

Metatron Experience Nov. 11, 2009

By Andy Skadberg



This is the story.

I have typed up my journal entries associated with my Metatron experience from 11-12-2009.

It is pretty rough, but should give the reader a sense of what happened.

I have done no editing - so please excuse any errors. I have provided some additional information from an email I sent to another friend who I felt needed to see this story.

I'll forward another email with images and supporting documents attached.

Andy

(I have changed names to avoid personal issues)

A relative, Julie first had a very profound negative experience - it was like the movie The Exorcist. At some point I had to order this entity out of my house because I didn't know what else to do. I literally screamed - "I don't care who you are, but you are not welcome in my house - Leave!!!" - before that Julie was screaming and crying, chanting Espiritu Santos (holy spirit) crawling around the floor, and much more. I had to literally subdue her, and it was very difficult. She was too strong for her father. But I sort of understood what was going on. I felt it was a life of sadness, loneliness and pain that was clearing, but that there was also a negative entity that was trying to take hold. At one point she screamed the most terrible, painful scream for almost a minute. Then after I ordered the entity away - a light came shining, not literally, but the energy changed completely. The negative entity left. Thank God I had Jorge there, he was 12 at the time, as he was part of this process and having him there, to verify and validate my interpretation made all the difference. Actually, he is supposed to be important too as part of the group.

Julie and my son's mother's parents were staying at our apartment while she was in Spain for a month because Benjamin was very small.

They were absolutely in shock. They didn't know what to do, so I stepped in and somehow sent this negative entity(s) away. After it left, Metatron took over. Julie, up until this event never had a life. She lost her twin sister when she was born, and her mother has always been way over protective. As a result she was kind of aimless, has never been able to make a decision. Her one business activity was Amway even though she has a few degrees (after the event she immediately quit Amway). She was also getting direct quotes from the Bible about me, and Benjamin - like direct references - the most interesting Jeremiah 33 (included at the end of this) - read to the end.

The place she was talking about for the New community was Vichada, which is a very remote place in Colombia. It takes about 5 hours by boat to get there. Only about 80,000 people live there, but now it has become important for oil discovery. A few of our friends in the town Armenia had visited there and said it was incredible. One friend had seen 8 UFOs. One story is that the UFOs go there to collect energy.

Also, being in Colombia, she had the influence of the Catholic church which is like a heavy shawl over the spirit of all the people here. They are totally subdued.

After this experience Julie has totally changed. Won't go near the church and she has taken control of her life. She went vegetarian, and now is living in the Gnostic (Taoist) community in Santander, Colombia. She is like a whole different person. A little over the edge, but at least she has a personality.

Initially she was sent to the hospital. I disagreed because they literally locked her up for 9 days. I was distraught as they had her on a lot of medication. But as soon as she got out, she threw the pills away and never went back.

There were two people who we could sort of turn to, Dario, and another lady who came into my life for a few months - Alie. They were both Gnostic, Taoists, and were friends of ours sharing and validating my experiences, and what was happening with Julie.

I sent the picture of the Gnostic Samael and his father. Also, Dario had told my son's mother about the important mission I came to Colombia for, and because it was of the Andes mountains. There is much more that he shared. He also had a Tree of Life diagram at his house where I was able to see the structure of the Archangels. Since this time I have been able to read a book called the Tree of Life by Gray, which my friend Rich had sent me explaining the structure of the angelic realms in detail.

It was actually a pretty traumatic experience, since I received such a blessing, and yet Julie had been committed. I was alone in a Spanish speaking world (I only speak a little Spanish) as my son's mother was in Spain for 30 days. I was beside myself at times very upset about how they were dealing with Julie.

As for the car licenses - that was the day when I walked away from the apartment not wanting to return. I didn't have any money, no place to stay nor did I know how to deal with Julie in the

asylum.

Now, Julie is getting a house built on the Taoist property which I guess is huge. Also, I have heard that spaceships are there - because Samael and his father are some kind of "watcher" - or keeper of some sort. I also have several of Samael's books from his prior incarnation.

My birthday is Jan. 13, 1960, and I got sober on July 13, 1981 - which is another important personal 13 for me. I will see if I can send the message I sent to my son's mother, about Julie's exorcist experience - it was bizaare.

I actually haven't used all of these materials in the Vision book, although some of it has been integrated. However, after getting this out again, I think I need to take another look at these materials specifically to see if there is something important.

Andy

Typed up Oct. 18, 2010

From my journal entry Nov. 15, 2009

The night before last when Julie had her episode she said that the next day I was going to have an incredible experience. It was at the same time that she was telling me I need to read two emails. I remember because I wondered what she could possibly be referring to. I actually doubted whether it was going to happen. But I also thought I would like something to happen.

Yesterday I took Julie to Dario's house. Jorge and I went for a walk and saw a huge full rainbow right north of our apartment. It stayed for over a whole ½ hour. I told Jorge it was a sign. We came back to the apartment and got Ben's Mami, Papi and Anita to see it. After about 20 minutes walking Jorge came back to the house, I sat with Benjamin for awhile then went for a walk. When I came back I decided to go somewhere for a walk so I went to the Centro. While I was there I saw Diego and we walked and talked for a bit. I was able actually to communicate some with him. My Spanish is improving greatly.

It is important to know that I never lost consciousness during any of this experience. I never lost control of my mind, because I don't allow these kinds of incursions. And I guess that Metatron knows this.

So without further introduction, here are the "gross" journal entries from this experience. I have not edited these in any way, nor re-visited them until typing them up now.

I am typing in capital letters because that was what I was instructed to do by Julie, and that is how the journal entries are.

I NOW GOING TO WRITE MUCH ABOUT THE FIRST NIGHT WHERE NOW I SEE THAT JULIE WAS CLEARING A CHANNEL FOR MY

- This was inserted in paranthesis (WHEN METATRON NEARBY I CAN SMELL – CUANDO METATRON CERCA A LA MANO YOU ACAMPAR OLER E´L)

MESSAGE TO COME THROUGH, ALTHOUGH IT WAS MORE OF AN EXPERIENCE THAN A MESSAGE

WHEN I ARRIVED AT HOME ABOUT 8 PM JULIE WAS COVERING UP ALL RED OBJECTS AND BLACK. EVERYONE WAS JUST WATCHING. SHE HAD A LARGE PILE OF STUFF ON THE FLOOR OF JORGE´S ROOM. SHE WAS ALSO THROWING THINGS AWAY. AT ONE POINT I DECIDED ENOUGH SO I STARTED PUTTING THINGS AWAY. THEN SOMEHOW WE ALL GO IN OUR ROOM. BENJAMIN FELL ALEEP. JULIE CAME IN THE ROOM AND WAS DOING ANOTHER RITUAL AND SO JORGE AND I STARTED TO MAKE A GAME OF IT. AT ONE POINT JULIE STARTED TO DIRECT ME ON SPECIFIC BEHAVIORS. THIS INVOLVED SPEAKING DIFFERENT WORDS (AZUL, AMORE, PUR OXYGEN, CAMIONE, 333, ETC.) THIS WENT ON FOR AT LEAST AN HOUR.

7.28 15 / 11/ 2009 (Julie entered this date)

THEN JORGE WENT TO BED. THE RITUAL ON SPINNING AROUND AND POINTING NORTH BEGAN IN COMBINATION WITH BEING PUSHED, SHOVED, HIT AND POKED. AT TIMES FROM THE SPINNING I HAD SIT ON THE CHAIR AND THE HITTING MY HEART AND POKING MY 3RD EYE FOR THE MAIN BUT I WAS PHYSICALLY PRODDED FOR A LONG TIME SOMETIMES I COLLAPSED ON THE FLOOR. SOMETIMES IT WOULD GET TOO MUCH AND WOULD MAKE STOP OR REDUCE IN INTENSITY BUT WOULD ALWAYS RETURN TO THE SAME INTENSITY. I WAS JUST RECEIVING, BUT WAS ABSOLUTELY EXHAUSTING. I DON´T KNOW HOW SHE WAS ABLE TO MAINTAIN THE PHYSICAL EXERTION ON HER PART. IT WAS UNBELIEVABLE. AFTER I GOT TO 4 HOURS SHE HAD ME GET IN THE BED. I HAD REACHED MY LIMIT AND HAD TO STOP. SHE HAD ME LAY COMFORTABLE, BUT THEN THE POKING AND PRODDING CONTINUED. I THINK IT COULDN´T HAVE BEEN MORE THAN 15-20 MINUTES AND I BEGAN TO CRY BUT NOT TOO MUCH. SO THEN THE POKING AND PRODDING CONTINUED. AND THEN A SORT OF DAM BROKE AND I WEPT. I DIDN´T KNOW. THERE WAS NO REASON IN MY MIND. NO SPECIAL THOUGHTS. WHEN I FINISHED MY HEART FELT TOTALLY AT PEACE MAYBE FOR THE FIRST TIME IN MY LIFE THAT I CAN REMEMBER. I LAYED IN TOTAL PEACE FOR ABOUT 20 MINUTES. THEN I HAD TO PEE AND WANTED TO THANK JULIE I HAD NO IDEA WHO THIS WAS THAT HAD PERFORMED THIS INCREDIBLE HEART LIBERATION IT WAS SO COMPLEX AND INTENSE AND IT DID NOT FIT ANY KIND OF TREATMENT THAT I AM AWARE OF. SO I WENT TO BEN´S ROOM TO GIVE HER A HUG. AND CONVERSATION CONTINUED AND SOME MORE TREATMENT AND CRYING. I LEARNED THAT THIS WAS METATRON. IT HAD BEEN METATRON THAT PERFORMED THE “CLEANING” OF JULIE THE NIGHT BEFORE. I LEARNED THAT I HAD BEEN CHOSEN TO BE THE FIRST OF A TEAM. I LEARNED THAT METATRON IS BEN´S GUARDIAN ANGEL. I WAS INCREDULOUS AND ASKED MANY TIMES. JULIE WOULD LOOK DEEPLY INTO MY EYES AND JUST SAY “METATRON”. I KNEW IT WAS TRUE AND AS THAT REALITY SUNK IN JUST A LITTLE I WAS SO OVERWHELMED WITH JOY AND WONDER. I CRIED AGAIN AND METATRON SAID HE LOVED ME MANY TIMES. I HAD NO IDEA OF TIME ALTHOUGH IT MUST HAVE BEEN ABOUT 4 AM BECAUSE NOT LONG AFTER I WENT TO BED I NOTICED LIGHT COMING UP OUTSIDE.

METATRON POINTED OUT THAT HE WAS THE PROTECTIVE ANGEL OF BENJAMIN. HE POINTED TO THE ELEPHANT MOBLE OVER BEN'S CRIB AND THAT IS WHERE HE WATCHES OVER BEN.

THE RITUAL CENTERED AROUND THE TRAIL TO VICHADA. I WAS THE FIRST OF TWELVE BECAUSE MY BIRTHDAY IS JANUARY. JULIE WAS HIGHLY ENERGIZED. SHE HAD NOT GOTTEN MUCH SLEEP THE NIGHT BEFORE. BUT SHE NEVER SEEMED TO LOSE ANY ENERGY BECAUSE SHE WAS ABLE TO KEEP PUNCHING, POKING, SPINNING FOR HOURS. THE WHOLE RITUAL STARTED WITH ME POINTING TO THE NORTH WITH MY RIGHT ARM RAISED HIGH. I HAD TO HOLD IT UNTIL I COULD HOLD IT NO LONGER. I WAS ALSO NOT SUPPOSED TO USE MY LEFT ARM FOR ANYTHING, NOR WAS JORGE.

JULIE HAD ME REPEAT WORDS OVER AND OVER AGAIN. ON AND ON IT WENT UNTIL, I GUESS, AS I HAVE REFLECTED ON THE EXPERIENCE, I BROKE DOWN MY DEFENSES, BEING A MAN. JULIE EXHIBITED INCREDIBLE STRENGTH MUCH LIKE THE FIRST NIGHT. BUT THE MOOD OF THE NIGHT WAS SO POSITIVE. BUT SHE WAS VERY FIRM WITH ME. THE NEXT MORNING THE RITUAL CONTINUED. JORGE, BENJAMIN AND I WERE ALL SITUATED IN THE BED WITH OUR BODIES, FEET FIRST, FACING THE NORTH. SHE HAD ME CONTINUE WITH THE WORD REPETITION, AND JORGE TOO. SHE HAD TO HAVE THE BED COVERED TOTALLY IN BLUE. SHE CONTINUED TO WORK ON ME AND INSISTED I BE ENERGETIC WITH WHAT I WAS SAYING. SHE HAD JORGE INVOLVED BUT HE WAS NOT SURE WHAT WAS HAPPENING. SHE WORKED ON HIS 3RD EYE AT ONE POINT. HE CRIED A LITTLE. THEN HE GOT FED UP AND LEFT THE ROOM. I HAD A LITTLE MORE TO DO. APPARENTLY SHE HAD HID THE PHONE, MY GLASSES AND MY WALLET. PART OF THE FINAL CEREMONY WAS FOR ME TO FIND THESE OBJECTS. I DID. ALMOST WENT RIGHT TO THEM EVEN THOUGH I COULDN'T SEE WITHOUT MY GLASSES.

THE FIRST DAY JULIE CONTINUED WITH WRITING IN HER JOURNAL. DARIO CAME AND TALKED WITH HER AND THE PARENTS. THE PARENTS TOOK HER TO CHURCH TO TRY TO GET HER EXORCISED. I GUESS SHE WENT CRAZY. I WASN'T THERE BUT SHE CONTINUED BEING VERY HAPPY. EVERYTHING MAMI WOULD CRY TO HER JULIE WOULD JUST SAY "SI, SI, SI, SI" REPEATEDLY. THAT NIGHT THE AUNT AND UNCLE ARRIVED AND THEY TOOK HER TO THE HOSPITAL

SHE IS STILL THERE.

MY HEART IS STILL AT PEACE. I THINK SHE WAS HELPING ME "OPEN THE DOOR" TO WHAT I DON'T EXACTLY KNOW. I JUST READ THE TIBOOOTHIA PROPHECY – IT VALIDATED THIS IDEA OF DAVID AND SOLOMON-

JOLIADA BELIEVES, DARIO BELIEVES, MARK BELIEVES



Photo from that night. I was crying from joy, and incredulity. This was about 3 am, after about 7 hours of activity.



Photo from the night of the experience. Julie said it was Metatron that wanted to see me this way, to relax, don't worry, be happy. I was in a kind of shock from the whole experience.

PATIENCE ANDY!

NOV. 16, 2009

SITTING AT THE PARQUE SUCRE

THE MORNING AFTER JULIE WENT TO THE HOSPITAL – 4 CARS (license plates) 1st 666, 2nd 111, 3rd NO, 4th 555.

- I AM FACING EAST IN THE SUN
- MY HEART IS FREE
- I HEAR THE SYMPHONY
- I AM NEAR THE BIG TREE
- I HEAR THE BIRDS SINGING
- MY HEART IS TOTALLY AT PEACE
- I HAVEN'T EATEN
- I HAVE 6 MIL PESOS
- NO PLACE TO STAY
- I CANNOT BE AROUND THE PAIN ANY LONGER (referring to the pain of Julie's and my son's mother's family)
- PINARELLO ON A BIKE

555 SOMETHING TO LEARN

METATRON THANK YOU!!!!

JULIE THANK YOU!!!! MI AMORE TE AMO!!!!

MY SON'S MOTHER THANK YOU!!!! MI MI AMORE TE AMO!!!!

BENJAMIN THANK YOU!!!! MI AMORE TE AMO!!!!

111 ALL YOUR PROJECTS ARE COMING

NOV. 17, 2009

I FEEL TERRIFIC. HAVE BEEN FASTING SINCE YESTERDAY MORNING WHEN I LEARNED THAT JULIE WAS IN THE HOSPITAL.

11:11 LOOKED AT TIME ONLY TWICE IN AN HOUR 10:10 AND 11:11

THE MEETING WITH HERNAN WAS SPECIAL. LIKE A MIRACLE. WE MET ROLAND FROM FLORIDA.

HERNAN AND I HAD ALSO TALKED ABOUT MY EXPERIENCE. HE BELIEVED. HE SHARED SOME VERY WISE SUGGESTIONS.

I TOOK THEM

HE GAVE ME 200 MIL PESOS, A MIRACLE

BENJAMIN IS VERY HAPPY WITH ME TODAY. WE HAVE BEEN TOGETHER EVERY MINUTE. HE IS PURE LOVE.

NOV. 20, 2009

ALWAYS TAKE TIME TO CHECK MY ACTIVITIES, IDEAS, ACTIONS AGAINST DIVINE WILL – THE QUIET CONFIDENCE NOW WITHIN MY HEART

PAY ATTENTION TO SPIRIT ENERGY WHETHER IT IS POSITIVE OR NEGATIVE

SPEND TIME IN FRONT OF THE MIRROR ASKING MYSELF “WHO ARE YOU?”

These were notes I extracted from my journal for various strategy approaches, but they had come at the same time as this material and experience with Julie. These were also typed in capital letters, but I did not type them up that way.

October 24, 2009

Tools for the Toolbox

Energy

- Home
- Lights
- public
- heating/cooling

Roads and Construction - Design

- paving
- building materials
 - bricks
 - farming trees
 - bamboo
 - earth shelter

Water

- cleaning
- plumbing
- supplying
- capturing & storage

Transportation

- fuel
- trucking
- roads
- efficiency

Food

- healthful
- packaging
- distribution
- organic
- production

Foundation of community

Law of One

- The community is a whole
- What I do to others I am doing to myself
- Based on education, but with spiritual principles recognizing ourselves, others in the community and planet.

- Extract ideas about what the school should be from book on Andromeda

November 1, 2009

Government

- Should manage infrastructure, services
- Non-profit should provide most efficient services to people, utilizing infrastructure most efficiently
- Collective interests of the community should be health, education, environment
- Business or enterprise should be looking into R&D, efficiencies, new methods. Should contribute significantly to education.
- Spiritual should be concerned about questions related to the Truths
 - o Karma
 - o Laws of Universe
 - o The nature of Being
 - o What we really are
 - o Our relationship to Gaia and the rest of the cosmos
 - o The law of One
 - o Questions of Science, quantum physics, adaptation to effective living systems, coming out of the age of darkness
 - o Human relations, individual and collective
 - o Energy
 - o Creativity
 - o Space travel

All education should be focused on the advancement of the community, of civilization, of harmonious relations with nature the planet and other beings.

- Education - Research - Service

Technology is a tool

Money is a tool – not to be accumulated, not to be leveraged for power

- Service to others
- Protection of the environment
- Freedom – creativity, expression of religious beliefs

Community Charter

- No poverty
- No homeless
- Free medical, holistic medicine – prevention
- Do what individuals please as long as long as it doesn't impose on others – Golden Law
- Teach about Karma
- Government serves the people it does not regulate

- Based on Golden Way and understanding of Karma
- Everyone signs the charter when they join the community
- Community resources for everyone
 - library - school - laboratory - shop - gardens - community center
 (HCDC)
- Every home provided with an energy device
- Starting new, don't have to deal with the outside world except to help individuals be free of the trauma
- The right people will be attracted
- May be secret projects – free energy, - space travel
- The basic necessities taken care of
- The community works out production of food/services (CSA)
- No garbage, or waste if possible (ZERI)
- Figure out how to relate to the outside world
- May need outside money for some dealings with existing world
- Community agrees to regulate itself for environment and social
 - Transportation - Medical
 - Security - Infrastructure
 - Agriculture - Individual homes
 - Education - Community facilities
 - Spiritual - Energy
 - Exchange of Services - Language
- Money, barter, sharing expertise with community

November 2, 2009

We can only experience what we believe possible. Belief sets our limits. We have been told what to believe. And we believed what we were told to believe. We were taught what to think, not how to think. We have to believe in our expanding possibilities. I realized last night that my "I Am" insights were actually my monad communicating to me. I am learning that our universe has had these energetic frequency barriers, that is why the dimensions are so distinct, especially at the 3D.

So there is a dimensional aspect of myself existing at this moment on the various dimensional levels. That is what it means to be a multi-dimensional being.

Julie: Capadocia – hollow Earth – message. Letters were floating through her 3rd eye then she formed the word and spoke it.

November 9, 2009

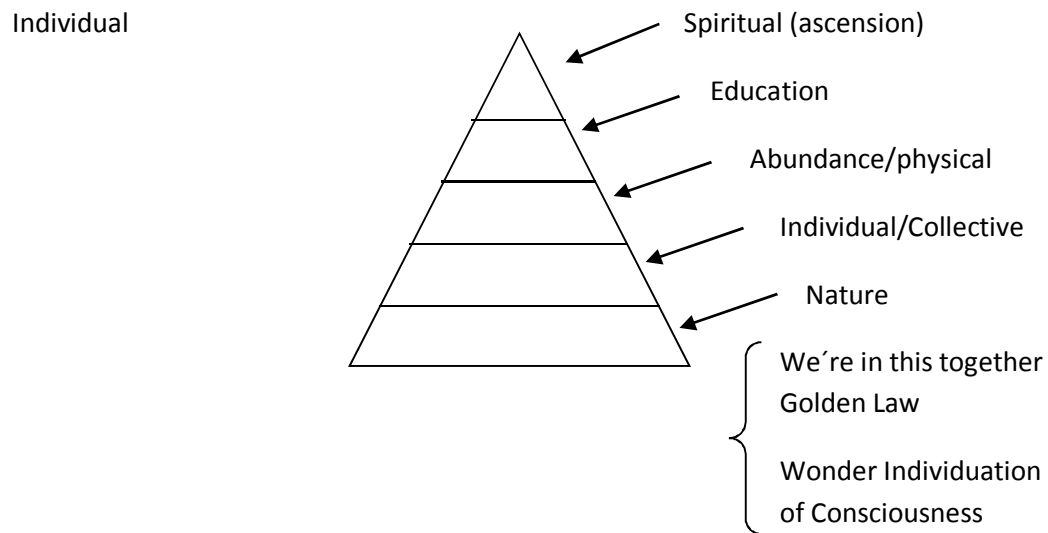
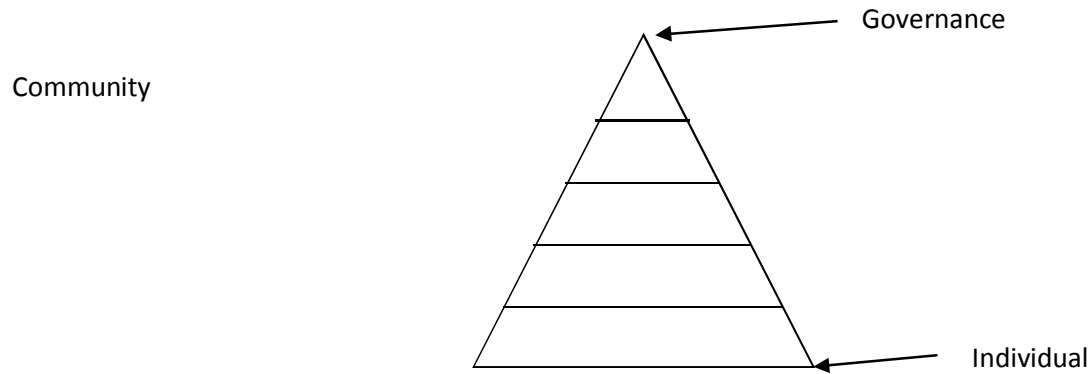
New Money Authority

- Need to create an objective perspective for people
- An exercise like landmark, imagine yourself before money, outside of money. Before Money.

- What was there?
- We don't know who invented money.
- What is it? – Metatron
- What if we could end all suffering?
- Where does money come from?
- Money is really a form of energy – right?
- Kind of like the soil.
- Allows us to exchange
- Do we really need money?
- Do the plants and animals need money?
- Money represents control on the planet
- But who is responsible for money
- Can we alter our thinking?
- Can we create a system that maintains commerce – and yet sustains people's needs for survival?
- Yes

November 24, 2009

1. CSA
2. Education – Landgrant, Online extension model
3. Infrastructure
 - a. Building (topseal) earth shelter homes
 - b. Design
 - c. Energy
4. Individual empowerment
 - a. Experiential
 - b. Nature
 - c. Spiritual
5. Governance
 - a. Tiaboothia Prophecy Council of 7
6. Economy
 - a. Use John's model for community services, etc. (Public-Private Partnership)
 - b. Internal economy separate from outside
 - c. Also create fund to connect to outside world
 - i. Gold
 - ii. Precious stones
 - iii. Technologies



1. Happiness
2. Harmony (vibrational)
3. Greatest good to serve fellow
4. Free Will
5. I Am Sharing
6. Spiritual vs Material
7. Reincarnation
8. Teach truths of Cosmos/Creation
9. Thinking, pursuit of Truth – Individual

- Eliminate pollution – including noise
- ZERI Model no waste
- Community shared long-term costs
- Advancement of community No. 1 priority through education, pursuit of truth, individual sovereignty.
- Envision paradise, Individual liberty, but don't use any historical model – making new rules based

- on oldest original plan (Essenes).
- Creativity and Cooperation
- Look at AA Traditions how they can be adapted.

NOV. 26, 2010

INSPIRATION FROM WALK

WHAT DO WE PRIMARILY NEED?

HARMONY WITH SELF

HARMONY WITH OTHERS

HARMONY WITH NATURE

REALLY JUST ONE THING – LAW OF ONE

IDEA OF SEPARATION HAS CREATED IMAGINARY SENSE OF SEPARATION

Jeremiah 33 3-13

³Call unto me, and I will answer thee, and show thee great and mighty things, which thou knowest not.

⁴For thus saith the LORD, the God of Israel, concerning the houses of this city, and concerning the houses of the kings of Judah, which are thrown down by the mounts, and by the sword;

⁵They come to fight with the Chaldeans, but it is to fill them with the dead bodies of men, whom I have slain in mine anger and in my fury, and for all whose wickedness I have hid my face from this city.

⁶Behold, I will bring it health and cure, and I will cure them, and will reveal unto them the abundance of peace and truth.

⁷And I will cause the captivity of Judah and the captivity of Israel to return, and will build them, as at the first.

⁸And I will cleanse them from all their iniquity, whereby they have sinned against me; and I will pardon all their iniquities, whereby they have sinned, and whereby they have transgressed against me.

⁹And it shall be to me a name of joy, a praise and an honour before all the nations of the earth, which shall hear all the good that I do unto them: and they shall fear and tremble for all the goodness and for all the prosperity that I procure unto it.

¹⁰Thus saith the LORD; Again there shall be heard in this place, which ye say shall be desolate without man and without beast, even in the cities of Judah, and in the streets of Jerusalem, that are desolate, without man, and without inhabitant, and without beast,

¹¹The voice of joy, and the voice of gladness, the voice of the bridegroom, and the voice of the bride, the voice of them that shall say, Praise the LORD of hosts: for the LORD is good; for his mercy endureth for ever: and of them that shall bring the sacrifice of praise into the house of the LORD. For I will cause to return the captivity of the land, as at the first, saith the LORD.

¹²Thus saith the LORD of hosts; Again in this place, which is desolate without man and without beast,

and in all the cities thereof, shall be an habitation of shepherds causing their flocks to lie down.

¹³In the cities of the mountains, in the cities of the vale, and in the cities of the south, and in the land of Benjamin, and in the places about Jerusalem, and in the cities of Judah, shall the flocks pass again under the hands of him that telleth them, saith the LORD.

Proverbs 16 (New International Version)

Proverbs 16

- ¹ To man belong the plans of the heart,
but from the LORD comes the reply of the tongue.
- ² All a man's ways seem innocent to him,
but motives are weighed by the LORD.
- ³ Commit to the LORD whatever you do,
and your plans will succeed.
- ⁴ The LORD works out everything for his own ends—
even the wicked for a day of disaster.
- ⁵ The LORD detests all the proud of heart.
Be sure of this: They will not go unpunished.
- ⁶ Through love and faithfulness sin is atoned for;
through the fear of the LORD a man avoids evil.
- ⁷ When a man's ways are pleasing to the LORD,
he makes even his enemies live at peace with him.
- ⁸ Better a little with righteousness
than much gain with injustice.
- ⁹ In his heart a man plans his course,
but the LORD determines his steps.
- ¹⁰ The lips of a king speak as an oracle,
and his mouth should not betray justice.
- ¹¹ Honest scales and balances are from the LORD;
all the weights in the bag are of his making.
- ¹² Kings detest wrongdoing,
for a throne is established through righteousness.

- ¹³ Kings take pleasure in honest lips;
they value a man who speaks the truth.
- ¹⁴ A king's wrath is a messenger of death,
but a wise man will appease it.
- ¹⁵ When a king's face brightens, it means life;
his favor is like a rain cloud in spring.
- ¹⁶ How much better to get wisdom than gold,
to choose understanding rather than silver!
- ¹⁷ The highway of the upright avoids evil;
he who guards his way guards his life.
- ¹⁸ Pride goes before destruction,
a haughty spirit before a fall.
- ¹⁹ Better to be lowly in spirit and among the oppressed
than to share plunder with the proud.
- ²⁰ Whoever gives heed to instruction prospers,
and blessed is he who trusts in the LORD.
- ²¹ The wise in heart are called discerning,
and pleasant words promote instruction. ^[a]
- ²² Understanding is a fountain of life to those who have it,
but folly brings punishment to fools.
- ²³ **A wise man's heart guides his mouth,
and his lips promote instruction.** ^[b]
- ²⁴ Pleasant words are a honeycomb,
sweet to the soul and healing to the bones.
- ²⁵ There is a way that seems right to a man,
but in the end it leads to death.
- ²⁶ The laborer's appetite works for him;
his hunger drives him on.
- ²⁷ A scoundrel plots evil,
and his speech is like a scorching fire.

²⁸ A perverse man stirs up dissension,
and a gossip separates close friends.

²⁹ A violent man entices his neighbor
and leads him down a path that is not good.

³⁰ He who winks with his eye is plotting perversity;
he who purses his lips is bent on evil.

³¹ Gray hair is a crown of splendor;
it is attained by a righteous life.

³² Better a patient man than a warrior,
a man who controls his temper than one who takes a city.

³³ The lot is cast into the lap,
but its every decision is from the LORD.

Footnotes:

- a. [Proverbs 16:21](#) Or *words make a man persuasive*
- b. [Proverbs 16:23](#) Or *mouth / and makes his lips persuasive*