

HEALING

STOREHOUSE

UNLOCKING SOUL GATES

Marie Ylimäki

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Dedication

To my husband, Jarkko, and our three children: Mikael, Daniel, and Susan. You inspire and strengthen me.

To my parents Nso Divine and Nso Susan, who laid the foundation of Godly counsel and support needed in life.

To my siblings, Vivian, Emiliene, Em'kal, Nganso, Divine, Lydiene, and their children. Thank you for your continuous love and support.

Advance Reader Praise

“We got to know Marie Ylimäki ten years ago (in 2011), when she started coming to Vantaa International Christian Fellowship (VICF), Finland. Soon afterwards, we found out that she really loves the Lord and likes to pray. And wherever she showed up, her bright and joyful appearance brought about a positive atmosphere. The next significant thing was to witness her graduation in social service at Helsinki Deaconess Institute. Her courageous presentation of her thesis on the Christian’s Perception on Coping with Stress Related Depression made an impact on the listeners. It proved to us that she sets long-term goals with what she decides to achieve. It is no surprise that now, years later, she has released her ‘Healing Storehouse’ book. The professional-like deep thinking revealed from its content is linked to Marie’s stern faith towards the real source of healing, our Lord God. We are convinced that the reader will find a lot of thought-nurturing ideas while reading her book.”

Arto & Orvokki Sädeaho,

VICF Founding Pastors

“Therefore, if the Son makes you free, you shall be free indeed” John 8:36 (NKJV). Many often equate freedom to the ability to make their own choice (personal independence). The truth is, true freedom comes from surrendering to Jesus as our Lord and savior, and walking in His ways. In this book, Marie helps you discover how the choices we make, in our effort to navigate through the challenges of life, can entangle us in a spiral of unnecessary mental and emotional pain. Nonetheless, Marie does not leave you without hope! She walks you through a journey to freedom and healing by yielding to God, allowing His word to renew your ways of thinking and consequently bring true freedom and healing to your spirit, soul, and body. May this book help you discover the abundant life that God has in store for you.”

**Pastor Ndegwa H. Maina, PhD,
Lead Pastor Vantaa International Christian Fellowship.**

“There are many broken people in the world, and there are also various ways to try to help people be restored. Marie Ylimäki combines her personal experiences along with the Scriptures to help lead broken people into a life of freedom in Christ. Marie's faith in the power of Jesus to restore people is evident, and as you read this book, may you find the keys to your healing of spirit, soul and body. And as Marie says, "spiritual healing requires that we undergo a sanctification and surrender to the Lordship of Jesus Christ.", so may this book also lead you closer to Him!”

**Jonathan Lemmetti,
VICF Pastor**

“Minister Marie Ylimaki has spent time bringing out holistic principles potent enough to breach the conflicts we encounter in our everyday life. While reading through this book, I was particularly thrilled by her ingenious transpersonal approach of bringing to the reader in a non-biased way many aspects of human experience and not leaving out the expressive, intellectual, physical and spiritual cause of human crisis. Indeed, Healing StoreHouse is not just a book, but a psychospiritual dispensary, with each chapter being a pill to a particular problem. Finally, I found Healing StoreHouse to be reader friendly as the knowledge is presented in a simple to study manner. This book is a must get for all, especially for those involved in Psychosynthesis. Bravo Min Marie!!!!”

Pastor Atayuk Bertrand

“*Healing StoreHouse: Unlocking SoulGates*, by Marie Ylimaki, is an incredibly thoughtful, unique, and special gift to help anyone, irrespective of age, to build self-esteem and get out of any psychosocial problems. It is also an excellent practical resource for anyone working in the healing and holistic health and wellness-coaching domain. More importantly, it is based on sound biblical principles. As a wellness coach myself, I can’t wait to share this gift with my friends and family.”

Dr Calypse Agborsangaya, PhD
Author, Consultant, Speaker, and Epidemiologist.

Marie indeed has access to kingdom secrets that are meant for those mature in kingdom things. She took the risk to bring it open to be accessed by all. I so love her desire for other people to step into God's healing power for themselves. This great book does not teach doctrine, but a lifestyle inspired by the Holy Ghost. By reading this book, you will encounter many secrets to unlocking the soul gates that limit the manifestation of a life of fulfilment. Thank you, Marie, for showing us the way up in hope.

Apostle Lydiene BEL ARREY
Solution Embassy Int, C.R.C
Legacy Builders .Org
Author / Life Balance & Relationship Coach

Marie is the founder of *Healing StoreHouse* ry. She is deeply passionate about the mental, spiritual, and physical health of mankind. Being filled with the gift of healing, she operates in the healing ministry by praying for the physically and mentally sick likewise the mentally oppressed. Many healing testimonies have come as a result of her prayers.

Her deep passionate love for souls is so visible in the great works she does in *Healing StoreHouse* ry. She is concerned about their holistic care. She encourages souls daily with the word of God. She inspires souls to get knowledge about mental health, spiritual health and physical health. She brings to light how these three are interactive and very important to every soul. She prays passionately and powerfully for those oppressed mentally, spiritually, and physically. She empowers souls to pay great attention to their spiritual health, which is the prime, by meditating on the word of God and connecting to God in prayers. She brings awareness about the importance of mental health and empowers souls on how to maintain a balanced mental state. Knowing how physical health can be affected by mental and spiritual health, she plays a great role by empowering souls about that. She has a big heart for humanity,

MARIE YLIMÄKI

always goes the extra mile to help the needy. She makes a great impact in many lives with her kindness. She is a great philanthropist. She plays a great role in philanthropic mission by feeding the hungry and providing for their needs. She is so consistent with her devotion to her calling. Her commitment and passion for *Healing StoreHouse ry* has touched uncountable souls. She is a great blessing to this generation.

Pekola Evelyne Mesumbe
Koti palvelu Eve, Finland

Marie is known for her devotion to the children's ministry which is no coincidence with the high level of concern she has for the next generation. When I have seen Marie serving, she serves over and beyond her circumstances. Marie is always available and strong in the Spirit of the Lord. Her attitude is always positive and powerful. I would describe Marie as a person who without even trying demands respect because of her incredible kindness and intelligence. Also she has always had an absolute concern for the person who is placed in front of her in any situation. Marie ministers to many people and takes the time to empower others and build connections. By doing so she creates value in people and has a destiny-finding gift toward other's lives. Marie is the kind of woman who is a sister's keeper and carries her brethren's burdens into resolution. She prays and carries the concerns of others until people find release in their battles.

She has been a true inspiration, blessing and a friend to me in many situations. She has encouraged me and prayed for me in many areas of life such as healing and strength. Marie also has a transparent way about her which engages honesty and truth in her testimony and in her ministering. She speaks from a place of true love for the Lord. She is a God-fearing woman and force to be reckoned with. She speaks from a place of humility and experience.

Marie understands her value and identity in Christ and also her positioning in God. I am very grateful to know Marie and to pray with her as well as to minister with her.

I wait in great expectancy to see what the Lord is accomplishing through Marie in the days to come. She is a powerful woman of God and blessing and an honour to know and work with. Every time I have had the pleasure to work with Marie it has been more than successful.

Milla Aalto

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Navigating Through Life's Challenges

Chapter 1

"For our light affliction, which is but for a moment, is working for us a far more exceeding and eternal weight of glory."

– 2 Corinthians 4:17 KJV

Life is full of challenges that could birth devastating consequences if they are not handled with care. Nevertheless, when these challenges are handled from their roots, they have the power to birth healing in our spirit, soul and body. Challenges in relationships, health, parenting, career, finances, employment, documentation and integration, addictions and many others generally affect our lives and wellbeing. Nevertheless, being aware of a situation at any given time is a good step to follow up and proper management. The Bible divulges that people perish because of a lack of knowledge and understanding. This is enough evidence that awareness and knowledge pave the way for our success stories.

2020 came with many challenges. Covid-19 has rendered many people around the world unemployed, homeless, divorced, disconnected from friends, family, hobbies and many other things. Then, of course, some people took advantage of the challenge to adapt to a new lifestyle which has empowered them positively and

mentally. Everyone decrypts and reacts to situations differently, and this is because of how differently the situation is processed in our brains and the coping mechanisms that manifest in our actions and behaviors.

Apart from COVID-19 and its challenges, a lot of people struggle on their own, thinking there is no solution to their problems, especially after making several attempts to resolve them and not succeeding. The dilemma might not be the challenge itself, but how the brain interprets and reacts towards the obstacle. Two people may experience the same situation and while one accepts and adapts through healthy coping techniques, the latter may interpret and respond to it negatively, thereby resulting in stress, anxiety, panic attacks, or depression.

In addition to regular human challenges, immigrants face a different set of challenges living in a new country. These challenges may push some of them to the point where they feel like there is no hope. It may cause them to settle for less and stop them from going for the things they truly desire. Another person in the same shoes may accept the situation, look for solutions to the problem and handle it. By doing this, potential complications that could have cropped from the initial situation are handled before they actually supervene.

The Act of Solving Challenges

Using the wrong approach to resolve the fundamental problem can bring forward other obstacles which might affect the person negatively and cause uneasiness, stress and depression in the future. The person might find him or herself going for coaching, counseling or therapy, and needing to constantly consume medication, whereas the other person who approached the situation with care and composure will continue to live a purposeful and fulfilled life in the future.

The problem is that most people fail to address the foundation of a dilemma because they do not understand that it is the best route to unravel the complications. In the subsequent chapters, we will address the things that they are missing and highlight the reasons why their actions are not producing positive results. In doing this, we would finally uncover why the approach we chose to take is a fundamental determinant of the outcome.

Relationship crises are common not because of our contrasting personalities but because of how we approach the issues that may arise. A romantic relationship usually involves two different imperfect personalities sharing a common space.

Lamentably, statistics have shown that it is natural for human beings to concentrate more on their faults rather than on their strengths. Therefore, being alert to controversy, intentionally adding value, and proper management will resolve many conflicts today. Communication, which is one key factor when relating with one another, is the ultimate armor for safeguarding our relationships and if it is not handled properly, people become frustrated and might then decide to break off the relationship. The divorce rate increased significantly during the COVID-19 pandemic and one of the probable causes was the increased responsibilities many couples had to take on because of the lockdown and other restrictions. It is very natural for this to cause a lot of dissatisfaction that could result in more rivalry, agony, anxiety, anger and abasement but then, if some foundation problems were ironed out first, other challenges would have been manageable. Detailed analysis of other challenging situations and approaches for resolution will be addressed in subsequent chapters.

Challenging situations push people to leave their comfort zones in search of solutions. These challenges have pushed many towards discovering their dreams, finding their life's purpose, and rebuilding their relationship with God.

I always say that if you have tried to surmount a particular challenge countless times without success, either of these two things may be happening; 1) God might be training you so you can empower others when you bounce back or, 2) God might be trying to rectify a flaw so His glory may manifest. All our experiences have a purpose. As a believer, I firmly believe that God will never allow you to go through something without giving you the grace to endure it. This is why we need more wisdom to navigate those moments and solve our problems.

What If You Could Resolve All Your Challenges?

I want you to imagine a life where you know exactly what to do to solve all of your impediments. A life where all your fantasies become a reality and you live a purpose-filled life. I have been there, and I also struggled like you until I understood that to get total healing of my spirit, soul and body, all I needed was the right approach. Imagine that you no longer have to worry about anything because you know exactly what to do when any issue comes along. I am not promising you a life free of challenges, but a life of clarity and instant direction. Think of how much it would benefit the people around you if they no longer have to go through another nightmare, another week of pressure, or another unhealthy relationship because you know what to do to help them before it starts getting intense. You will feel amazing and the result will be permanent. Attempting to overhaul a challenge with the wrong approach will result in many other dilemmas, but a proper and correct approach will yield favorable results.

Leveraging Experience as a Tool

Experience is one of the greatest teachers because as we engage in it, we learn and, therefore, increase our prowess. There is no success without failure and no end without a beginning. Today, many people are engaged in stock marketing. Although nobody knows when

stocks will rise or fall, those who understand how to navigate it increasingly gain financial abundance in a shorter time, but those who cannot handle it properly suffer greatly. Regardless, once people are aware of the fluctuations in the stock market, many will invest and get their returns without a lot of effort. Along the same line, someone with more experience in a particular field can also teach others how to navigate easily.

Are you ready and willing to get perpetual solutions and healing for your challenges? If you are, be ready to apply what you will learn from the next chapter. The model worked for me and many others have proven through testimonies that it works for them too. Before we delve into it, I want you to understand why we are talking about this and how your life can change if you solve this problem. In the next chapter, I talk about my struggles and how I handled them to become who I am today.

Self-Empowerment Beyond Life Challenges

Chapter II

*"I can do all things through Christ who
strengthens me."*

– **Philippians 4:13 KJV**

The force behind the healing of the spirit, soul, and body is where I draw strength and this force has evolved from my past to the present and will definitely influence my future. It has also inspired many testimonies from people around the globe through my ministry, *Healing StoreHouse ry*. This book has evolved from a lifetime of applying kingdom principles and adopting a Christ-like lifestyle, all of which helps us to live purposefully on earth and eternally when Jesus returns.

The story of *Healing StoreHouse ry* revolves around a prodigious discovery of the healing of the spirit, soul and body. During a vigil at *Vantaa International Christian Fellowship (VICF)* in November 2013, I was praying and seeking God's face when I received an instruction in my spirit to write a thesis on the Christian perspective in managing stress-related depression. At that time, I had already submitted my thesis plan to my school in Diak and it was on immigrant integration. How then can the Lord ask me to change my thesis? I remember praying again that, "Lord if I heard You

clearly, confirm to me on Sunday with lucidity on the work.” On my way to church on Sunday morning, I received so much clarity that I could no longer doubt that God wanted me to write on that topic.

I researched the topic and realized it was new. No one had ever written on it. So, I ordered books from Amazon, all set to obey God and focus on the assignment. However, when I contacted my supervisors about my change of topic, they told me the topic had nothing to do with social work and it will thus be impossible for them to evaluate me. By that time, I had already written the thesis plan for the new topic. Since it was an assignment from the Lord, I refused to discontinue with the project. Instead, I went to God in prayers and asked Him to make a way. I believed that He would not give me a task without backing it with a way out.

I put all my trust in the Lord, and my supervisor found a way to evaluate my work. My supervisor found a (PhD) personnel to evaluate my work and my supervisors used her remarks to evaluate my thesis. I was super enthusiastic and continued my work. I finally submitted my thesis and the entire team was satisfied with my research. Of the five points, I made an overall grade of 4 points. They had deducted one point because my topic was not related to social work, a stance I disagree with.

2014-2015 was a dingy period in my life. I was so apprehensive, stressed and almost depressed because of the different challenges I was going through at the time. Some of them include a language barrier, relationship crisis, financial crisis, and so on. It was in 2014 I began my job hunting right after graduation. At that point, I had three degrees; a BA from my home country, Cameroon, another BA and MA from Finland. Even with these degrees, I only got inept jobs. I had only been integrated into the social welfare system but not the language system, an integration process that was only offered for three years. I needed to learn the language to be able to work in my field of study and I did not have money to pay for the language course. In addition to that, there was pressure from my home to

support them financially. I even had challenges with my relationship too. I was in a state of utter confusion, with many unanswered questions on how to navigate my life. While praying and seeking God's wisdom one morning, all I could hear was that I should put my thesis to practice. So, I started implementing the results I got from my thesis and soon enough, I started feeling relieved and at peace while receiving divine direction on how to solve the existing problems.

My testimony culminated in my ministry, *Healing StoreHouse ry*. Since the journey started in 2015, the Holy Spirit has been my counsellor and He has sent some mentors my way. In 2016, the Lord instructed me to enroll in a Bible school and I stayed at River Bible Institute, an experience that helped me build my spiritual muscle.

The lessons I have learned in my journey is to be focused, trust God with my whole heart, and seek guidance through the Holy Spirit. God will never allow you to go through a challenge He has not equipped you for. When you go through a challenge, ask yourself, "What am I learning from this? Is it an opportunity to learn and get back on my divine calling or is it an opportunity for me to address a character trait or empower others?"

This book is transformational because some lessons learned came as a result of personal encounters while some others were through empowering others going through similar challenges. The preceding chapters will illustrate lots of practical examples in dealing with challenges.

I am a *Spiritual Mentor, and Certified Holistic Health and Transformational Coach*, that empowers women to shift from the wrong paradigm of limiting belief patterns to self-discovery and a sustainable healthy lifestyle. This paradigm shift demands in-depth practical understanding, deep revelation, study, and practical experience of the concept of the healing of the spirit, soul and body. My educational background as a social Instructor, coaching, in

addition to my MA in philosophy, has broadened my scope of influence in life.

The first practical praise report can be traced to three years ago when a lady suffering from anxiety, panic attack and depression contacted me. At the time, she had panic attacks, struggled in her relationships, suffered from postnatal depression, and was on depression medication. She got my contact from someone I had coached before that experienced rapid healing and transformation as a result of the application of the healing process and recovery techniques explained in subsequent chapters. I taught her the secrets of spirit and soul healing and her body accomplished tremendous healing and transformation. The person in question was in good shape and was dating a prosperous guy until he got involved in a wrong relationship and started consuming drugs and lost his job. She got pregnant for him and their relationship got so bad that they decided to break up just before they had the baby. The relationship and childbirth stress gave her postnatal depression and panic attacks. Today, she's no longer taking depression pills and is now living a purpose-filled life.

The second praise report, with the application of the healing process, was from a lady who recommended me to the lady in the first report. In her case, she got married to a divorcée who had not healed from a previous relationship. Their marriage was good at the beginning, but his wounds resurfaced again and their marriage was in serious crisis. I was contacted for relationship coaching and I applied spirit, soul, and body healing techniques. As a Certified Holistic Health and Transformational Coach, I helped them understand the power of the mind in the healing process. When the spirit and soul are healed, the body will also respond and begin its healing. After coaching this couple for six months, the husband was healed from his wounds and they both had a mental shift that forced them to approach their marriage differently. Today, they are happily married because their problem was handled from its foundation.

The third case is that of a man who travelled to Finland from Africa and was so frustrated by the language barrier and integration that his life almost spiraled out of control. This man had two children and a wife back home and came with the notion that life would be easier abroad. The plan was for him to hustle for a while and then invite his family to join him. Unfortunately, things did not work according to plan because getting a good job was harder than he had thought, even though he was a lawyer in his home country. As a result of the stress, he resorted to alcohol and became depressed. He saw his ambitions crumble, as the only jobs he could do were cleaning or washing dishes in a restaurant. When he contacted me and we applied the healing techniques of the spirit, soul and body with a mastery of Holistic Health and Transformational Coaching addressing the foundation of his problem, his life changed. Today, he has challenged himself with an intensive Finnish Language course, pursued his career in law, obtained his Finnish nationality and reunited with his family last year. He is no longer on depression medication and is now living a purposeful and fulfilled life because he had a great mental shift and finally received his healing.

There are many more cases that cannot be disclosed here, but the transformational impact is mind-blowing and beyond imagination. Are you in a stage in life where you seem to be in a deep pit? Where you think nothing can change your story because you have tried everything? Where you believe that life is so frivolous and you are so unfortunate, helpless, cursed, and even negatively labelled by your spouse, family members, or community? Well, I have good news for you. There is hope for the hopeless and the future is bright! All you need is to meet the right person who will help you bounce back by applying the right approach.

As you move on to chapter three, you will be introduced to a summary of the healing process and its application. The details will be discussed in steps to unveil the holistic health and lifestyle process to living a permanently purposeful and fulfilled life.

Turn Every Challenge into a Winning Situation

Chapter III

“And we know that all things work together for good to those who love God, to those who are the called according to His purpose.”

– Romans 8:28 KJV

Every day, we are confronted with various complications in our well-being, finances, career, marriage, relationship, parenting, integration into a foreign land, and so on. The good news is that there is always a solution to our challenges if we approach them the right way. Permanent healing is the greatest desire for those experiencing obstacles they cannot control any longer. You might be experiencing different challenges that are not mentioned here, but an understanding of the right procedure and its application will produce astounding results in the healing process of your spirit, soul and body. Below is a summary of the eight blueprints used for the healing of our spirit, soul, and body for our permanent healing.

Finding the job you desire and cherish can be difficult and almost impossible for those living in a foreign country (especially in areas where the official language is not your mother tongue). People

with African or Asian backgrounds are at a huge disadvantage, primarily because of the difficulty in getting a decent job to cater for their personal needs and those of their relations and friends back at home. This is always too much pressure to handle and soon enough, they become distressed, afflicted, and morose. Being aware of a dilemma is the first step to the management process. The first step to handling job-related challenges is grasping what is ceasing you from not meeting up with the requirements for that specific job and how you can achieve the ultimate result in the long run. Knowledge and its correct application will heal those experiencing this kind of challenge.

Life is full of snags that can make human beings too tormented to face another day. This dread of the unknown has caused many people to have panic attack episodes. Have you experienced bleak moments that left you so perturbed, uncertain, and stressed to the extent that you wallow in self-pity and even blame those close to you? Have you reached the point where you believe nothing can change your present situation because everything seems impossible? Do you have sleepless nights because of the thoughts in your head? Have you ever felt your life crumbling? Ever felt unsatisfied with your accomplishments? Have you ever had your emotions drive you to a point where you are constantly baffled and even contemplating suicide? The second blueprint in this book unveils how to reconnect back to life by locating the foundation of your problem and rebounding with hope and a new vision for your life from a spiritual standpoint. After getting a fresh understanding of your purpose, you can effect a new turnaround in your life. Thoughts become our realities because, as you think, your emotions, actions, and behaviors reflect. As you think, so will you desire and react to those thoughts. You have the power to change your thoughts and train your brain.

The third blueprint unveils the power of your imagination. It focuses on how your thought pattern and negative beliefs could result in a life of failure, low self-esteem, self-pity, anxiety or stress

and how you can align your thoughts to success and enhance your creative mind through a mental shift. Your entire wellbeing is centered on your mind, which is one of your soul gates, and that is why healing begins from the spirit before it moves to your soul and your body. Are you willing to have an ingenious and growth mindset? If you are, you can bounce back from hopelessness to a life of abundance because you will learn to train your brain and manage your thoughts. You will access the full method and its application as you navigate step three in this book.

Stress, anxiety, panic attacks, anger, hopelessness, low motivation, and depression are common phenomena in today's generation, especially amid the Covid-19 pandemic. The wrong application of problem-solving strategies can cause or aggravate bad habits, such as substance abuse and addictions. Therefore, care must be taken to reduce stress, anxiety, or depression. If you do not know your worth, people will label you wrongly and you will believe them and open the doors to your doom. Have you been labelled by your spouses, parents, friends, or community? Are you battling with identity problems, lack of focus, and an inability to properly handle issues? If you are, it is time for you to get an understanding of your true identity, rebuild your confidence and experience the beauties of life given to you by God Almighty. The fourth blueprint unveils proper time management and organizational skills which are necessary for addressing certain problems. It also teaches how to begin our day and curb many challenges that could cause a mood disorder, stress, anger and anxiety.

Stepping out of your comfort zone and dealing with life challenges such as anger, low self-esteem, and hopelessness requires that you acquire a knowledge of self and an understanding of who you are to enable you to live an enjoyable, purposeful and fulfilled life on earth. On that note, the fifth blueprint shows you how to discover your true identity, get in-depth knowledge and understanding of spiritual mysteries, and give you the

understanding necessary to live a hopeful life. It also addresses the wrong strategies many people deploy in fulfilling their purpose.

Healthy relationships are essential, and they are built through strong connections and bonds. Our most important relationship is the one we share with God and the act of loving ourselves, and anything else is centered on proper communication skills. If these two aspects of a relationship are handled well, there will be better connectivity in all other relationships. Healthy relationships have a great impact on our mental wellbeing and they even enhance personal growth. Therefore, establishing healthy relationships has a great impact on our productivity, health, and overall wellness. The sixth blueprint will therefore handle different relationship crises and proffer methods for improving our relationships through communication, healthy boundaries, and other soul healing methods that enhance healthy relationships and eradicate toxic relationships. The healing process can, of course, be traced from the right application of the spirit, soul and body healing process, as will be seen in this book.

Many people work but do not enjoy what they do. Many work just to make ends meet, pay bills, support family members and loved ones. It is challenging to engage in something you don't like just because of some limiting factors like a language barrier, integration issues (for those in foreign countries) or wrong beliefs. Career challenges can aggravate other crises if they are not handled with care. Sometimes, we make mistakes that could take us away from our purpose and make us suffer from anxiety, stress, and even depression. One thing to consider when it comes to our career is finding something that will give us satisfaction and before you doubt its possibility, know that where there is a will, there is a way. The seventh blueprint involves building a growth mindset that will enable you to apply your abilities and skills to the right career so you can live a purposeful and fulfilled life. Understanding the way your mind works will help you to make the right choices and make you more open to change. Education is a lifetime investment, but we

must understand our life's purpose if we want to engage in a profitable career that will meet our financial needs and also give satisfaction. We can all change our lives; we just need to choose wisely.

The other chapters deal with other possible challenges and how to manage them, but step eight goes deeper into the coping mechanism and in-depth healing of the spirit, soul and body. It features a deep spiritual intake of healing from the foundation of spiritual growth(salvation) to the correct application of the soul gates of conscience, reason, mind, emotions, will, and choices. It also contains an in-depth illustration of how to shut wrong soul gates. It uses a holistic approach with supernatural and natural remedies for our complete and permanent healing. Healing through self-care covers the spiritual, psychological, emotional, physical, professional, social, environmental and financial aspects and is a means of obtaining total healing of our spirit, soul and body. In this chapter, you will discover that a combination of spirit and soul medication will produce outstanding results for those with anxiety, panic attack and depression.

In a nutshell, permanent healing entails healing of the spirit, soul and body and a holistic approach to self-care. Conclusively, addressing the root cause of a problem is a way of solving other related problems which might have cropped from that particular problem.

The Healing of our Spirit, Soul, and Body is Everyone's Dream

Chapter XIII

*"Dear friend, I hope all is well with you and
that you are as healthy in body as you are
strong in spirit,"*

– 3 John 1:2 NLT

When you are strong spiritually and mentally, your physical outlook will be full of positive spirit, strength, and balance. It is a life full of satisfaction, joy, peace, and a sound mind. Apart from your divine walk with God, your mindset is also one of your greatest assets.

People with a growth mindset empower their minds and are capable of changing their thoughts and limiting beliefs that influence their intellect, will, and emotions. If you work hard and achieve material wealth without prioritizing your sound mind, life would be worthless.

Man exists because God breathed life into man. Man, therefore, has God's attributes in him and without complying to that mandate, the feeling of emptiness will continue to linger because there is no

way to be truly satisfied without connecting to God first. Riches can never give a person's total satisfaction, joy, and peace, especially if that person's life is not rooted in the Lord. The Bible tells us to "*Seek first the kingdom of God and all will be added to us.*" (Matthew 6:33). Man can only function in completeness only if God's principles are applied in our daily lives.

Why did I write this book? I wrote this book because many people are ignorant of the root of their challenges, which is usually the wrong application of godly principles. Therefore, for a person to receive permanent healing, s(he) must apply the right healing processes and not just remedies that only offer temporary reprieve.

For healing to be complete, it must begin with our spirit. We must be born from above by accepting and receiving Christ as our personal Lord and savior. This will directly affect our soul by giving it the capacity to accept, believe, and act God's Word.

If this process is not followed, life becomes stressful, frustrating, and filled with challenges. This book uncovered different challenges in our careers, relationships, thought patterns, health, and so on. Eight blueprints have been used to unveil some methods of resolving challenges to obtain a complete healing of the spirit, soul and body.

Spiritual healing requires that we undergo a sanctification and surrender to the Lordship of Jesus Christ. As you repent from sin and accept Jesus Christ into your heart, you give way for the Holy Spirit to dwell in you. At this stage, the person's spirit is safe, but the soul needs to be transformed and this can only be done by the renewal of the mind.

Most people get entangled in bad habits because of wrong soul gates. These soul gates are gateways to doors that affect our emotions, actions, and behaviors. When our spirit influences our soul rightly, the outcome is seen in the fruit of the spirit, which is love, joy, peace, longsuffering, gentleness, goodness, and faith as seen in Galatians 5:22.

For our soul to express this fruit, our spirit nature must dominate over the flesh. In other words, when the spirit of God, which is the Holy Spirit, is in control of your life, you will become spiritually mature because the Holy Spirit will convict you of sin. As you continue to dwell on God's word, it changes your thoughts and influences your reasoning, mind, emotions, will, and choices.

Most people make wrong decisions because they have allowed their intellect to control their soul gate of reason. This is why we need to connect with the Spirit of God to unveil the mysteries in the truth and direct our reasoning. When making decisions, it is important that you commit it to God and ask Him to help you make the right decisions. God knows your beginning and end and only Him can give you the right counsel. That is why the Holy Spirit remains our counsellor, guide, and teacher. If you allow your intellect to make the decisions for you, your decisions will be influenced by fleshly counsel.

Allowing God to influence your reason will also impact your will and choices because when you surrender your thoughts to the Lordship of God, He will speak to you through the Holy Spirit and control your imaginations, emotions, actions, and behavior.

The lust of the eye, the lust of the flesh and pride easily cause man to sin. If you understand how to uplift your spirit over your fleshly desires, by God's mercy and grace, you will be able to suppress sin to an extent.

Spiritual and mental self-care are the foundations to the entire healing process and they help strike a balance. In addition to the spiritual and mental dimensions of care, physical, social, environmental, and financial self-care are important for the complete healing process.

Physical self-care focuses on diet and nutrition, exercise and fitness, rest and hydration. A healthy diet and nutrient intake are relevant for physical self-care. Therefore, good eating habits, a balanced diet, and hydration are essential for a healthy body.

Rest is also required to keep your system functioning in great shape. It helps your organs to gain new strength to function in their full capacity. That is why people are encouraged to take time off from their busy schedule to rest so they can avoid burnout. If God could rest on the seventh day, then that's enough to inspire us to do the same.

Social self-care involves activities that nurture and deepen your relationship with others and your network. Maintaining good communication and creating bonds in our relationships is self-care. Also, self-love and loving God enhance all other relationships. The more valuable time we spend with a person, the longer the bond will last, as it will allow us to discover the person on a deeper level. This will build confidence and trust and that's why communing with God will help you discover His attributes and get a deeper revelation of who He is. Professional and financial self-care will unfold through a balanced spiritual, mental, and social application.

My main goal for writing this book is to empower readers with the true knowledge of how to experience the healing of the spirit, soul and body and live a purposeful and fulfilling life. The eight blueprints cover the entire healing process and once people implement those guidelines, they will attain positive results for their spiritual growth. In case those conditions cannot be managed quickly, seek help through pastoral counselling, therapists, counsellors or coaches, depending on the gravity of your need. Remember, referrals are necessary in cases that need proper assessment and management.

If you don't take proper care of your spirit and mind, any stress-relieving activity will only give you temporary satisfaction and you might find yourself in the same state or even worse than before. I wrote this book to correct the wrong approaches to healing and to reveal the proper path to complete healing. To begin, you must first understand that you are unique and you have great potential. You have been created for a purpose and as you discover your true self

and walk in the light of God's word in obedience, you will live a life of abundance. The ball is in your court.

I have learnt that challenges are sometimes not there to break us down, but to refine us. When I am confronted with a challenge, the first question I ask myself is why I am going through it. Is it for my character development? Is it for me to learn and empower others in the future? Or is it so that God's glory can be seen through that challenge as a testimony of His awesome power?

With this mindset in place, I turn to God and seek help, wisdom, and direction. I also believe that God will never allow me to face any trial He has not backed with His grace. When I realize I can no longer move on; all I do is surrender to God and go to the mercy seat of Jesus. From it, I am righteous and the accuser of the brethren has no right to accuse me.

Accountability and gratitude should be a lifestyle. We are stewards here on earth, created in God's image, and we are to be accountable for everything He has given us control over. As we give room for accountability, we will be corrected and learn to walk in alignment to His will. That is why accountability is required for us to succeed at work. There's also the power of gratitude, which opens greater doors of blessings. Gratitude brings heaven down to earth, as God loves to be praised. Therefore, accountability and gratitude should be applied to every area of our lives.

Living in the present moment stops you from dwelling on the past or worrying about the future. We need to understand that we can train our brain to focus on the present and wave away suggestive thoughts. The devil can seize control of your mind by making you experience negative emotions that cause you to live in the flesh. We are all broken, but Jesus' death and resurrection came to restore us to abundant life. With that orientation, we learn to focus on our blessings and leave our problems to God.

Learning how to hear and commune with God through the Holy Spirit and building a relationship with Him lies at the center of the

healing process. A relationship with God can be developed through reading, listening, meditating, and doing the word of God. The healing of the spirit, soul, and body is our ultimate goal, and the Godhead lies at the center of it all. God is the ultimate supernatural healer and an encounter with Him will transform your entire being. *“And the very God of peace sanctifies you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ.”* (1 Thessalonians 5:23 KJV). Spiritual sanctification makes us holy, becoming like Christ, growing in godliness and maturity thus killing the flesh as we are being transformed by the renewal of the mind and as we abide in Him, so does His presence and peace enclose us with His healing power manifesting in our daily lives..

As you go through the eight blue prints and apply these principles of holistic health of the spirit, soul and body, my desire and prayer for you is for you to receive God’s supernatural power for permanent healing, deliverance from captivity and freedom from forces of darkness in Jesus’ mighty name. Amen.

Biblical Prescription for Courage and Emotional Healing

The word of God is God, and He is not a man that He should lie. When you give God back His words, He backs it with signs and wonders. When you pray with scriptures, you are giving God back His word. These scriptures will empower and guide you in prayers. There are many scriptures in the bible but I decided to highlight these ones. I encourage you to find more, meditate on them, and pray with understanding by the leading of the Holy Spirit, which has the power to transform our lives.

1. **1.Peter 2:24** - "who his own self bare our sins in his own body on the tree, that we, being dead to sins, should live unto righteousness: by whose stripes ye were healed."
2. **Isaiah 53:5** - "But he was wounded for our transgressions, he was bruised for our iniquities: the chastisement of our peace was upon him; and with his stripes we are healed."
3. **Philippians 4:6** - "Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."
4. **1 Peter 5:7** - "Casting all your anxieties on him, because he cares for you."
5. **Proverbs 12:25** - "An anxious heart weighs a man down, but a kind word cheers him up."
6. **Psalms 94:19** - "When anxiety was great within me, your consolation brought joy to my soul."
7. **Matthew 6:27** - "And which of you, by being anxious, can add a single hour to his span of life?"
8. **Matthew 6:34** - "Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own."
9. **Romans 8:38-39** - "And I am convinced that nothing can ever separate us from God's love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow, not even the powers of hell can separate us from God's love."
10. **Isaiah 35:4** - "Say to those who have an anxious heart, 'Be strong; fear not! Behold, your God will come with vengeance, with the recompense of God. He will come and save you.'"
11. **Psalms 34:17** - "When the righteous cry for help, the LORD hears and delivers them out of all their troubles."
12. **2 Timothy 1:7** - "For God gave us a spirit not of fear but of power and love and self-control."

13. **Matthew 6:25** - "Therefore I tell you, do not be anxious about your life, what you will eat or what you will drink, nor about your body, what you will put on. Is not life more than food, and the body more than clothing?"
14. **Luke 12:25-26** - "And which of you, by being anxious, can add a single hour to his span of life? If then you are not able to do as small a thing as that, why are you anxious about the rest?"
15. **Matthew 11:28-30** - "Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light."
16. **Psalms 55:22** - "Cast your burden on the Lord, and he will sustain you; he will never permit the righteous to be moved."
17. **2 Thessalonians 3:16** - "Now may the Lord of peace himself give you peace at all times in every way. The Lord be with you all."
18. **John 14:27** - "Peace I leave with you; my peace I give to you. Not as the world gives, do I give to you. Let not your hearts be troubled, neither let them be afraid."
19. **Philippians 4:13-14** - "I can do all this through him who gives me strength. Yet it was good of you to share in my troubles."
20. **Jeremiah 29:11** - "For I know the plans I have for you,' declares the Lord, 'plans to prosper you and not to harm you, plans to give you hope and a future.'"
21. **1 Chronicles 16:11** - "Look to the Lord and his strength; seek his face always."
22. **Psalms 46:1** - "God is our refuge and strength, an ever-present help in trouble."

23. **Isaiah 12:2** – “Surely God is my salvation; I will trust and not be afraid. The Lord, the Lord himself, is my strength and my defense; he has become my salvation.”
24. **Isaiah 40:31** – “But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.”
25. **Joshua 1:9** – “Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go.”
26. **Psalms 68:35** - “You, God, are awesome in your sanctuary; the God of Israel gives power and strength to his people. Praise be to God!”
27. **Exodus 15:2** – “The Lord is my strength and my defense; he has become my salvation. He is my God, and I will praise him, my father’s God, and I will exalt him.”
28. **Habakkuk 3:19** - “The Sovereign Lord is my strength; he makes my feet like the feet of a deer, he enables me to tread on the heights.”
29. **Exodus 15:13** – “In your unfailing love, you will lead the people you have redeemed. In your strength you will guide them to your holy dwelling.”
30. **1 Chronicles 16:27** – “Splendor and majesty are before him; strength and joy are in his dwelling place.”
31. **Psalms 118:14** – “The Lord is my strength and my defense; he has become my salvation.”
32. **Isaiah 43:2** – “I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.”
33. **Psalms 59:16** – “But I will sing of your strength, in the morning I will sing of your love; for you are my fortress, my refuge in times of trouble.”

34. **Psalm 28:7** – “The Lord is my strength and my shield; my heart trusts in him, and he helps me. My heart leaps for joy, and with my song I praise him.”
35. **Proverbs 31:25** – “She is clothed with strength and dignity; she can laugh at the days to come.”
36. **2 Thessalonians 3:3** – “But the Lord is faithful, and he will strengthen you and protect you from the evil one.”
37. **Psalm 22:19** – “But you, Lord, do not be far from me. You are my strength; come quickly to help me.”
38. **2 Timothy 4:17** – “But the Lord stood at my side and gave me strength, so that through me the message might be fully proclaimed and all the Gentiles might hear it. And I was delivered from the lion’s mouth.”
39. **Isaiah 40:29** – “He gives strength to the weary and increases the power of the weak.”
40. **Psalm 59:9** – “You are my strength, I watch for you; you, God, are my fortress.”
41. **Psalm 73:26** – “My flesh and my heart may fail, but God is the strength of my heart and my portion forever.”
42. **Psalm 29:11** – “The Lord gives strength to his people; the Lord blesses his people with peace.”
43. **Ephesians 3:16** – “I pray that out of his glorious riches he may strengthen you with power through his Spirit in your inner being.”
44. **Psalm 59:17** – “You are my strength, I sing praise to you; you, God, are my fortress, my God on whom I can rely.”
45. **Psalm 18:32** – “It is God who arms me with strength and keeps my way secure.”
46. **Isaiah 33:2** – “Lord, be gracious to us; we long for you. Be our strength every morning, our salvation in time of distress.”

47. **2 Chronicles 16:9a** - “For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him.”
48. **Psalms 105:4** - “Look to the Lord and his strength; seek his face always.”
49. **Isaiah 41:10** - “So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand.”
50. **Psalms 119:105** - “Thy word is a lamp unto my feet, and a light unto my path”

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MARIE YLIMÄKI

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This work is a result of my personal walk with God and my experiences as a Certified *Holistic Health and Transformational Coach*; in empowering women to shift from the wrong paradigm of limiting belief patterns to self-discovery for a sustainable healthy lifestyle for optimal wellbeing.

Thank You for Reading!

Thank you for reading *Healing StoreHouse: Unlocking Soul Gates*. My ultimate desire is that you discover the secret to living a purposeful, satisfying, and fulfilling life as ordained by God. You can navigate life and be the best of yourself because you now have the keys.

Kindly share this book with your friends and loved ones to help them correct some wrong methods of application for the healing of their spirit, soul, and body. This same process has worked for so many and it will work for you too if you do it the right way. I would love to support or hear from you about your experience as you engage in the healing process. You are about to be congratulated for overcoming all your challenges.

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Marie Ylimäki is the Founder and CEO of *Healing StoreHouse ry* Finland. She is a spiritual mentor and minister operating in the healing and deliverance ministry. She is also a *Certified Holistic Health and Transformational Coach* who empowers women to shift from the wrong paradigm of limiting belief patterns to self-discovery for a sustainable, healthy lifestyle. She has worked as a social instructor with youths and in a center for the mentally disabled.

Marie advocates for holistic health and is passionate about the wellbeing of people experiencing addictions, anxiety, stress, panic attacks, and depression.

Marie is rooted in the understanding that holistic health is needed to tackle the above mentioned mental health by providing support to empower their spiritual, mental, emotional, physical and social needs for their wellbeing. In order to be considered “well,” it is imperative for none of these areas to be neglected.

Above all, she is a lover of Jesus, deeply rooted in Christ, and desires everyone to encounter Jesus and develop a personal relationship with God Almighty through the Holy Spirit.