



ZAPHENATH-PANEAH

(God says, He lives)

EL RUHA RETREAT CENTRE

FR. RAPHAEL KOKKADAN CMI

**"DO WHATEVER HE TELLS YOU."
(JOHN 2:5)**

Bestowing God's blessings
upon tens of thousands



Alhutangalude Japamala & Novena to St. Antony

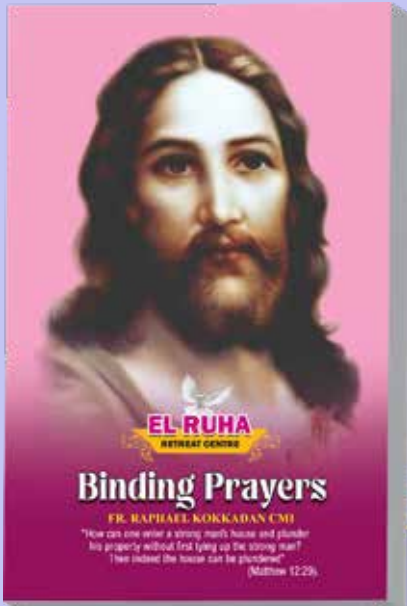


"All these were constantly devoting themselves to prayer, together with certain women, including Mary the mother of Jesus, as well as his brothers."

(Acts 1:14)

Every Tuesday at 7:30 PM on YouTube Channel.

Subscribe "El-Ruha Retreat - YouTube" channel.



A must-pray book for everyone to remove your obstacles, bondages, and crises.



Zaphenath-paneah



What is Zaphenath-paneah Ministry?

The Zaphenath-paneah Ministry is to seek answers to our problems from the book Zaphenath-paneah and to act upon them faithfully.

What is the meaning of the word “Zaphenath-paneah”?

“Zaphenath-paneah” means, “God speaks, He lives.”

“He gave Joseph the name Zaphenath-paneah.” (Genesis 41:45)

Why is this ministry given such a name?

About five months before I received ordination, many people used to come to me with numerous problems, asking for prayer and counselling. After I received priestly ordination, it increased even more. After placing my hands on their heads and praying for them, I would give them certain prayers to recite for specific days or months. But in those days, unlike now, there were not many testimonies from people saying that they received blessings or that their problems were resolved after faithfully reciting the prayers I suggested. Moreover, my attitude towards those who came to me for prayer was the same attitude that Jesus had: “When He saw the crowds, He had compassion for them, because they were harassed and helpless, like sheep without a shepherd.” (Matthew 9:36). For there are many people who stand helpless, not knowing what to do when faced with numerous problems and crises that no one seems to be able to solve. “Therefore my people go into exile for lack of knowledge” (Isaiah 5:13).

I was deeply troubled because I did not know exactly what answer to give to the people who came to me seeking solutions to their problems. It was then that, in 2020, I was transferred to Kadalundi, and on April 19, 2021, El Ruha Retreat Centre was established. The first Ministry that began after starting the retreat centre was the online ministry called “Albhutangalude Japamala & Novena to St. Antony”. Later, Residential Retreats and One-Day Convention held every Saturday were initiated. Mainly through these three ministries, and



through the Land-house blessing Ministry that I was conducting at that time, the Holy Spirit taught me many spiritual mysteries. Later, in the light of these spiritual insights, when I began giving specific guidance and solutions to those who came to me for prayer, hundreds of miracle testimonies started coming in. This is the reason for the shower of miracles now taking place at El Ruha Retreat Centre! That is to say: God speaks to me; I tell the people; the people obey; and miracles happen in their lives. This is Zaphenath-paneah (God says, He lives). At the wedding in Cana, when the wine ran out and the family was in great distress, the Blessed Mother told the servants: “Do whatever He tells you” (John 2:5). Jesus then told them certain things. They obeyed exactly as He instructed – a supernatural miracle took place. This is Zaphenath-paneah. To the man born blind, Jesus said, “Go, wash in the pool of Siloam (which means Sent). Then he went and washed and came back able to see” (John 9:7). This is Zaphenath-paneah (God says, He lives)

“Zaphenath-paneah” – Two Levels of Meaning

The word Zaphenath-paneah has two levels of meaning. Firstly, God speaks something, and it happens immediately. Many such testimonies have been received in El Ruha Ministries. Secondly, God asks us to do something; we immediately obey, and then miracles beyond our belief happen. Hundreds of such testimonies have also been reported in El Ruha Ministries. It was these countless testimonies of both kinds that inspired me to start a Ministry in book form and to name it “Zaphenath-paneah.”

Certainly, I am confident that those who read this book will find answers to their problems, and who act upon them precisely will become witnesses of Jesus’ resurrection, victory over sin and death, and His active presence among us, bringing transformation in their lives.

Fr. Raphael Kokkadan CMI



<p align="center">Things That Must Be Done Without Fail</p>	<p align="center">Prayers to Recite Regularly Without Fail</p>
<p>1. Go for Confession frequently and sincerely. (The following must be confessed: tattoos on the body; spiritual vow (nercha) made but not fulfilled; vocation calling since young but didn't go; consuming offerings such as aravana payasam, other temple offerings, food offered to idols; involvement in abortion; participating in programs conducted in non-Christian places of worship; singing non-Christian songs, etc. All these must be confessed.)</p> <p>Confess wrong sexual practices. What are wrong sexual practices?</p> <p>Sexual acts like oral sex that leads to sexual climax [Within marriage, before sexual intimacy, if partners physically and emotionally stimulate one another as an expression of love, oral stimulation is generally considered permissible.] Anal sex; Group sex (sexual relations involving more than two persons);</p>	<p>1. Give great importance to the Holy Eucharist. Offer your intentions along with the bread and wine and pray.</p> <p>2. Set aside some time every day to read the Word of God meditatively.</p> <p>3. From El Ruha Retreat Centre YouTube Channel, watch the ministry titled "Albhutanga-lude Japamala & Novena to St. Antony". Choose any 90 episodes and watch one each day continuously for 90 days.</p> <p>4. Pray all the prayers in the Binding Prayers book of El Ruha Retreat Centre. (Official prayers of Exorcism are to be recited only by priests.)</p> <p>5. Recite the Apostle's Creed (I Believe) 33 times daily and do so for 33 consecutive days.</p> <p>6. In the Holy Masses you attend you must offer and pray for your ancestors from 33 generations of your families who have passed away</p>



Homosexual acts (sexual relations between woman and woman, or between man and man) must be confessed.

At the very end of Confession, say:

“Father, please forgive all the sins I have confessed, those I have forgotten to confess, and those I have committed unknowingly. Grant me absolution and penance.”

2. Wear the scapular around your neck. Do not remove it even while bathing.
3. Always keep the Miraculous Medal with you.
4. Every day, you should pray the Binding Prayers in your home and surroundings, sprinkle exorcised Holy Water, and burn blessed incense.
(At least once a month, sprinkle exorcised rock salt forcefully around your house and pray.)
5. Do not reveal everything to everyone. (Proverbs 8:19)
6. Give tithes. Financially support God’s ministries.



7. Remove forbidden objects.

- Remove from your house any liquor, wine, and alcohol bottles (including those kept as bottle art or used as plant holders).
- Remove items given by a former lover (for example: watch, ring, toys, dress, key chain, etc.).
- Remove second studs, nose rings, toe rings, etc.
- Men who have pierced ears should remove their earrings.
- Remove peacock feathers, models and images of snakes, scorpions, etc & traditional Hindu ritual lamps (nilavilakku). Remove broken vessels, broken glasses and broken glass pieces collected together.
- Do not keep or use, as a remembrance, certain personal items that were regularly used by persons who died without prayer and faith. (For example: the bones, hair, teeth, rosary of the deceased person; their clothes, towel, watch...etc.)

To learn more about this topic, read the article titled: "Can We Use the Belongings of the Deceased? – The Teaching of the Catholic Church."



8. Just as the Lord has forgiven you, forgive everyone completely at any cost and pray for them.

9. If your intentions are fulfilled, promise that you will come to El Ruha Retreat Centre and give your testimony, either at a residential retreat or at a one-day Bible convention. Engage in evangelization. (Send the YouTube link of “Albhutangalude Japamala”; participate in intercessory prayer; bring people in your vehicle; invite others to the one-day Bible convention and residential retreats; share with others the blessings you have received; distribute Zaphenath-paneah book, and help it reach as many people as possible.)

10. Take at least ten testimony newspaper and distribute them to ten different people by hand.
(“If you distribute testimony leaflets, many great miracles will happen.”) Do not simply leave bundles of testimony newspaper behind churches or in other public places.



Those who are abroad and those who are unable to visit the El Ruha Retreat Center in person should download the testimony form from the retreat center's website and send it to whom they can.

11. Submit your intentions at the 'Sahanapaatha' (Path of Suffering) at the El Ruha Retreat Centre.

Those abroad and those unable to visit the El Ruha Retreat Centre can type your prayer intentions in the "Prayer Request" section of the El Ruha Retreat Centre website. For each of your intention offer one Apostle's Creed (I Believe) and send your prayer intention.



<p>Cancer Epilepsy</p>	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.• Consume any one of the exorcism sacramentals such as blessed honey, exorcised olive oil, exorcised rock salt (mix the exorcised rock salt with food and eat it) continuously for 2 months.
<p>Skin diseases, skin allergies, acne/pimple</p>	<ul style="list-style-type: none">• Apply exorcised olive oil / blessed honey and pray for 2 months.
<p>Psoriasis, Vitiligo</p>	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.• Consume any of the exorcism sacramentals such as blessed honey, exorcised olive oil, or exorcised rock salt (mixed with food) continuously for 2 months.



	<ul style="list-style-type: none"> • Apply exorcised olive oil and pray for 2 months.
<p>Bone-related diseases (neck pain, pain in the joints of the hands and legs, back pain, etc.), Lumps in the body, hair loss, dandruff, lice infestation, ingrown nails</p>	<ul style="list-style-type: none"> • Apply exorcised olive oil and pray for 2 months.
<p>Women-related illnesses, all abdominal ailments (ulcer, acidity, gastric trouble, etc.), All diseases related to the tongue, gum infection, mouth ulcers, sexually transmitted diseases, thyroid-related diseases, loss of voice, all throat-related diseases, severe headaches, memory loss, sleep disorders, all types of allergies, vomiting, blood infections, jaundice, worm infestation, nerve-related diseases, conditions in which the oxygen level in the body decreases, abnormal weight gain, and abnormal weight loss with weakness</p>	<ul style="list-style-type: none"> • Consume any of the exorcism sacramentals such as blessed honey, exorcised olive oil, exorcised water, or exorcised rock salt (mix the exorcised rock salt with food and eat it) continuously for 2 months.
<p>Mental Health Conditions Hyperactivity, Autism, Depression, Intellectual disabilities</p>	<ul style="list-style-type: none"> • For long-term healing, watch and pray daily Albhutangalude Japamala (for example, 200 episodes or more), one per day, continuously.



	<ul style="list-style-type: none"> • Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls. • Consume any of the exorcism sacramentals such as blessed honey, exorcised olive oil, exorcised water, or exorcised rock salt (mix the exorcised rock salt with food and eat it) continuously for 2 months.
Eye-related diseases	<ul style="list-style-type: none"> • Apply exorcised water in the eyes or exorcised olive oil on the eyelids and pray for 2 months.
All diseases related to the nose (cold, nasal discharge, adenoids, etc.)	<ul style="list-style-type: none"> • Apply exorcised olive oil inside and outside the nose, as one applies Vicks, and pray for 2 months.
All ear-related diseases (ear itching, ear pain, hearing loss, etc.)	<ul style="list-style-type: none"> • Apply blessed olive oil to an earbud and spread a small amount inside the ear.
Tooth related problems, Lifestyle-related illnesses	<ul style="list-style-type: none"> • Follow the general instructions provided.
Diseases of internal organs (Heart, kidneys, lungs, etc.),	<ul style="list-style-type: none"> • Sprinkle exorcised rock salt forcefully around your house and pray.



<p>All urinary tract diseases</p>	<ul style="list-style-type: none">• Consume any of the exorcism sacramentals such as blessed honey, exorcised olive oil, exorcised water or exorcised rock salt (mix the exorcised rock salt with food and eat it) continuously for 2 months.• Sprinkle exorcised rock salt forcefully around your house and pray.• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.
<p>Involuntary urination in bed</p>	<ul style="list-style-type: none">• Consume blessed honey and pray.• Recite the prayers against all evils in the Binding Prayers book five times daily and continue for 33 days. (If the condition is seen in a small child, parents should place their hands on the child's head, bind, and pray.)



<p>Fistula, anal fissure, Piles, blockage in the anus, Constipation, hemorrhoids, varicose veins</p>	<ul style="list-style-type: none">• Apply exorcised olive oil to the affected area and pray for 2 months.• Consume any of the exorcism sacramentals such as blessed honey, exorcised olive oil, exorcised water or exorcised rock salt (mix the exorcised rock salt with food and eat it) continuously for 2 months.
<p>Bedridden patients and those who have suffered a stroke</p>	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.• Sprinkle exorcised rock salt forcefully around your house and pray.
<p>Asthma</p>	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.



<p>Brain tumour, recurrent fever</p>	<ul style="list-style-type: none">• Sprinkle exorcised rock salt forcefully around your house and pray.• Consume any of the exorcism sacramentals such as blessed honey, exorcised olive oil, exorcised water or exorcised rock salt (mix the exorcised rock salt with food and eat it) continuously for 2 months.
<p>Rheumatic diseases</p>	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.• Consume any of the following for 2 consecutive months: blessed honey / exorcised olive oil / exorcised water / exorcised rock salt (exorcised rock salt should be added to food and consumed) or other exorcised items.
<p>For those without children</p>	<ul style="list-style-type: none">• Consume two or three spoons each of blessed honey and exorcised olive oil for 2 months.



	<ul style="list-style-type: none">• Pray for 3 months after watching Albhutangalude Japamala & Novena to St. Antony.• Sprinkle exorcised rock salt forcefully around the house and pray.• Do not remove the scapular from the neck even while bathing.
Swelling/Inflammation Body Pain	<ul style="list-style-type: none">• Bathe in warm water with exorcised rock salt added.• Apply exorcised olive oil and pray.
Speech Obstruction and Stammering	<ul style="list-style-type: none">• Consume blessed honey for 2 months and pray.
Medical complication of the unborn baby (fetus) in Pregnan- cy (Down Syndrome)	<ul style="list-style-type: none">• Consume blessed honey and olive oil for 2 months and pray.• Sprinkle exorcised rock salt forcefully around the house and pray.
Miscarriage / Risk of Pregnancy Loss	<ul style="list-style-type: none">• Do not remove the scapular from the neck even while bathing.• Consume blessed honey and exorcised olive oil for 2 months and pray.



<p>To Overcome Marriage Obstacles</p>	<ul style="list-style-type: none">• Pray the Novena to St. Raphael the Archangel or St. Chavara Kuriakose Elias for 90 days.• The person facing obstacles should consume two or three spoons each of blessed honey and olive oil for 2 months and pray.• Sprinkle exorcised rock salt forcefully around the house and pray.• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.
<p>To overcome obstacles in getting a job, obstacles in getting a promotion at work, and resolving salary-related issues</p>	<ul style="list-style-type: none">• If you get a job, take a vow to give a tenth (tithe) of your earnings to God's ministries.• Sprinkle exorcised rock salt forcefully around your house and pray.• Consume 2–3 spoons of blessed honey and exorcised olive oil daily for 2 months and pray.



	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.
To Overcome obstacles in selling Land/Property/House.	<ul style="list-style-type: none">• Sprinkle exorcised rock salt forcefully around the house or property. (If the land is very large, sprinkle the exorcised rock salt specifically at the four boundaries of the property and pray.)• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.• If a sale takes place, make an intention to give a tithe (10%) of it to divine ministries.
To Remove Obstacles on a Path/Way	<ul style="list-style-type: none">• Forcefully sprinkle blessed rock salt on the path and sprinkle holy water and pray.



<p>To Remove Obstacles for Foreign Travel</p>	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.• Forcefully sprinkle exorcised rock salt around the house and pray.• Consume two or three spoons each of blessed honey and exorcised olive oil daily for 2 months and pray.
<p>To Remove Obstacles in Studies</p>	<ul style="list-style-type: none">• Consume two or three spoons of blessed honey daily for 2 months and pray.• Recite the Novena of St. Jude Thaddeus 11 times a day for 11 days and pray.
<p>To Remove Obstacles in Building a House/Structure/Wall</p>	<ul style="list-style-type: none">• Forcefully sprinkle exorcised rock salt and pray.• Purchase small crosses without the crucifix image (plain crosses) and bury them at the four corners of the site.



	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.
To Resolve Court Cases and Termite/Pest Infestations	<ul style="list-style-type: none">• Forcefully sprinkle exorcised rock salt around the house and sprinkle holy water while praying.• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.
For Financial difficulties, Debts and to remove obstacles in obtaining loan	<ul style="list-style-type: none">• Forcefully sprinkle exorcised rock salt around the house and pray.• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.• Keep a Miraculous Medal in the place where money is kept in your purse/wallet.



<p>For Obstacles in Buying Land, Certificate/Document Issues, Finding Lost Items, Recovering Debts, and Business Failures</p>	<ul style="list-style-type: none">• Follow the general instructions provided.
<p>For Infertile Agricultural Land or a condition where trees do not bear fruit</p>	<ul style="list-style-type: none">• Forcefully sprinkle exorcised rock salt on the agricultural land and pray.
<p>To Remove Obstacles in obtaining a home of one's own</p>	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.
<p>Alcohol addiction, drug abuse, lack of faith in the Holy Sacraments</p>	<ul style="list-style-type: none">• Continuously consume any of the following exorcism sacramentals for 2 months: Blessed honey / exorcised olive oil / exorcised holy water / exorcised rock salt (add exorcised rock salt to food).• Sprinkle exorcised rock salt forcefully around the house and pray.• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.



<p>Watching Blue Films (To remove impurity of the eyes)</p>	<ul style="list-style-type: none">• Make the Sign of the Cross on the forehead with Hannan water (exorcised holy water) and apply a small amount of exorcised holy water around the eyes while praying.• Continuously consume any of the exorcised sacramentals like Blessed honey / exorcised olive oil / exorcised holy water / exorcised rock salt (added to food) for a period of 2 months.• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.
<p>To overcome suicidal thoughts</p>	<ul style="list-style-type: none">• Continuously consume any of the following exorcism sacramentals for 2 months: Blessed honey / exorcised olive oil / exorcised holy water / exorcised rock salt (add exorcised rock salt to food).



	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.
To overcome food addiction	<ul style="list-style-type: none">• Continuously consume any of the following exorcism sacramentals for 2 months: Blessed honey / exorcised olive oil / exorcised holy water / exorcised rock salt (add exorcised rock salt to food).
Issues with wells: No water when digging the well, no water in the well, or muddy/turbid water	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.• Sprinkle exorcised rock salt into the well with faith and pray.• Place a Miraculous Medal and a St. Benedict Medal into the well.



<p>To heal internal wounds (excessive sadness, fear, despair, inferiority complex, feeling alone or unloved) and to be freed from root sins and excessive anger</p>	<ul style="list-style-type: none"> Recite the Prayer to the Sacred Heart of Jesus in El Ruha Retreat Centre's Novena Book without fail for 3 years. Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.
<p>For deliverance from nightmares or situations where one constantly gets wounds or burns on the body</p>	<ul style="list-style-type: none"> Never remove the Scapular from around your neck. Sprinkle exorcised rock salt forcefully around the house with faith and pray.
<p>For deliverance from wild animals (snakes,elephants, dogs, monkeys...) and household pests (lizards, cockroaches, ants, snails)</p>	<ul style="list-style-type: none"> Sprinkle exorcised rock salt forcefully around the house and premises with faith and pray, and also sprinkle exorcised holy water. Mop the floor using water mixed with exorcised rock salt.
<p>Condition of family members continuously falling ill; the condition where accidents are always happening in front of the house</p>	<ul style="list-style-type: none"> At least once a month, sprinkle holy water and blessed rock salt around the house, in front of the house, and at the spot where accidents occur.



<p>For deliverance from sexual addictions, masturbation, and homosexuality and from wrong/immoral love relationships</p>	<ul style="list-style-type: none">• Continuously consume any of the exorcism sacramentals (blessed honey, exorcised olive oil, exorcised holy water, or exorcised rock salt) for 2 months.• Sprinkle exorcised rock salt around the house with faith and pray.• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.• Recite the prayer to the Sacred Heart of Jesus from El Ruha Retreat Centre Novena book without fail for 3 years.• Recite the "Our Father" prayer 72 times every day.
<p>Frequent illnesses affecting livestock/pets or animals dying unexpectedly</p>	<ul style="list-style-type: none">• Sprinkle exorcised rock salt around the cowshed/stable and pray.
<p>Pets or livestock that are untameable, show extreme stubbornness, or have an aggressive nature</p>	<ul style="list-style-type: none">• Mix exorcised rock salt into their food.



<p>Hearing strange sounds in the house, seeing moving shadows, frequent voltage fluctuations, foul odours, or electronic appliances getting damaged repeatedly.</p>	<ul style="list-style-type: none">• Sprinkle exorcised rock salt forcefully around the house with faith and also sprinkle exorcised holy water and pray.• Bury small crosses without the crucifix image (plain crosses) at the 4 boundaries of the house property.
<p>To avoid divorce and to resolve family conflicts</p>	<ul style="list-style-type: none">• Pray the Novena to St. Raphael the Archangel or St. Chavara Kuriakose Elias for 90 days.• Sprinkle exorcised rock salt forcefully around the house and pray.
<p>To remove the effects of Kaivish-am (poisoning through food)</p>	<ul style="list-style-type: none">• Consume two or three spoons of blessed honey and exorcised olive oil before going to bed at night and pray for 2 months.
<p>To be cured of hereditary or ancestral diseases</p>	<ul style="list-style-type: none">• Pray for your ancestors who have passed away from your family, by offering 12 Holy Mass for the departed souls. Afterwards, in the Holy Masses you attend, continue to offer and pray for the departed souls.
<p>Falling asleep while traveling, Extreme fatigue, or getting fever at night</p>	<ul style="list-style-type: none">• Never remove the Scapular from your neck.



	<ul style="list-style-type: none">• Continuously consume any of the following exorcism sacramentals for 2 months like blessed honey, exorcised olive oil, exorcised holy water or exorcised rock salt (mix exorcised rock salt into food and consume it).
<p>To be filled with the Holy Spirit, to receive the gifts of the Holy Spirit, or when unable to pray/bored with prayer.</p>	<ul style="list-style-type: none">• Engage in intercessory prayer for others.• Spend at least half an hour in loud, vigorous praise.• Even if you do not feel like praying, you must force yourself to pray.• Continuously consume exorcism sacramentals like blessed honey, exorcised olive oil, exorcised holy water, or exorcised rock salt for 2 months.



NB:- Those who have committed abortion, interfaith marriage, adultery, or violations of the First Commandment, and those who did not follow a vocation calling, should pray for mercy. (Every day for at least 5 minutes, kneel and prostrate, then recite the prayer for mercy from the “Binding Prayers” book of El Ruha Retreat Centre for three months.)

Individuals who have made a spiritual vow (nercha) but have not fulfilled it should try to fulfil it as soon as possible. If it is not possible, confess it in the Sacrament of Confession.

Those who have consumed Halal food should continuously consume one of the following—blessed honey, exorcised olive oil, exorcised holy water, or exorcised rock salt—mixed with their food for 2 months. It has been understood through the messages from the Holy Spirit and the testimonies of many individuals that consuming Halal food causes obstacles, diseases, crises, and mental health problems that they believe cannot be explained by human logic, intellect, or thought.

Now, if for any reason you must eat Halal food, consume it only after making the sign of the cross over the food and praying in the name of the Father, the Son, and the Holy Spirit.

If you have any other problems not included in this list, follow the instructions mentioned in the general guidelines with sincerity.

Wait and pray with perseverance:

Sometimes, you may have to wait a long time to receive the very best. While those who are unwilling to wait may grumble and turn against God, but those with true spirit of faith and firmness in faith will wait for patiently for God’s timing without losing hope.

Was it not as an answer to years of waiting, hardship, and cries that God chose Moses to rescue the people of Israel who were slaves in Egypt?



Was it not the long wait of Abraham and Sarah that God fulfilled through Isaac?

Was not Samuel the response to Hannah's constant cries before God?

Was not John the Baptist the answer God gave to the waiting of Zechariah and Elizabeth?

Was not Jesus the Saviour the eternal gift Heaven gave to the cries for liberation and the waiting for a Saviour by a people dwelling in darkness and the shadow of evil?

Was not the healing at Bethesda the liberation that shone through Jesus' words for the person from 38 years of bondage to paralysis?

Similarly, we too must wait and pray for God's promise to be fulfilled in us.

Those who see no change even after doing all this must mandatorily attend the residential retreat at the El Ruha Retreat Centre.

"Do not grow weary when you pray" (Sirach 7:10)



Can the belongings of the deceased be used? Teaching of the Catholic Church

When a person passes away, many items they used daily (personal belongings) are left behind on this earth. For example: clothes, watch, glasses, sandals, comb, shaving set, brush, etc. This article is a response based on the teachings of the Catholic Church regarding questions like: Should such items be kept or not? How should such belongings of the deceased be handled?

What does the Catholic Church teach?

According to the teachings of the Catholic Church and Catholic exorcists, using the belongings of a deceased person is generally not a problem. However, the Church strictly forbids any kind of action that attempts to contact the deceased, as this is considered a violation of the First Commandment. The warnings (instructions) given by the Holy Church in this matter are provided below:

1. The Church forbids all attempts to contact the deceased. It is dangerous. Using items like Ouija boards as a means to communicate with the deceased is prohibited.

CCC.2116 All forms of divination are to be rejected: recourse to Satan or demons conjuring up the dead or other practices falsely supposed to "unveil" the future. Consulting horoscopes, astrology, palm reading, interpretation of omens and lots, the phenomena of clairvoyance and recourse to mediums all conceal a desire for power over time, history, and in the last analysis, other human beings, as well as a wish to conciliate hidden powers. They contradict the honour, respect, and loving fear that we owe to God alone".

CCC 2117 All practices of magic or sorcery, by which one attempts to tame occult powers, so as to place them at one's service and have a supernatural power over others - even if this were for the sake of restoring their health are gravely contrary to the virtue of religion.



These practices are even more to be condemned when accompanied by the intention of harming someone, or when they have recourse to the intervention of demons. Wearing charms is also reprehensible. Spiritism often implies divination or magical practices; the Church for her part warns the faithful against it. Recourse to so called traditional cures does not justify either the invocation of evil powers or the exploitation of another's credulity.

1898 Decree of the holy office: This decree condemned automatic writing which covers practices where spirits are believed to guide the hand of the living. A mechanism similar to that of a Ouija board.

1917 Decree of the holy office: This document condemned participation in séances, including merely watching them.

2. A person should never take or keep the ashes, bones, or body parts of a deceased person for their memory. Some keep small bones or teeth as a memory. They even believe these have protective or spiritual power. While these actions may seem loving or emotional, from the perspective of the Catholic Church, they are very problematic. Moreover, it opens a door to demonic influence. Keeping ashes, bones, or body parts in the home without the Church's approval acts as a doorway for the devil to enter. Keeping body parts, teeth, hair, ashes, or soil will cause various bondages to enter and will prevent the deceased from being surrendered to God.

Instruction *Ad resurgendum cum Christo* regarding the burial of the deceased and the conservation of the ashes in the case of cremation 25. -10. -2016. This discussion is clearly mentioned in paragraphs 6 and 7 of this document:

6. For the reasons given above, the conservation of the ashes of the departed in a domestic residence is not permitted. Only in grave and exceptional cases dependent on cultural conditions of a localized nature, may the Ordinary in agreement with the Episcopal Conference or the Synod of Bishops of the Oriental Churches,



concede permission for the conservation of the ashes of the departed in a domestic residence. Nonetheless, the ashes may not be divided among various family members and due respect must be maintained regarding the circumstances of such a conservation.

7. In order that every appearance of pantheism, naturalism or nihilism be avoided, it is not permitted to scatter the ashes of the faithful departed in the air, on land, at sea or in some other way nor may they be preserved in mementos, pieces of jewellery or other objects. These courses of action cannot be legitimised by an appeal to the sanitary, social or economic motives that may have occasioned the choice of cremation.

3. Therefore, avoid unhealthy attachments. Attachments hinder spiritual growth. The teachings of the Catholic Church emphasize that unhealthy attachments to any person or material object (including the belongings of the deceased) must be purified while on earth or in purgatory.

CCC 2113- Idolatry not only refers to false pagan worship. It remains a constant temptation to faith. Idolatry consists in divinizing what is not God. Man commits idolatry whenever he honors and reveres a creature in place of God, whether this be gods or demons (for example, satanism), power, pleasure, race, ancestors, the state, money, etc. Jesus says, "You cannot serve God and mammon." Many martyrs died for not adoring "the Beast" refusing even to simulate such worship. Idolatry rejects the unique Lordship of God; is therefore incompatible with communion with God.

CCC 2114 Human life finds its unity in the adoration of the one God. The commandment to worship the Lord alone integrates man and saves him from an endless disintegration. Idolatry is a perversion of man's innate religious sense. An idolater is someone who "transfers his indestructible notion of God to anything other than God."

CCC 2547 The Lord grieves over the rich, because they find their consolation in the abundance of goods. "Let the proud seek and love earthly kingdoms, but blessed are the poor in spirit for theirs is the Kingdom, of heaven". Abandonment to the providence of the Father in heaven frees us from anxiety about tomorrow. Trust in God is a preparation for the blessedness of the poor. They shall see God".



CCC 2544 Jesus enjoins his disciples to prefer him to everything and everyone, and bids them "renounce all that [they have]" for his sake and that of the Gospel. Shortly before his passion he gave them the example of the poor widow of Jerusalem who, out of her poverty, gave all that she had to live on. The precept of detachment from riches is obligatory for entrance into the Kingdom of heaven.

St. John of the Cross says: "Any attachment that is not solely for God is a chain, even if it is made of gold". This means we should not cling to the deceased in a way that obstructs our spiritual and material lives (Clinging). "He said to another man, "Follow me." But he said, "Lord, first let me go and bury my father." And Jesus said to him, "Let the dead bury their own dead, but as for you, go and proclaim the kingdom of God." (Luke 9:59-60).

St. John of the cross in his major works Ascent of Mount Carmel And Dark Night of the soul teaches that attachments (or appetites for created things) are the primary obstacles to union with God He advocates for complete detachment, or emptying to allow the soul to be filled with divine love.

" In order to possess all do not desire to possess any anything"
(Ascent of Mount Carmel)

Therefore, one should not take or display human remains as personal items without the approval of the Church. Catholic exorcists warn that mishandling human remains inappropriately can lead to demonic oppression.

Canon 1190 Distinguished relics and others which are held in great veneration by the people, may not validly be in any way alienated or transferred on a permanent basis, without the permission of the Apostolic See.

CCC 1849 Sin is an offense against reason, truth and right conscience; it is failure in genuine love for God and neighbor caused by a perverse attachment to certain goods. It wounds the nature of man and injures human solidarity. It has been defined as "an utterance, a deed, or a desire contrary to the eternal law"



CCC 1863 Venial sin weakens charity; it manifests a disordered affection for created goods, it impedes the soul's progress in the exercise of the virtues and the practice of the moral good; it merits temporal punishment. Deliberate and unrepented venial sin disposes us little by little to commit mortal sin. However venial sin does not break the covenant with God. With God's grace, it is humanly reparable. "Venial sin does not deprive the sinner of sanctifying grace, friendship with God, charity, and consequently eternal happiness".

CCC 2514 St John distinguishes three kinds of covetousness or concupiscence: lust of the flesh, lust of the eyes, and pride of life. In the Catholic catechetical tradition, the ninth commandment forbids carnal concupiscence; the tenth forbids coveting another's goods". (cf 1 Jn 2.16)

CCC 2556 Detachment from riches is necessary for entering the Kingdom of heaven. "Blessed are the poor in spirit"

CCC 2557 "I want to see God" expresses the true desire of man. Thirst for God is quenched by the water of eternal life" (cf Jn 4:14).

The Lord blessed by granting peace to a family after the tooth kept in memory of a deceased mother was removed and discarded.

My mother passed away in 2000. In her memory, I had kept her spectacles, rosary, scapular, and some of her clothes. Additionally, I had kept one of my mother's teeth in a soap dish box. I did this to remember her smile. I have been praying Alhuthangalude Japamala for about 4 months. For about 25 years, there was no harmony between me and my husband. We always had problems with each other. Peace in the family was lost. I had been going through great hardships for years. It was after hearing some testimonies at the El Ruha Retreat Centre that I gained the awareness that one should not keep certain belongings of the deceased. I destroyed all the items I had kept in memory of my mother and also removed and discarded her tooth from the house. Remarkably, after that, a great change occurred in my life. Now there are no problems between me and my husband. We are able to move forward in mutual love and unity. The Lord blessed us by returning peace to the family. A thousand thanks to Jesus.

Gracy, Bangalore



4. Items of the deceased that are directly related to any sin are dangerous. Father Gabriele Amorth, a former chief exorcist of Rome, has warned that such "cursed objects" (objects associated with occultism, objects associated with adultery, objects associated with intoxicants, etc.) can act as "doorways" for demonic activity. If an object is suspected of being used to commit a grave sin or for evil intentions, it should be handled with caution (if possible, burn it).

CCC 1673 records that the devil can have dominion over a person or an object and that this dominion can be withdrawn through exorcism. CCC 1673 When the Church asks publicly and authoritatively in the name of Jesus Christ that a person or object be protected against the power of the Evil One and withdrawn from his dominion. it is called exorcism.

The Roman Ritual (De exorcismis et supplicationibus quibusdam) (1999/2004 Revision) This official Vatican document governing exorcisms defines the forms of extra ordinary diabolical activity which includes infestation (Demons affecting houses, objects or animals).

"A number of those who practiced magic collected their books and burned them publicly; when the value of these books was calculated, it was found to come to fifty thousand silver coins." (Acts 19:19).

CCC 330 As purely spiritual creatures angels have intelligence and will; they are personal and immortal creatures, surpassing in perfection all visible creatures, as the splendor of their glory bears witness.

Canon 1184 says the following about the funeral rites of those who died living an unrepented habitual sinful lifestyle.

Canon 1184 Church funeral rites are to be denied to the following, unless they gave some signs of repentance before death:

1. Notorious apostates heretics and schismatics.
2. Those who for anti-christian motives chose that their bodies be cremated.
3. Other manifest sinners to whom a Church funeral could not be granted without public.

scandal to the faithful If any doubt occurs, the local Ordinary is to be consulted and his judgement followed



Lord's Healing from 15-years of nightmare

In 2021, when I went for counselling at the Kadalundi El Ruha Retreat Centre and prayed, the Brother asked me: "Do you wake up startled at night due to nightmares?" Hearing this message was a great wonder to me. For about 15 years, since I was in the first grade, I had experienced waking up startled by nightmares. I mostly saw snakes in my dreams. Not just hundreds, but thousands of snakes were seen at a glance. My condition was like lying in the middle of snakes. Additionally, I would always see my father, mother, and younger brother dying in my dreams.

On many nights, I have slept sitting in a chair. Thinking about why this condition was happening, I turned the bed in many directions, often sprinkled holy water on the bed, and always slept after making the sign of the cross. But there was no change. Although I went to many pilgrimage centres and received the laying on of hands from many priests, this condition did not change. When I reached a state where I couldn't sleep at all at night, I saw a doctor. When I saw the doctor, he gave me sleeping pills.

Even after taking the sleeping pills, I would wake up startled from nightmares. Furthermore, for years I had a fear of death. When evening came, I would always say to my mother: "I am afraid, I am afraid". I was always thinking about death. I used to cry thinking about my father dying. Entering the house felt like entering a house of death. I had fixed in my mind that this condition would stay this way until death. Again, the Brother prayed for me and asked: "Which bed do you sleep on, daughter?".

Hearing this message was a great wonder to me. I was sleeping on the bed that my grandfather used to use. My grandfather died when I was studying in the first grade. I had a great fondness for this bed. I would only sleep on this bed. My father and mother always used to say: "This is grandfather's bed". In our house, it was like a sacred object.

Again, the Brother asked me: "What kind of person was the grandfather who used this bed? What was his faith life like?".



My grandfather did not go to church. He did not go to confession or receive Holy Communion. Additionally, he used to drink alcohol heavily. Upon hearing this, the Brother told me: "Because it is a bed used by a person who did not have a proper sacramental life, it has a negative energy; it would be best to get rid of that bed. It is enough to do it after asking Fr. Raphael".

Again, the Brother prayed and asked: "I see a large framed photo in the room where you sleep; whose is it?". It was my grandfather's photo. It was the largest framed photo in our house. Moreover, it was larger than the photo of Jesus.

The Brother told me it would be best to remove that photo and that it is enough to do it after asking Fr. Raphael. After counselling when I saw Father, he told me to remove the bed as soon as possible, and to move my grandfather's photo to another room and replace it with a photo of Jesus on the wall. As soon as I reached home, I told my father and mother about these things, and with their consent, we removed that bed from the house and put in a new bed.

We moved my grandfather's photo to another room. As the Father said, we placed a photo of Jesus on the wall. Additionally, we burned a shirt that my mother had kept in memory of my grandfather. Wonderfully, that night I slept peacefully. It has been 4 years now, and I have not seen a snake in a nightmare even once, nor have I woken up startled. I am able to sleep comfortably at night. Moreover, the fear of death that I had for years has completely gone away. The Lord blessed me by giving me a great deliverance. A thousand thanks to Jesus.

**Jeslin
Kadalundi**



5. Veneration of Holy Relics – The Church clearly distinguishes between keeping the remains and objects of a deceased person and the holy relics of saints who have been officially declared holy. Canon Law 1187- It is permitted to reverence through public veneration only those servants of God whom the authority of the Church has recorded in the list of the saints or the blessed. Dicastery of Divine Worship 236 The Second Vatican Council recalls that "the Saints have been traditionally honoured in the Church and their authentic relics and images held in veneration. (323) The term "relics of the Saints principally signifies the bodies or notable parts of the bodies of the Saints who, as distinguished members of Christ's mystical Body and as Temples of the Holy Spirit (cf 1 Cor 3, 16. 6. 19. 2 Cor 6 16)(324) in virtue of their heroic sanctity now dwell in Heaven, but who once lived on earth Objects which belonged to the Saints, such as personal objects, clothes and manuscripts are also considered relics, as are objects which have touched their bodies or tombs such as oils, cloths, and images.



Why does the Church honour relics so much?

The veneration of relics is not a recent discovery; rather, evidence for this can be found in the Holy Scriptures and Christian tradition. Even in the Old Testament, special significance was given to objects associated with holy people. We see indications that there is significance. "Precious in the sight of the Lord is the death of his faithful ones." (Psalm 116:15).

In 2 Kings 13:20-21, the bones of the prophet Elisha bring a dead man back to life. "Elisha died, and they buried him. Now bands of Moabites used to invade the land in the spring of the year. As a man was being buried, a marauding band was seen and the man was thrown into the grave of Elisha; as soon as the man touched the bones of Elisha, he came to life and stood on his feet." This incident indicates how God's power works through physical objects of His faithful servants.

In the New Testament, a woman with a hemorrhage receives healing when she touches the hem of Jesus' garment with faith. A woman who had been suffering from a flow of blood for twelve years came up behind him and touched the fringe of his cloak, for she was saying to herself, "If I only touch his cloak, I will be made well." Jesus turned, and seeing her he said, "Take heart, daughter; your faith has made you well." And the woman was made well from that moment. (Matthew 9:20-22).

Handkerchiefs and cloaks that St. Paul had touched also provided healing from diseases and deliverance. 'God did extraordinary miracles through Paul, so that even handkerchiefs and cloaks that had touched him were taken to the sick, and their illnesses left them and the evil spirits left them' (Acts 19:11-12). These examples prove how God can impart grace through physical objects. This is a fundamental principle for the veneration of relics.

Relics are divided into 3 classes:

First Class: Body parts of a saint.

Second Class: Objects used by a saint.

Third Class: Objects that have touched a first-class relic.



The human body is sacred. This is because it was created by God and, through Baptism, becomes a temple of the Holy Spirit. Relics invite us to consider how a human body dedicated through Baptism can become an instrument of grace and witness. "The body is not meant for sexual immorality but for the Lord, and the Lord for the body" (1 Corinthians 6:13). Furthermore, relics remind us that we are all called to holiness. "You shall be holy, for I am holy." (1 Peter 1:16).

What does the Church encourage?

The Church encourages burying the remains of the departed, remembering them, praying for their souls, and offering the Holy Mass. We should rely on God's mercy. "But if he was looking to the splendid reward that is laid up for those who fall asleep in godliness, it was a holy and pious thought. Therefore he made atonement for the dead, so that they might be delivered from their sin" (2 Maccabees 12:45).

Belongings of the Deceased and Psychology

Psychologists state that the primary issues with using a deceased person's belongings are often psychological or emotional. Using an object that strongly reminds one of the deceased can potentially bring various forms of distress or grief into the user's life. Relying excessively on these objects or becoming trapped in them can affect that person and will stand as a major obstacle instead of helping that person move forward in life.

Belongings of the Deceased and Hygiene

Another important consideration we should be mindful of when keeping the belongings of the deceased is hygiene. It is best to discard clothes worn at the time of death, especially those worn directly on the body. It is also best to discard the bed and pillows used at the time of death, as they may contain disease germs.



**The Lord shows a Sister who uses her deceased father's blanket. This Sister always has a cold and sneezing; she is given a message to discard the blanket
(From the residential El Ruha Retreat)**

On August 31, 2025, I attended a retreat held for Sisters at the Kadalundi El Ruha Retreat Centre. On Thursday, the Priest shared a message: "The Lord shows a Sister who uses her deceased father's blanket. That Sister always has a cold and sneezing; she is given a message to discard the blanket". When the Priest called out this message, I was surprised. This is because whenever I heard the Priest say that those using certain belongings of the deceased should discard them, I had no faith in it at all. My father had died seven years ago. I had been using a woollen blanket that my father used regularly for about six years. Just as mentioned in the message, I had suffered from a severe cold and sneezing for years. I was taking a lot of cetirizine medicine. I am a teacher. Children in the class occasionally get fever and cold and I used to think that was why I was getting it too. After the retreat, when I returned back to the convent, I burned the blanket. Additionally, I had kept some items belonging to those who had passed away. I burnt those as well. Since then, for about a month now, I haven't had a cold or any other illnesses. A thousand thanks to the Lord who blessed me by giving me this miraculous healing.

Sr. Dani Kadalundi

In short, each individual must decide for themselves how to handle the belongings of the deceased. There are no strict universal laws or solutions. While objects can preserve memories, they cannot bring back the deceased. Maintaining cleanliness and order in the home, performing good deeds, and praying for the dead are what is truly important. Today, many Catholics unknowingly open the door to the devil by keeping sinful objects in their homes. In Joshua 24:15, we read: "As for me and my household, we will serve the Lord". All Catholic families should declare this. Remove all impure objects from the home and maintain it with cleanliness and order. May the Virgin Mary, St. Joseph, and the angels protect all Catholic homes.

Instead of objects related to sin, let our homes be filled with holy objects. Having holy water, crucifixes, images of Jesus, Mary, and other saints, rosaries, blessed medals, and scapulars in the home sanctifies the house and drives away the devil.



Yudanmarude Rajavaya

Yudanmarude rajavaya
nasraynam eeshoye
idiyil ninnum minnalil ninnum
bhikaramam kaattil ninnum
pettannulla mrithiyil ninnum
njagaleyellam rekshikka
pettannulla mrithiyil ninnum
njagaleyellam rekshikka

Yudanmarude rajavaya
nasraynam eeshoye
kshamam dhuridham evayil ninnum
pakarum vyadhikalil ninnum
apakada maranam thannil ninnum
njagaleyennum rekshikka
apakada maranam thannil ninnum
njagaleyennum rekshikka

Yudanmarude rajavaya
nasraynam eeshoye
kadalil karayil vanil bhuvil
ninnude namam pularatte
unnatha vilavum sarvyswaryavum
nalil nalil valaratte
unnatha vilavum sarvyswaryavum
nalil nalil valaratte....

Amen



How to Pray on Sahanapaatha (Path of Suffering)

1. First, write your intentions and needs on a piece of paper and hold it in your hand.
2. Then kneel before the statue of the Crucified Lord Jesus, keep your intentions in mind, and offer each intention by reciting one I Believe (Apostle's Creed) for each intention.
3. After that, hold the paper with your intentions in your hands and pray silently saying "Jesus, Jesus," and move forward on your knees in prayer towards Jesus with outstretched hands. (Those who are able may proceed praying on their knees on the sand.)
4. Please place your heartfelt intentions and offerings of gratitude in the intention box. Then, show your love and respect by gently touching and kissing the sacred statues, and continue your prayers.

NB: Those who have problems (bondage, obstacles) in their home should take a little soil (about 2 spoons) from the four corners of their house, pray before the crucified Jesus, and deposit it in the pot placed on the right side below the crucifix. After that, take a little soil from the sand where you knelt and place it in the four corners of your house.

Announcement

A solemn Way of the Cross will be held every Friday at
6:00 PM at "Sahanapaatha" (Path of Suffering).



Fr. Raphael Kokkadan CMI

“The Lord will make you the head and not the tail; you shall be only at the top and not at the bottom—if you obey the commandments of the Lord your God that I am commanding you today by diligently observing them.”
(Deuteronomy 28:13)

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