

Letter 521  
**How To Derail A Train**  
2016-10-02

Dear **Jesus**,

**Friday, 30 September 2016, 6AM.**

In the early 1990's I was working with my business partner and Brother (CB1), running a floor care and janitorial business. This was a private, stand alone company which we had incorporated a few years earlier.

One day I was returning to a job from having had dinner at a Chinese restaurant (where I discovered Wor-Mein for the first time). While driving, I was chewing on a leftover and thinking about whatever came to mind.

Somehow I began entertaining a thought about something that made me angry against (CB1), my Brother and partner, while at the same time biting down on what I thought was part of the food in my mouth. Instead, it was if I remember accurately, the inside of my lip. And I knew I had chomped down hard enough to draw blood.

The incident was timed to perfectly coincide with the anger that was beginning to run through my mind at that time. Immediately I stopped thinking that thought, and instead realized that the Lord Holy Spirit had intervened in what would have otherwise become a sinful situation in my mind.

The sudden pain and blood derailed the train of thought that would have defiled my mind with false accusation against my business partner.

Many years later, after I started working at (G6), angels Gabriella and Gabe would sometimes resort to the same tactic if I was simultaneously eating and entertaining adverse thoughts, pushing on the outside of my cheeks when I would be eating, causing me to bite down somewhere on the inside my mouth, producing both pain and the issuance of blood.

Over a period to time this happened frequently enough that I started to get angry with them and asked why they just couldn't say something to get my attention so that I could to change what I was thinking about.

After a couple of years of working at (G6) this type of corrective action began to taper off, so it would only happen only "every-so-often." But I never really did get a satisfactory answer as to why they had to resort to this kind of "blood-letting."

Last night at work in happened again, but this time I could tell that neither Gabe nor Gabriella and anything to so with it. And I wasn't thinking anything that was bad, either. I was just thinking about how I would like to share the Word of My Testimony with a local Church.

After the sudden jolt of my mind, I asked the Lord (*Holy Spirit*), and He said that He caused be to bite my lip (without any blood this time). He further indicated that I was perceiving the Church with too much strength, and that He wanted me to stop before I invaded the privacy of their own private "spirit-space".

That made sense, and I became grateful that, after all these years, I finally had a reasonable, accurate explanation to my question.

A few years ago Gabe said he and Gabriella had stopped doing this sort of thing. After that, whenever I bit the inside of my mouth when I was eating, they said that I did that on my own, blaming it on the laws of physics and psychology.

Writing this Letter reminds me of the Scripture where it says:

*And you have forgotten the exhortation  
which speaks to you as to sons:  
“My son, do not despise the chastening of the Lord,  
Nor be discouraged when you are rebuked by Him;  
For whom the Lord loves He chastens,  
And scourges every son whom He receives.”*  
**Hebrews 12:5-6**

Blessings...

R. C. Theophilus