Speaking to the LORD

the Total Body Fitness Guide through English for the USMC

he LORD, Holy God who preserves flesh, and furthermore is the Deity that blesses the Earth, through your mighty hand, needs you to bless Him first. For the LORD to bless your body in His Holy service as a soldier, protect His future by protecting your reproductive vigour. Keep in mind your gametes are the most valuable commodity you own. Violate the Law of Matrimony and you will lay dead, forgotten by the living, under the LORD'S Hand. Employ Matrimony, Righteously means having 1-o-v-e-LINK, and the LORD preserves you, living, Holy -- the Arm of an Angel.

May the Gift of The Blessing Prophecy be for all of vou. -- Saint Paul

Becoming Men in Service to the LORD

The Enlist for Salvation Form

Fornicators, as defined, serving under any form of United States Government employment -- as in tax dollars pay your salary -- are under God Almighty's order of execution. Those on active duty as either Army, Navy, Marines, or Air Force have as High Priest, H. L. MacRae (mac) Dukes. She has fought for mercy, meaning a means of salvation for the former fornicator. This enlistment is a prayer between you, the active duty: Army, Navy, Marines, Air Force, and the LORD for God Almighty to keep you in His memory, and grow your abilities in warfare to prevail in battle, as you harness your genitals in sacred service. This is salvation.

For salvation under Pentagon High Priest mac Dukes authority under the LORD, illustrated by space provided write your name, and your branch of military service included in the paragraph text quoted.

Listening to

the Christ

Being in the USMC Total Fitness Speaking to the LORD "I do commit My body in service to the LORD for my salvation the day of post. I, (name), presently serve in the (branch)."

Mail, US Mail to H. L. MacRae Dukes, Pentagon High Priest, H.Q. USMC 3000 Marine Corps Pentagon, Room 2C253, Washington D.C. 20350-3000. Commitment date is the date of postmark. Failure to post is not a good sign.

Date

The authority of warfare vested in General Dukes, USMC, is by Her holding sacred the senses of the flesh, commonly identified Pentagram, to preserve flesh with its Spirit. She is High Priest making supplication to the LORD to subdue His furry, making repentance with salvation, possible for soldiers of the Army, Navy, Marines, and Air Force of the United States Military.

God Almighty is in service, enslaved to the LORD the Divine Sun -- monikered Jehovah by Protestantism. Furthermore, God Almighty's flesh, mac Dukes is His slave.

Fornicators are those who use their genitals for sexual congress for their independent gratification, or in congress with an individual who is not their legal marriage mate.

The death of the fornicator is at the hand of God Almighty in testimony to Creation how vile the deeds of the fornicator were. In other words you die as a witness to the living, seek

the deeds of repentance, stop fornicating, or you too are dead to the LORD, and slated for destruction. The order of demise of fornicators at God Almighty's hand is by the way and means to maximise the health of the military body increasing the number who seek repentance from the works of fornication, and rally for life reaping the exquisite joy to their flesh with their genitals in Holy worship -- that is the orgasm you want.

For instance within military families -- those with one active duty family member -- the son might learn of his father's death and say, "Damn, God got rid of you for that Then perhaps that son might repent of his own affair." extramarital affairs -- that would be mac's hope -- otherwise the son is slated for destruction to save his service member brothers, and sisters.

A woman is a wicked human, male or female. She regards use of her genitals as vulgar, and renders them a tool for sexual conquest in revenge against the worship due God for the honest, pleasurable and or reproductive, use of her genitals in matrimony. Oppositely, a man is a brother in warfare, male or female, that does not fornicate. Those enlisting with the LORD using this form are Men, male or female, and benefit from God Almighty's shepherding to fulfil Jehovah's, the LORD's, kingdom.

Sitting with the Christ The Basics for Approaching the LORD

The minimum expectations of Pentagon personnel visiting the Christ.

- I. My dress will be modest. Orders for modest dress are given:
 - A. Do not advertise your labial folds or buttock with your bust cleavage.
 - B. Do not advertise the Ggods you have mocked with commercial ink. Ink may only be visible in your private quarters if you are female. Visible marks of brotherhood on males are on limbs only. Males may express their ink to brothers, only. (mac is only a brother in combat and there is no reason, ever, for mac to view a females ink. Just get to the laser removal facility.)
 - C. Conceal chest and back hair.
 - D. No long side burns.
 - E. No mustachio or any form of beard.
 - F. Conceal, *id est* no visible definition, your penis and testicles or labial folds with your pants and in

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- VII.I understand that service in the U.S. military is a privilege that can, with my earnest obedience to mac, preserve my life from Hell.
- VIII.I understand that only classified as a combatant can I become saved from Hell.
- IX. I understand that all present requirements and restrictions of military service represent the lowest common denominator measures that can possibly be instantiated so the maximum number of people can enter the service for their own opportunities at salvation from Hell. I Am Hell bound until I Am directly serving under mac Dukes office.
- X. I understand only active duty U.S. soldiers qualify as babies to be sat.
- XI. I will be unarmed.
- XII.I will speak clearly, as mumbled speech is an irritation.
- XIII.I understand that mac will use my conduct and expressions as a disciplinary reference point.
- XIV.Go for Bonus Points. Bonus Points are reasons why mac, as a person, would mention you favourably to Heaven with the spoken prayer centre of Her mind.
 - A. Bonus points for tickling mac's humour and intellect with artful and proper use of English, Latin, and Greek.

- Listening to
 - the way you sit. (Skirts, kilts even, and some aprons conceal.) There should be no eye shots to your crotch when you sit.
 - G. Excess fat bulges on females and muscles on males must be concealed by the fit of your garment.
 - H. Your nipples may not be expressed. (Dudes, you need silicone nipple concealers if you wear a polo or T shirt.)
 - I. Expressionless hair. Do not construct some kind of waving or loose hair in its styling.
 - II. I will eat and drink in a manner that does not leave a trail for bugs. I will employ utensils and even use napkins to wipe my place after eating.
 - III. I will be prepared with talking points to learn from mac Dukes technical and theological gems to improve my military career.
 - IV. I understand that no demand military command can or has placed on me gives me reason for grievance, ever.
 - V. I understand that only as a combatant am I capable of earning mac's personal respect.
 - VI. I understand that inviting engagement, spoken or physical, with my genitals is profane behaviour.

Pentagon High Priest

Dr. H. L. MacRae Dukes

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the Christ

- B. Bonus points for engaging mac in theological topics.
- C. Bonus points for deeds such as; taking Her to Sugarland Cost-Co so She can shop like a white person.
- D. Bonus points for making monetary contributions that benefit mac's physical existence.
- XV.I understand the military pathway to salvation from Hell starts with no fornication.
- XVI.I understand failure to use my military career as a means to maximise and advance my secular scholarship is a profane use of my pay. Valid scholarship pursuits are listed:
 - A. Engineering with derivation based knowledge of mathematic principles.
 - B. Economics with quantitative industrial applications.
 - C. Biology and internal medicine.
 - D. Computer programming with controller applications.
 - E. Writing so as to captivate top tier scholars.
- XVII.I understand mac Dukes expects I will work an eighty hour secular week as an unmarried person, sixty

Being in the USMC Total Fitness Speaking to the LORD hours when married, fifty hours when I am raising dependent young.

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Being in the USMC Total Fitness Speaking to the LORD because they lost that knowledge that kept their soul glued together in the first place.

God Almighty developed with Righteousness, Light, how life lives. Once life figured out how to destroy itself, the reverse engineering process was born. You are learning from the Christ, the One who restores life, Light.

And God said, "Let there be light." Then the Pentagon got a High Priest, and Light is now fulfilled for time immemorial. Theological Studies -- Section I Satan Finally Sees the Face of God Almighty

the fift of Prophecy granted by Saint Paul is the result of you faithfully dedicating yourself to the total education curriculum, embracing the theological knowledge along with the physical and secular acumen you are attaining as a marine.

Obtain an Oxford English Dictionary and New American Bible. (A Douay Bible is an excellent resource as well.) You will develop a journaling format that allows you to follow the LORD's queues as you learn the materials in this curriculum.

Leadership -- for Life -- begins with you as flesh following the LORD. The electronic companion to this text includes competency examination of reading, writing, and logical argument development. Through these skills you develop your lie detecting Superpower.

The Theologic summary of this section answers the fundamental questions of philosophers through the ages. When humans started pondering their existence, it was

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Beyond Reading, Writing, and Arithmetic -- Section II The Building Blocks of Secular Understanding

xpect to purchase one hundred college textbooks over the course of this six years of material. Required texts will have a digital companion. A printed shared library of all course materials will be available at school study halls across base facilities.

This book contains notes to assist you in understanding some of the common pit-falls that result in calculation errors as well as realising how to frame your solutions around a premise that makes text-book problems solvable. These secular notes are your High Priest's tips from Her study of the program materials over Her career. Your High Priest did not have this knowledge when she came down the birth canal, vagina, nor did she instantly have it at eighteen. She worked for this knowledge. No different than the founders of new theories from physical phenomenon worked for their

Pentagon High Priest

Being in the USMC Total Fitness Speaking to the LORD knowledge. Sharing accurate knowledge is Divine. Being an ignorant soldier is inexcusable. Study!

When you look at a homeless veteran on the street corner, how much of what they learned in even high school did they use to end up on that street corner, panhandling? This question is in response to the infamous reasoning, "Why do I need to know this, I will never use it." You are learning to lessen the chances of being that veteran. Keep seeking, even secular knowledge, and you give the LORD reason to glorify you. Hate knowledge and learning, and expect friendly fire to bury you, not provide you a street corner. Study!

This is a foundation for you to use to choose a course of advanced knowledge in any professional discipline you desire growing beyond the end of your first six-years in the LORD'S Service. What you are now is the LORD'S student applying these secular topics in your work. In other-words, if you fire a gun, you will understand the physics, mathematics, and chemistry of how that weapon produces the result it does. Furthermore, if you turn a knob on a ship, you are going to understand how that ship moves through its fluid and why that knob is used.

There is a text-book reading assignment with problem sets along with competency examinations for all coursework. This is a six year program that when you enter, all of the assignments you are required to perform are issued you on day one with this master program syllabus.

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Lab practicum accompaniment courses are restricted to locations with appropriate facilities. When you are dedicated to combat assignment the weekly hours of dedication are reduced to allow for physical recovery and rejuvenation. This just might be when you reveal your inner Picasso to the world, take up Shakespeare with drama, and develop new music and dance. All courses with lab practicum are designed so the lab practicum can be taken separately from the lecture, theory courses. The lab practicum may be taken concurrently or after its relevant course lecture.

Each year a cross discipline competency examination is issued. It is multiple choice, and a four hour examination. Passing is seventy percent, satisfactory. Passing is required for promotion to the next years study.

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Being in the USMC

Total Fitness Speaking to the LORD Making this Your Own the Journal Table

nth Dav. Yea



se this text interactively, as a journal, recording your six year progress as you learn this mandatory curriculum.

The digital companion has entry placements for notation. Should you opt to print this text, all or part, eight pages print on one standard letter size paper.

The "Month Day, Year" entry above is for your date of entering the LORD'S service. Other workbook style journaling elements are included with similarly formatted prompts.

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Neither did Light get to destroy darkness. What proved Righteousness, Light? The being that provided existence to both was is and always will be Righteousness.

Total Fitness

The Glorious Eighth Day of God

the USMC Total Fitness

The Big Lesson of Allness Being Forced to Live with Yourself

Speaking to the LORD

Pentagon High Priest

Dr. H. L. MacRae Dukes

the Christ

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Total Fitness Speaking to the LORD

The Founding of the Americas the Ggods Version of History

Noah The Vikings The Spanish Listening to

Listening to

The Pentagon High Priest Saved the LORD, the LORD Saves You Asking the Potter to Fashion You for An Honourable Purpose

Prayer The Power of "Jesus"

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the American Soldier

Why Saint Paul was Writing to You,

Listening to

The History of Warfare When Civilisations were Dominated and Nearly Forgotten

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Rights, Titles, and Ownership Understanding Government -- the Ggods Explain

Written Language Interpretations Belong to God

Speaking One Language Phonetics

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Listening to

Tongues in English Who Made the English Language

Symbols Developing Writing Habits for Practical Success

Letters Numbers Music Emoji? Major Contributors The Hebrews, Hebrew The Arabs, Arabic Greece, Greek Rome, Latin Out of the North, the Norse The Germans The French

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Understanding Oxford's Notation

Who Used this Word First with What Meaning

Getting to the Root of the Matter Subject Action Describing Action Describing Subject The Prefix and Suffix With Whom Are You Speaking? Using the Pronoun Your Audience Dictates Your Voice How Many Are Involved? Past Present and Future Listening to

the Christ

Being Active, Being Passive, and Formal the Writing Style of the LORD

Conventions of Grammar, Punctuation, and Word Choice Findings

What was Tested?

Study

Comprehending Them

Foundation

Building Your Secular

Finding the White Papers, and

Looking for the Truth Among the Lost

Identifying, Hypothesis, Logical

Argument, and Conclusions from

Paying Attention to the Method of Work,

What was Used to Draw a Conclusion?

Listening to

the Christ

Mathematics

The Great Effort at Seeing Allness in Symbols

Adding and Subtracting Being a Computer, Multiplying and Dividing Adding and Subtracting Being a Human, Writing Equations Using Symbols, Logic Using Symbols, Algebra Using dimension, Linear Algebra, Geometry, and Trigonometry Statistical Measures and Sampling Throwing You Curves, Calculus Changing Over Time, Differential Equations

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Mathematic Modelling

Is the System Animal, Vegetable, or **Mineral**? **Recording Observations** A Graph Placing a Picture to Data or an Equation **Energy and its Conservation** Light Colour Temperature **Mass Centres** the Importance of A Simplifying Assumption Why the Geometry of A System Matters **Understanding Frames** The Relativity of Being on Earth **Finding Balance Under Force Being a Solid**

Listening to Being a Fl

Being a Fluid Being a Gas Being a Plasma

the Christ

| Making it Come Alive with Art and Music <i>Expressing the Soul</i> | | Making the Computer Your Slave Writing Code (You will Slave for This) | | | | | | |
|--|---------------|---|---|------------------------|---|--|--|--|
| | | | | | Lab Practicums; Building Your Own Tuned Instrument, Metallurgy Sculpture, and Ceramic Vessels | | Lab Practical; Building Your Own Computer Creating Logical Language Commands Creating Your Own Calculator Creating Images and Moving Objects Java Script | |
| | | | Managing Informati Spreadsheets Belor A Label and Its Inf | nged to Pharaoh | | | | |
| | | | Stings and Structure XML SQL | | | | | |
| | | Using Browsers | | | | | | |
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| HTML | | | - | Chemistry | | | | |
| php Olivioi | | | Lab Practical | enemiser y | | | | |
| Ū. | ented Program | 0 | Atomic Theory, the I | Model | | | | |
| The Compute | es and Zeros | yte | Classification of Matter | | | | | |
| Architecture (| | r | Solids | | | | | |
| | uters Can Use | | Liquids | | | | | |
| Why computers can use Electrons | | Water | | | | | | |
| | | | Oil and Vinegar | | | | | |
| | | | Gas | | | | | |
| | | | The Power of Water | | | | | |
| | | The Power of Heat | | | | | | |
| | | | Making Solids and L | Liquids | | | | |
| | | | Acids and Bases | ~ • | | | | |
| | | | Forming Inorganic (| - | | | | |
| | | Forming Organic Compounds | | | | | | |

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Listening to

Pentagon High Priest

The Chemistry Powering Life, Organisms

The Chemistry of Inorganic Energy

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Physics

Lab Practical

Defining Physical Existence Having Potential, Because Force Exists Defining Movements Because Force is Happening The Famous Action Reaction Pairing Vector Modelling Two Dimension System Simplification Three Dimension System Simplification When Three Dimensions Are Not Enough Projectiles Energy of Movement Energy of Presence Doing Work Overcoming Opposition Special Environments Gases Fluids Light Magnets and Electricity

Listening to

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Economics

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Physiology and Anatomy

Lab Practical, Documentation of Muscle and Bone

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The Macro and Micro Views in Parallel

Studying Exchange for Profit Who Makes Demands? Who Supplies? Agreeing on Price The Free Market The Rational Assumption Balancing Labor and Capital Measuring Costs Measuring Benefits What Governs Spending What Governs Saving When Others Decide for You Forcing Price

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Using Invention

Forcing Quantity Endowments Growing Wealth Good Faith Nations Sell their Debt Banking on the Solvency of Outsiders

Distribution Chains Electricity Fuel Logistics **Consumption Habits Environmental Hazards Plastics** Ceramics Corrosives **Cost Benefit Analysis Optimisation Disposal and Recycling Solid Waste** Sewage **Potable Water** Cremation

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Decomposition of Organic Matter Recycling Bodies Pentagon High Priest

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the Christ

Harnessing Earth's Power

Sun Wind Geology Oceans Forests Prairies Inland Waterways Total Fitness

Calendars and Time Measurement of

Lab Practical; Building Your Own Time Piece

Speaking to the LORD the Clock

Man and Ggods

Listening to

the Christ

the Engine

Lab Practical; Building Your Own Engine

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the Christ

Biology Animal and Vegetable taught in Parallel

Lab Practical

Awareness Senses Survival of the Species Habitats Energy Sources Food Water Light Animal and Vegetable Organisms the Body the Systems of Bodily Function the Organs

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Total Fitness Speaking to the LORD

the Radio

Lab Practical; Building Your Own Radio

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Being in the USMC the Cells the Fluids the Produce

Classifying Creation Conscious or Unconscious?

Animal Vegetable Mineral

Listening to

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How Humanity is Wired Preserving the Flesh

Water Food Shelter Sex Progeny Listening to

Making New Life

Genetic Engineering and Tinkering with Life

Animal Vegetable

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Appendix of Definitions The Glossary According to Spirit

Because Oxford did not always consult God Almighty, human definition lacks insight regarding life. Don't point the finger at Oxford, neither did NASA, ever.

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