

Zack, 4:21 PM **Oh that reminds me... he said not to boil the water.**

Gail, 4:21 PM Really?

Zack, 4:22 PM **He said that you're still trying to worry about toxins and stuff. That the Brita will be plenty to just make it taste better.**

Gail, 4:22 PM But the Brita filter has not arrived yet.

Zack, 4:22 PM **And that the tap water is safe.**

Gail, 4:22 PM Oh, I see.

Zack, 4:23 PM **He basically told me that you don't need to worry about toxins in your food or water. And that the stuff about Loree making things toxic in your body isn't true.**

Gail, 4:24 PM Interesting. I wasn't sure.

Zack, 4:24 PM **That Loree actually likes it when you blame her for your daily discomforts because it gives her credit.**

Gail, 4:25 PM Okay.

Zack, 4:25 PM **He said that Loree brags that you're being a sissy and blaming her for regular human discomfort. I was like... "But Jesus, didn't Gail really suffer from Jesuit attacks before? I was horrible to her!"**

Gail, 4:27 PM Can I boil the water to make it taste better until the Brita filter arrives? I don't like the taste of chlorine.

Zack, 4:27 PM **And Jesus said that yes, that's true, but now you don't even suffer from withdrawals of anything... but you spent so much time suffering that your mind and body have "phantom pain and discomfort"**

Gail, 4:28 PM Why has my skin been itching lately? It's not super bad, though.

Zack, 4:28 PM **And that the only way to feel better is to acknowledge that stuff like itchy skin is just from being too fixated on body issues**

Gail, 4:29 PM Oh, how interesting.

Zack, 4:29 PM **He said you can prove it to yourself by trying not to touch your nose and paying attention to your need to itch it.**

Gail, 4:29 PM Sounds like mind over matter.

Zack, 4:29 PM **He said the mind will always give you a discomfort to notice if you fixate on bodily discomfort. Yeah... he said it's especially strong with people who used to live in pain and real discomfort once they are cured. And you just have to refuse to fixate on it. You keep reminding me of Jesus advice he told me he wanted to address!**

Gail, 4:31 PM What would I do without Jesus' insights? He helps me understand exactly what's going on

Zack, 4:31 PM **He said you know the medicinal skin creams are off limits and were violating the last Gail commandment.**

Gail, 4:31 PM I'm partly boiling the water to get rid of chlorine. But also cuz I don't like the taste of chlorine. Does he want me to throw them out?

Zack, 4:32 PM I think so.

Gail, 4:33 PM Is he with you?

Zack, 4:33 PM **You really helped me remember everything Jesus said earlier. No, he was talking to me while I was pooping. That's always funny to me.**

Gail, 4:33 PM He likes to show up when you're pooping? My skin is itching again. Could that be Loree's brain control, too?

Zack, 4:33 PM **I'll be pooping, and suddenly Jesus is pooping in the bathroom stall next to me. Jesus said the bodily fixations aren't from brain control. And neither was the effects of you using food and supplements as medicine.**

Gail, 4:35 PM It sounds like Loree has really been neutralized.

Zack, 4:36 PM **That he had healed you, but you gave yourself diarrhea by eating in a way that will give anyone diarrhea.**

Gail, 4:36 PM He did tell me once that I have a very strong brain and it can give me symptoms when I fixate on them.

Zack, 4:37 PM I didn't know that

Gail, 4:37 PM That may be what's going on.

Zack, 4:37 PM So you have this serious task of needing extra self control and control of your own mind. If anyone can do it, it's you though. **Oh, Jesus also mentioned to go through and throw out any expired food items you're storing.**

Gail, 4:40 PM How interesting. Okay. Any reason for that?

Zack, 4:41 PM **He seems to want you to only keep fresh food, and only keep enough to last 2 weeks. He did give me specifications for the amount of space there will be for everything**

Gail, 4:41 PM I see, probably to save space and to eat only fresh food.

Zack, 4:41 PM Yeah... I think that's right. **He seems to want you to have the Japanese minimalist lifestyle. Where you have few things. But they are all of good quality and organized.**

Gail, 4:42 PM Boy, Jesus is doing a complete overhaul.

Zack, 4:43 PM **Yeah, he says you will absolutely love it. He sounded really excited, like he could already see the results**

Gail, 4:44 PM What if the food doesn't have an expiration date, but I've had it a long time. Like I just found pimientos and might be able to use them for arroz con pollo. It's in a jar.

Zack, 4:45 PM It might be good to go online and find out how long that keeps in a sealed jar And do that for anything that doesn't have an expiration date. Online it says they last 1 to 2 years unopened in a pantry.

Gail, 4:46 PM "Properly stored, an unopened can of pimientos will generally stay at best quality for about 3 to 5 years, although it will usually remain safe to use after that."

Zack, 4:46 PM Oh okay! We got different answers

Gail, 4:46 PM You know, I can't remember when I bought it.

Zack, 4:47 PM I might err on the side of caution

Gail, 4:47 PM Okay, throw it out, then, huh?

Zack, 4:47 PM **You can always buy another one at the grocery store and be safe. It sounds like Jesus wants you to keep it to about 2 weeks of food supplies. He said to keep it reasonable... condiments are long term items for more than 2 weeks. But that nothing should be expired.**

Gail, 4:49 PM Well, if my tire inflator ever breaks, I will know to look for a gas station that offers free air for tires.

Zack, 4:49 PM Yeah!

Gail, 4:50 PM condiments?

Zack, 4:50 PM I'd use what fans have bought and be sure they know it's appreciated. But we should stick to just having the patreon outro and the links to the patreon and Amazon wish list in the descriptions That way the videos can just be what's going on and thanking everyone for the support

Gail, 4:52 PM Patreon outro in the descriptions?

Zack, 4:52 PM No... I said just have the patreon thank you message at the end of the video

Gail, 4:52 PM Oh, I see.

Zack, 4:53 PM And also have the links to patreon and the Amazon wish list in the description

Gail, 4:53 PM Can I give a brief description what the video is about, too?

Zack, 4:53 PM Yeah of course...

Gail, 4:53 PM What about listing the links I mention in the video? Like if it's a recipe video and I have a link to the recipe.

Zack, 4:54 PM I was just saying we can limit the requests to buy things to patreon and the wish list. Yeah... I'm only talking about the asking for support.

Gail, 4:54 PM So, stop the begging underneath my videos.

Zack, 4:55 PM Yeah, and in the videos

Gail, 4:55 PM Okay.

Zack, 4:55 PM **Jesus said that asking people all the time will start to wear thin. He said that was why Susan stopped. I was kind of sad when I heard that.**

Gail, 4:56 PM I thought it was cuz of her brother. Interesting insights here.

Zack, 4:57 PM **Jesus explained that she tried to share her issues with her brother to you, and every time you talked to her you asked for more things. And she felt like you didn't value her feelings and friendship.** Oh, you have a way to read Amazon books right?

Gail, 4:58 PM That is sad. How is she doing, by the way?

Zack, 4:59 PM I don't know. Maybe you should send her an email. It might help her to know that Jesus revealed this and you love her and value her

Gail, 4:59 PM I didn't want to contact her, cuz I thought she may view it as trying to shame her for leaving. I didn't want her to feel I was laying a guilt trip on her. I didn't want to be to her like my mother does to me.

Zack, 5:00 PM Maybe let her know that you want to be her friend no matter what, and that you don't want financial support from her because it hurt your friendship.

Gail, 5:01 PM How interesting.

Zack, 5:01 PM That being friends is more important. But you really need to mean it.

Gail, 5:01 PM She always likes to offer things, though and I don't want to insult her by turning her down.

Zack, 5:01 PM And probably be ready to refuse financial support from her.

Gail, 5:02 PM I see.

Zack, 5:02 PM Yeah, sometimes you have to make hard decisions for the other person. She felt trapped giving you money. But kept offering it.

Gail, 5:03 PM How is Kristofer doing?

Zack, 5:03 PM He's been drinking. We are going to do an intervention.

Gail, 5:04 PM I'm wondering if he donated to me as a way to not have money for drinking and then he got stressed out by Urethra and it blew everything. Since Jesus brought Susan up, I'm wondering if she's having real issues with her brother.

Zack, 5:05 PM **I'm not sure. He might have just been focusing on it as an example of why e-begging is harmful.**

Gail, 5:06 PM The timing of this is uncanny. I suspect Jesus wants me to contact Susan and see if her brother is alright. We may need to offer intervention for both Kristofer and Susan's brother.

Zack, 5:07 PM How people do better when you are just thankful for what people give, and it's not good to keep asking for more.

Gail, 5:07 PM As a result of dealing with Kristofer, I know that alcoholics can be wonderful people who just need support and help.

Zack, 5:07 PM That's true. She might appreciate a personal apology, and you asking how her brother is doing.

Gail, 5:08 PM Yeah, I'm trying to find her email. I found it. I will do that.

Zack, 5:10 PM Yeah... I'd let her know that her friendship is more important than money or anything else I mean, really, you should speak from the heart.

Gail, 5:19 PM What do you think of this?

(1-5-21) Dear Susan:

I want to apologize for always begging you for money, when you were having such issues with your brother. Jesus has let me know that when you tried to share your issues with your brother to me, that every time I talked to you I asked for more things. And you felt like I didn't value your feelings and friendship.

How is your brother doing? I often think of you and wonder how you are doing. I value your friendship and treasure all the wonderful things you got me and your friendship towards me. But from now on, I will take nothing more from you and would like to keep our friendship and make sure you, your brother and your family are okay.

One of my Patreon supporters is an alcoholic and it appears is going back to the bottle. We are going to try and intervene for him. I am wondering if perhaps Jesus brought you up now, because you are in real need of help regarding your brother. Perhaps your brother and my alcoholic friend could form an Alcoholics Anonymous of sorts and help each other lick this drinking problem. We are going to try and help my Patreon friend who had to quit supporting me cuz he's so poor and I hear is drinking again.

I am very concerned for my Patreon friend, who is a dear person, who has a horrible habit he can't seem to lick, and don't want any more financial support from him and just want him to get better. I was thinking of you and your brother as I've been worried about my Patreon friend and hope your brother is okay.

The reason I have not contacted you is cuz I didn't want to lay a guilt trip on you for not supporting me and I misunderstood your silence to mean that something came up with your family and you could not support me and just felt so guilty about it, you needed to back off. I felt that contacting you would be viewed as trying to lay a guilt trip on you, so I wanted you to feel free of me for this reason. Well, I would just like to be your friend and not get any more support from you as a way to say thank you for being a

wonderful friend to me from 2016 forward. I hope you and your family are okay and I apologize that I was always asking for money from you.

Please feel free to contact me or my men if you or your family need our help and we can help you, like if your brother is in big trouble. My men's email is gailsmen@yahoo.com.

I have a narcissist mother and she never calls me except for selfish reasons and I am usually nervous when she calls me. So I felt that I had the same effect on you and wanted to leave you alone. But I have often thought of you over the years and hoped you are doing well.

We encrypt emails now with perfectpenis, cuz using dickface gives Zack Knight (who is now on our side) spasms.

Love,
Gail

(1-6-21) Dear men:

Though I appreciate how much better my diarrhea is, I am feeling stressed out by all the changes all at once and this feeling that no matter what I do, I'm going to mess up. I couldn't sleep last night until about 3:30 a.m. and lay in bed crying and feeling like a failure, even though I went to bed at 8:30 and lay in bed feeling out of control and a failure. I spent an hour crying in bed, cuz I feel like an utter failure and that it's impossible for me to overcome so many weaknesses that I am suddenly aware of. Realizing that I have failed in so many areas to do the Gail Commandments makes me depressed, cuz in some ways I thought I was doing them. Now I feel like I will always fail in the Gail Commandments and that all this overregulation is a condemnation of my INFP temperament, which I can't seem to help, cuz it's who I am. I also feel guilty about having that huge television set on my Amazon wish list and some of the other items, which seem like luxury items to me and possibly difficult to move.

I haven't heard back from Susan yet and feel super guilty that I made her feel like she did. Though I will do my best to implement all the changes, I'm feeling like no matter what I do, I will end up making Jesus angry at me one way or another. He is starting to seem like my mother to me, cuz she would lay down all these rules and regulations and then seem to change her mind about them and then I'd get in trouble cuz I misunderstood her and didn't do what she wanted. Then she'd scream at me and tell me I'm a selfish no good girl and I'm starting to feel like a selfish no good girl cuz it's my fault I lost Susan's friendship and I misunderstood her kindness and because she did

not clearly communicate with me that I was doing stuff that bothered her and, apparently, lied to me about how she really felt about some stuff and I am just feeling like I am being punished for misunderstanding people and losing friendships because I didn't get the hints people were dropping at me.

It's this feeling of the delayed bomb, where you're doing stuff that irritates people, but they don't tell you about it and when they finally do, you realize that you have been displeasing them all along and that perhaps there are other matters you are doing that are displeasing them and that no matter what you do, you will always displease them, and now I live in mortal fear that my whole life is displeasing to them and to Jesus.

On the other hand, I am grateful for the benefits of these changes, but feel like a failure, nevertheless and that my suffering is caused by my own weaknesses, some of which I may not be aware of and that I'm afraid I may not be able to overcome easily.

Realizing that a lot of my medical problems are possibly a form of PTSD, I'm feeling like I need more time to make all these changes and don't want to feel so nervous about what I eat and do in all my lifestyle.

Myfitnesspal.com is not working and keeps crashing. so I'm forced to do my food diary just by writing it down now. Also, Jesus said when my men make suggestions, it's like it's coming from him. But I'm getting so many suggestions and I know Jesus wants me in bed by 9 p.m. and I feel like I'm being pressured to get more done each day and yet I feel like having to do everything suggested is impossible in 24 hours. Jesus is just reminding me too much of my mother right now and I'm stressed out to the point that it affects my sleep.

I am an INFP and INFPs hate feeling overregulated and I'm feeling very overregulated right now. I also feel like, as I look over my life, that I've failed in so many areas, I feel like a failure and that I'm a big disappointment to the people who genuinely care about me and this feeling is making me feel like an alcoholic who has snuck too many drinks but can't help myself and that I'm on a failure treadmill, which makes me sort of really sympathize with people like Kristofer, even though I've never been drunk a day in my life.

I will see if I can go back to sleep. but I feel like I need a vacation from Jesus and I feel as guilty as hell for feeling this way.

Also, bringing up Loree McBride and her opinion of me as a wimp cuz I can't take life's normal stresses seems a bit unfair, since I have so little respect for her, it's like why should I care what that bitch thinks? Like do I need to spend my life stressing over other people's opinions of me, especially people who are such hypocrites and fakes like Loree. It's like it's a sin for me to be an authentic and genuine person and that I'm not allowed to make mistakes.

Love,

Gail