

DREAMS-VISIONS

{ I saw a dream which made me afraid, and the thoughts upon my bed and the visions of my head troubled me. }

-- Daniel 4:5



At the root of all our thoughts, emotions and behaviours is the communication between neurons within our brains. Brainwaves are produced by synchronised electrical pulses from masses of neurons communicating with each other.

Brainwaves are detected using sensors placed on the scalp. They are divided into bandwidths to describe their functions, but are best thought of as a continuous spectrum of consciousness; from slow, loud and functional - to fast, subtle, and complex.

The descriptions that follow are only broad descriptions - in practice things are far more complex, and brainwaves reflect different aspects when they occur in different locations in the brain.

Brainwave speed is measured in Hertz (cycles per second) and they are divided into bands delineating slow, moderate, and fast waves.

INFRA-LOW
<.5 HZ

Infra-Low brainwaves (also known as Slow Cortical Potentials), are thought to be the basic cortical rhythms that underlie our higher brain functions. Very little is known about infra-low brainwaves. Their slow nature make them difficult to detect and accurately measure, so few studies have been done. They appear to take a major role in brain timing and network function.

Δ

(5 TO 3 HZ)



Delta brainwaves are slow, loud brainwaves (low frequency and deeply penetrating, like a drum beat). They are generated in deepest meditation and dreamless sleep. Delta waves suspend external awareness and are the source of empathy. Healing and regeneration are stimulated in this state, and that is why deep restorative sleep is so essential to the healing process.

Θ

3 TO 8 HZ



Theta brainwaves occur most often in sleep but are also dominant in deep meditation. Theta is our gateway to learning, memory, and intuition. In theta, our senses are withdrawn from the external world and focused on signals originating from within. It is that twilight state which we normally only experience fleetingly as we wake or drift off to sleep. In theta we are in a dream; vivid imagery, intuition and information beyond our normal conscious awareness. It's where we hold our 'stuff', our fears, troubled history, and nightmares.

Α

8 TO 12 HZ



Alpha brainwaves are dominant during quietly flowing thoughts, and in some meditative states. Alpha is 'the power of now', being here, in the present. Alpha is the resting state for the brain. Alpha waves aid overall mental coordination, calmness, alertness, mind/body integration and learning.

β

12 TO 38 HZ



Beta brainwaves dominate our normal waking state of consciousness when attention is directed towards cognitive tasks and the outside world. Beta is a 'fast' activity, present when we are alert, attentive, engaged in problem solving, judgment, decision making, or focused mental activity.

Beta brainwaves are further divided into three bands; Lo-Beta (Beta1, 12-15Hz) can be thought of as a 'fast idle', or musing. Beta (Beta2, 15-22Hz) is high engagement or actively figuring something out. Hi-Beta (Beta3, 22-38Hz) is highly complex thought, integrating new experiences, high anxiety, or excitement. Continual high frequency processing is not a very efficient way to run the brain, as it takes a tremendous amount of energy.

Gamma brainwaves are the fastest of brain waves (high frequency, like a flute), and relate to simultaneous processing of information from different brain areas. Gamma brainwaves pass information rapidly and quietly.

The most subtle of the brainwave frequencies, the mind has to be quiet to access gamma.

Gamma was dismissed as 'spare brain noise' until researchers discovered it was highly active when in states of universal love, altruism, and the 'higher virtues'. Gamma is also above the frequency of neuronal firing, so how it is generated remains a mystery. It is speculated that gamma rhythms modulate perception and consciousness, and that a greater presence of gamma relates to expanded consciousness and *spiritual emergence*.

(see the God Helmet)

THERE ARE NOT MANY PERSONS WHO KNOW WHAT WONDERS ARE OPENED TO THEM IN
THE STORIES AND VISIONS OF THEIR YOUTH; FOR WHEN AS CHILDREN WE LISTEN AND DREAM,
WE THINK BUT HALF-FORMED THOUGHTS, AND WHEN AS MEN WE TRY TO REMEMBER,
WE ARE DULLED AND PROSAIC WITH THE POISON OF LIFE.

— H. P. LOVECRAFT

Rapid eye movement sleep (REM sleep, REMS) is a unique phase of sleep in mammals and birds, distinguishable by random/rapid movement of the eyes, accompanied with low muscle tone throughout the body, and the propensity of the sleeper to dream vividly. Electrical and chemical activity regulating this phase seems to originate in the brain stem and is characterized most notably by an abundance of the neurotransmitter acetylcholine, combined with a nearly complete absence of monoamineneurotransmitters histamine, serotonin, and norepinephrine. REM sleep is "paradoxical" because of its similarities to wakefulness. Although the body is paralyzed, the brain acts somewhat awake, with cerebral neurons firing with the same overall intensity as in wakefulness. Electroencephalography during REM deep sleep reveal fast, low amplitude, desynchronized neural oscillation (brainwaves) that resemble the pattern seen during wakefulness which differ from the slow δ (delta) waves pattern of NREM deep sleep

Rapid eye movement sleep (REM) has since its discovery been closely associated with dreaming. Waking up sleepers during a REM phase is a common experimental method for obtaining dream reports; 80% of neurotypical people can give some kind of dream report under these circumstances. Sleepers awakened from REM tend to give longer more narrative descriptions of the dreams they were experiencing, and to estimate the duration of their dreams as longer. Lucid dreams are reported far more often in REM sleep. (In fact these could be considered a hybrid state combining essential elements of REM sleep and waking consciousness.) The mental events which occur during REM most commonly have dream hallmarks including narrative structure, convincingness (experiential resemblance to waking life), and incorporation of instinctual themes.[10] Sometimes they include elements of the dreamer's recent experience taken directly from episodic memory. By one estimate, 80% of dreams occur during REM.

WHAT BRAINWAVES MEAN

When our brainwaves are out of balance, there will be corresponding problems in our emotional or neuro-physical health. Research has identified brainwave patterns associated with all sorts of emotional and neurological conditions.

Hyper-stimulated areas of the brain are associated with disorders such as anxiety, sleep problems, nightmares, hyper-vigilance, impulsive behaviour, anger/aggression, agitated depression, chronic nerve pain and spasticity, etc.. Hypo-stimulated regions are seen with some types of depression, attention deficit, chronic pain and insomnia. A flux between these magnitudes is seen in cases of anxiety, depression and ADHD.

Instabilities in brain rhythms correlate with tics, obsessive-compulsive disorder, aggressive behaviour, rage, bruxism, panic attacks, bipolar disorder, migraines, narcolepsy, epilepsy, sleep apnea, vertigo, tinnitus, anorexia/bulimia, PMT, diabetes, hypoglycaemia and explosive behaviour.

SELF-AUTONOMY OVER BRAINWAVES

Any process that changes perception can thusly change brainwaves.

Chemical interventions such as medications or recreational drugs are the most common methods to alter brain function. Various self-induced practices including focus techniques, breathing exercises, meditation, prayer, etc. have been shown to illicit changes in brainwave functions. The subjective perception of "our reality" is not entirely comprised of outside influences, it may actually consist of our thoughts, beliefs and mindset.

ARE WE THE CONTROLLERS OF OUR REALITY?



DANIEL 2:28

“ but there is a God in heaven who reveals mysteries. He has shown King Nebuchadnezzar what will happen in days to come. Your dream and the visions that passed through your mind as you were lying in bed are these: “

https://en.wikipedia.org/wiki/God_helmet

The **God Helmet** is an experimental apparatus originally called the Koren helmet after its inventor Stanley Koren. It was developed by Koren and neuroscientist Michael Persinger to study creativity, religious experience and the effects of subtle stimulation of the temporal lobes.[1] Reports by participants of a "sensed presence" while wearing the God helmet. The device has been used in Persinger's research in the field of neurotheology, the study of the purported neural correlations of religion and spirituality. The apparatus, placed on the head of an experimental subject, generates very weak magnetic fields, that Persinger refers to as "complex." Like other neural stimulation with low intensity magnetic fields. These fields are approximately as strong as those generated by a land line telephone handset or an ordinary hair dryer, but far weaker than that of an ordinary refrigerator magnet and approximately a million times weaker than transcranial magnetic stimulation.[3]

Most reports from Persinger's lab consist of people sensing "presences"; people often interpreted these to be that of angels, a deceased being known to the subject, or a group of beings of some kind. There have also been reports in which the participant has experienced what they perceive as God.[39] Persinger reports that "at least" 80 percent of his participants experience a presence beside them in the room,[40] and others report less evocative experiences of "another consciousness or sentient being".[41]

Sirach 34

Dreams Mean Nothing

"1.Vain and deceptive hopes are for the foolish, and dreams lend wings to fools. 2.As well clutch at shadows and chase the wind as put any faith in dreams. 3.Dreams are no different from mirrors; confronting a face, the reflection of that face. 4.What can be cleansed by uncleanness, what can be verified by falsehood? 5.Divinations, auguries and dreams are nonsense, like the fantasies of a pregnant woman. 6.Unless sent as emissaries from the Most High, do not give them a thought; 7.for dreams have led many astray, and those who relied on them have come to grief. 8.Fulfilling the Law requires no such falsehood, and wisdom is perfected in veracity."

A number of theories explore the possible ‘meaning’ behind the process of dreaming. It has been posited that dreaming has no direct function—possibly it is a consequence of other biological processes that occur during sleep—many studying sleep and dreams believe it serves a primary purpose. Theories of dreaming span scientific disciplines, from psychiatry and psychology to neurobiology. Current potential theories have suggested:

- A component and form of memory processing, aiding in the consolidation of learning and short-term memory to long-term memory storage.
 - An extension of waking consciousness, reflecting the experiences of waking life.
 - A means by which the mind works through difficult, complicated, unsettling thoughts, emotions, and experiences, to achieve psychological and emotional balance.
 - The brain responding to biochemical changes and electrical impulses that occur during sleep.
 - A form of consciousness that unites past, present and future in processing information from the first two, and preparing for the third.
 - A protective act by the brain to prepare itself to face threats, dangers and challenges.
-

Interestingly enough, it was not until 1953, that Dement and Kleitman discovered that the fact that this unique stage of sleep was associated with dreaming. This was very exciting and profound to the researchers, since dreams were so important a subject in the study of psychology. Dement describes it as follows:

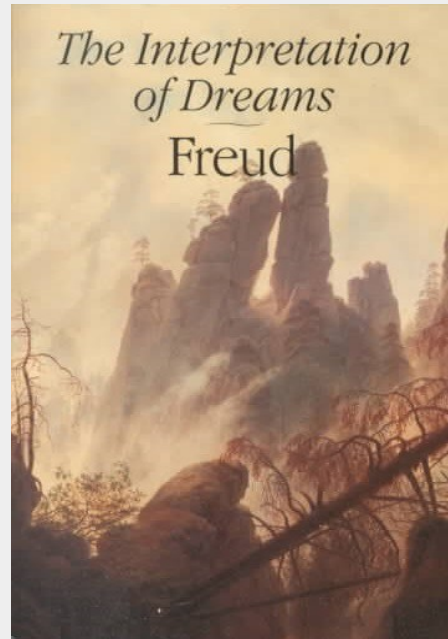
The vivid recall that could be elicited in the middle of the night when a subject was awakened while his eyes were moving rapidly was nothing short of miraculous. It [seemed to open] ... an exciting new world to the subjects whose only previous dream memories had been the vague morning-after recall. Now, instead of perhaps some fleeting glimpse into the dream world each night, the subjects could be tuned into the middle of as many as ten or twelve dreams every night.

(Dement, 1978, p. 37; quoted in Pinel, 1993)

https://web.mst.edu/~psyworld/sleep_stages.htm

THE DREAM OF SCIPIO HAD GREAT IMPACT. MACROBIUS, A ROMAN, IN ABOUT 400 AD WROTE A COMMENTARY ABOUT THE DREAM OF SCIPIO, AND DESCRIBED 5 TYPES OF DREAMS:

- **SOMNIUM,** AN ENIGMATIC MYSTERIOUS DREAM REQUIRING INTERPRETATION; (FREUD; PSYCHOANALYSIS)
- **VISIO,** A PROPHETIC VISION THAT PREDICTS A FUTURE THAT COMES TRUE; (JACOB – GENESIS 28)
- **ORACULUM,** PROPHETIC DREAM IN WHICH AN AUTHORITY FIGURE PLAYS A ROLE; (JOAN OF ARC IN WHICH THREE SAINTS INSTRUCT HER TO RECOVER FRANCE FROM THE ENGLISH.)
- **INSOMNIUM,** A NIGHTMARE OR FALSE OR DISTURBING DREAM CAUSED BY A PATHOLOGICAL CONDITION; (REPETITIVE NIGHTMARES, POST TRAUMATIC STRESS DISORDER)
- **VISUM,** A NIGHTMARE THAT INCLUDE APPARITIONS AND CONTACT WITH SUPERNATURAL BEINGS.



While staying at Schloss Bellevue,, Freud dreamed his famous dream of Irma's Injection .His reading and analysis of the dream allowed him to be exonerated from his mishandling of the treatment of a patient in 1895.

https://en.wikipedia.org/wiki/Irma%27s_injection

Freud later noted that "Irma's Injection" was the first dream he had meticulously interpreted. Although he spent much time analyzing it, he did confess that his interpretation had gaps and did not completely uncover the meaning of his dream.

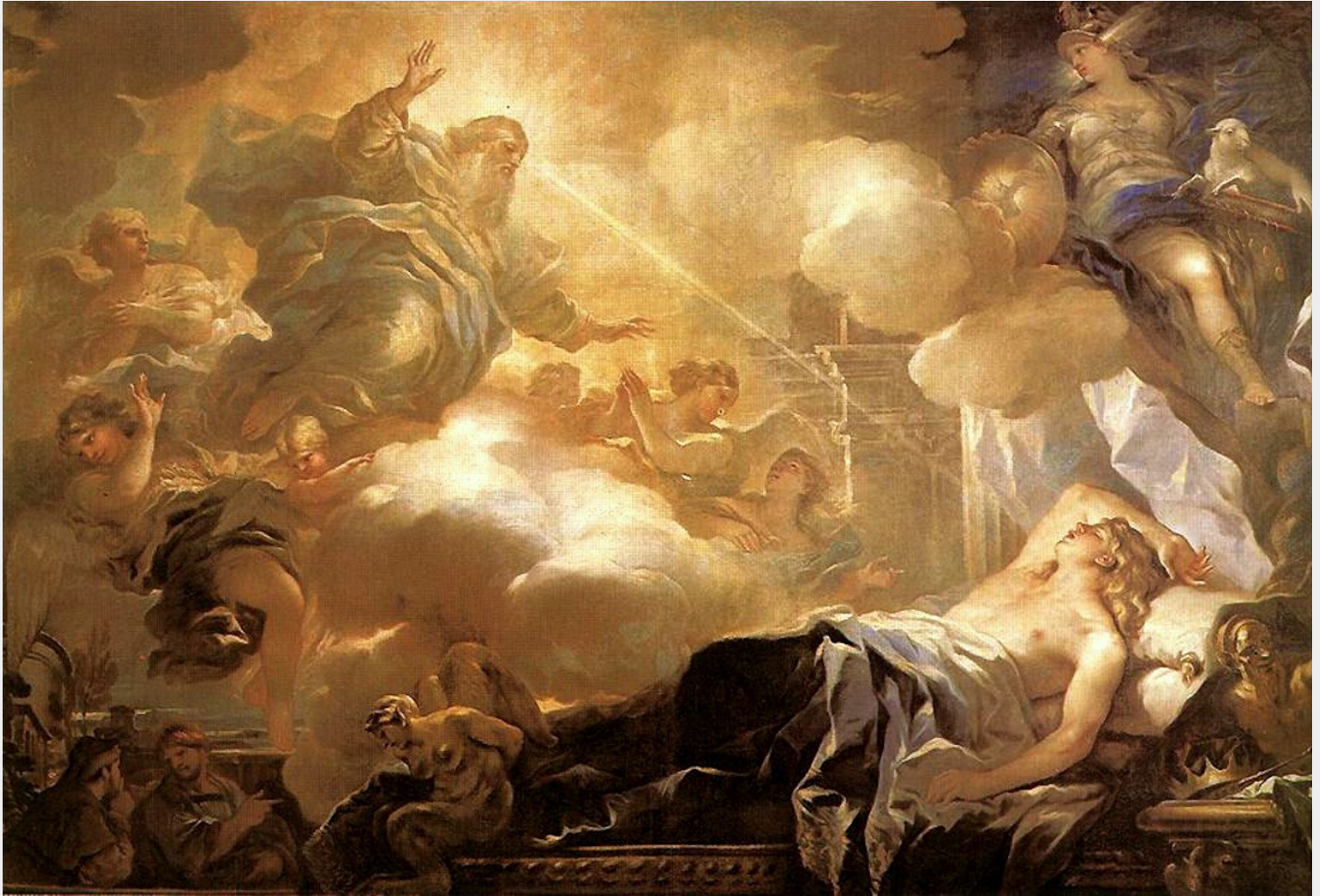
Sigmund Freud referred to them as being the royal road to the unconscious. He believed they held huge significance to unconscious thoughts, feelings and desires. Throughout our waking lives we can have a tendency to push into the depths of our minds, those thoughts, feelings and ideas which disturb, shock or worry us. However, our unconscious mind is not a locked vault and nothing we place there is ever truly hidden from view. These difficult and distressing thoughts and ideas often have a way of showing themselves in a variety of different ways, such as through our dreams. What is clear however is that there is an enormous amount of neurological activity occurring during sleep, especially when we are in REM sleep.

JOEL 2:28-29 – NIV

THE DAY OF THE LORD

28 “And afterward,
I will pour out my Spirit on all people.
Your sons and daughters will prophesy,
your old men will dream dreams,
your young men will see visions.
29 Even on my servants, both men and women,
I will pour out my Spirit in those days.

SOLOMON'S DREAM-VISIONS



1 KINGS 3:1-15

“.....¹⁵ Then Solomon awoke; and indeed it had been a dream.”

VISION – noun - 1250-

1300; Middle English < Latin *vīsiōn*- (stem of *vīsiō*) a seeing, view, equivalent to *vīs(us)*, pastparticiple of *vidēre* to see + *-iōn*-

1.

the act or power of sensing with the eyes; sight.

2.

the act or power of anticipating that which will or may come to be:

prophetic vision; the vision of an entrepreneur.

3.

an experience in which a personage, thing, or event appears vividly or credibly to the mind, although not actually present, often under the influence of a divine or other agency:

a heavenly messenger appearing in a vision.

Strong's	Hebrew	Transliterated	English Equivalent
Old Testament (Hebrew) for "vision"			
H2376	חֶזֶן	<i>chezev (Aramaic)</i>	vision , look
H2377	חֲזֹן	<i>chazown</i>	vision
H2378	חֲזוֹת	<i>chazowth</i>	vision
H2380	חֲזוּת	<i>chazuwth</i>	vision , notable, agreement
H2384	חֲזִיּוֹן	<i>chizzayown</i>	vision
H2515	חֲלֻקָּה	<i>chaluqqah</i>	division
H3740	כֶּרֶה	<i>kerah</i>	pro vision
H3899	לֶחֶם	<i>lechem</i>	bread, food, meat, shewbread, loaves, shewbread, shewbread, victuals, eat, feast, fruit, provision
H4236	מַחֲזֵה	<i>machazeh</i>	vision
H4256	מַחֲלֹקֶת	<i>machaloqeth</i>	course, divisions , portions, companies
H4653	מִפְּלָגָה	<i>miphlaggah</i>	division
H4758	מֵרָאָה	<i>mar'eh</i>	appearance, sight, countenance, vision , favoured, look upon, fair, misc
H4759	מֵרָאָה	<i>mar'ah</i>	vision , lookingglasses
H6304	פְּדוּת	<i>pěduwth</i>	redemption, redeem, division
H6390	פְּלָגָה	<i>pělaggah</i>	division , river
H6391	פְּלָגָה	<i>pěluggah</i>	divisions
H6392	פְּלָגָה	<i>pěluggah (Aramaic)</i>	divisions
H6679	צוּד	<i>tsuwd</i>	hunt, take, chased, provision , sore
H6718	צַיִד	<i>tsayid</i>	venison, hunter, victuals, provision , hunting, catch, food, hunting
H6720	צִידָה	<i>tseydah</i>	victuals, provision , meat, vr venison
H7203	רָאָה	<i>ro'eh</i>	vision

Strong's	Greek	Transliterated	English Equivalent
New Testament (Greek) for "vision"			
G1267	διαμερισμός	<i>diamerismos</i>	division
G1370	διχοστασία	<i>dichostasia</i>	division , sedition
G3701	ὄπτασία	<i>optasia</i>	vision
G3705	ὄραμα	<i>horama</i>	vision , sight
G3706	ὄρασις	<i>horasis</i>	vision , in sight, look upon
G4307	πρόνοια	<i>pronoia</i>	providence, provision
G4978	σχίσμα	<i>schisma</i>	division , rent, schism

Ezekiel 1:4-14

As I looked, behold, a storm wind was coming from the north, a great cloud with fire flashing forth continually and a bright light around it, and in its midst something like glowing metal in the midst of the fire.

Ezekiel 8:2

Then I looked, and behold, a likeness as the appearance of a man; from His loins and downward there was the appearance of fire, and from His loins and upward the appearance of brightness, like the appearance of glowing metal.

Ezekiel 11:24-25

And the Spirit lifted me up and brought me in a vision by the Spirit of God to the exiles in Chaldea So the vision that I had seen left me.

Ezekiel 37:1-10

The hand of the LORD was upon me, and He brought me out by the Spirit of the LORD and set me down in the middle of the valley; and it was full of bones.

Amos 7:1-9

Thus the Lord GOD showed me, and behold, He was forming a locust-swarm when the spring crop began to sprout. And behold, the spring crop was after the king's mowing.

Amos 8:1-6

Thus the Lord GOD showed me, and behold, there was a basket of summer fruit.

Amos 9:1

I saw the Lord standing beside the altar, and He said, "Smite the capitals so that the thresholds will shake, And break them on the heads of them all! Then I will slay the rest of them with the sword; They will not have a fugitive who will flee, Or a refugee who will escape.

Zechariah 1:8

I saw at night, and behold, a man was riding on a red horse, and he was standing among the myrtle trees which were in the ravine, with red, sorrel and white horses behind him.

Zechariah 3:1

Then he showed me Joshua the high priest standing before the angel of the LORD, and Satan standing at his right hand to accuse him.

Zechariah 4:2

He said to me, "What do you see?" And I said, "I see, and behold, a lampstand all of gold with its bowl on the top of it, and its seven lamps on it with seven spouts belonging to each of the lamps which are on the top of it;

Zechariah 5:2

And he said to me, "What do you see?" And I answered, "I see a flying scroll; its length is twenty cubits and its width ten cubits."

Zechariah 6:1

Now I lifted up my eyes again and looked, and behold, four chariots were coming forth from between the two mountains; and the mountains were bronze mountains.

Acts 9:3

As he was traveling, it happened that he was approaching Damascus, and suddenly a light from heaven flashed around him;

Acts 16:9

A vision appeared to Paul in the night: a man of Macedonia was standing and appealing to him, and saying, "Come over to Macedonia and help us."

Acts 27:23

"For this very night an angel of the God to whom I belong and whom I serve stood before me,

2 Corinthians 12:1-4

Boasting is necessary, though it is not profitable; but I will go on to visions and revelations of the Lord.

Acts 9:10-11

Now there was a disciple at Damascus named Ananias; and the Lord said to him in a vision, "Ananias." And he said, "Here I am, Lord."

Acts 10:3

About the ninth hour of the day he clearly saw in a vision an angel of God who had just come in and said to him, "Cornelius!"

Job 4:13-16 NKJV)

13 In disquieting thoughts from the visions of the night,

When deep sleep falls on men,

14 Fear came upon me, and trembling,

Which made all my bones shake.

15 Then a spirit passed before my face;

The hair on my body stood up.

16 It stood still,

But I could not discern its appearance.

A form *was* before my eyes;

There was silence;

Then I heard a voice *saying*:....



SLEEP PARALYSIS

<https://www.livescience.com/50876-sleep-paralysis.html>

Sleep paralysis is the inability to move or speak immediately after waking up. This can be an exceptionally scary time for those afflicted with this weird phenomenon, but despite former beliefs, the feeling of paralysis is not caused by supernatural beings.

Causes

During rapid eye movement (REM) sleep the brain has vivid dreams, while the muscles of the body are essentially turned off. While sleeping, the muscles are unable to move so that the person won't be able to act out dreams with their body. Sleep paralysis happens when a person wakes up before REM is finished. The person will be conscious, but the body's ability to move hasn't been turned back on yet.

According to a study in 2011 by Pennsylvania State University, 7.6 percent of the general population has problems with sleep paralysis. People with mental disorders such as anxiety and depression are more likely to experience sleep paralysis. According to the study, 31.9 percent of those with mental disorders experienced episodes.

Those afflicted with sleep paralysis are often unable to move their bodies or speak immediately after waking up. This can last one to two minutes, according to the Mayo Clinic. People experiencing sleep paralysis may also feel a weight on their chest or a choking feeling.

In the past, it was believed that demons caused sleep paralysis by holding people down or sitting on their chest. This was often due to hallucinations, which are a common symptom during sleep paralysis because the brain is still in a dream state. People have reported seeing ghosts, demons and other strange apparitions while experiencing paralysis.

A Case of Sleep Paralysis with Hypnopompic Hallucinations

David E. McCarty M.D. and Andrew J. Chesson, Jr. M.D.

EB is a 22-year-old Caucasian woman requesting evaluation for a 2-year history of “spells of paralysis.”....She described the accident as intensely terrifying. During recovery, she began having episodes of emerging from sleep to a state of being fully awake but unable to move, accompanied by a sense of fear and breathlessness. Sometimes, she would have visual imagery or strange sensations, such as feeling a distinct foreign presence in the room, seeing shadows, or hearing footsteps.

...Visual and auditory hallucinatory experiences are commonly reported with ISP, typically including a sense of an evil presence in the room, sensation of being touched, or hearing voices or other noises in the room. Occasionally more organized hallucinatory activity, such as seeing faces or people at the bedside, are reported. A sense of breathlessness (often described as pressure, or more disturbingly, as someone standing on the chest) is common, likely reflecting the disquieting feeling of relying solely on diaphragmatic musculature for respiration. Subjects often describe the episode as intensely frightening, even after understanding that the disorder is benign and self-limiting. In fact, ISP is part of the mythology of some cultures, attributed to supernatural forces such as witchcraft or even UFO encounters, with references to this experience found in the folklore of many ethnic groups. The cultural attribution of ISP episodes to the supernatural is salient to the clinician, as it is not uncommon for patients to deny such events out of fear, even under direct questioning

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2637172/>

Proverbs 2:11 (NIV)

11 Discretion will protect you,
and understanding will guard you.

PROVERBS 4:6

Do not forsake wisdom, and she will protect you; love her, and she will watch over you.

Deuteronomy 31:6 (NKJV)

6 Be strong and of good courage, do not fear nor be afraid of them; for the Lord your God, He *is* the One who goes with you.
He will not leave you nor forsake you.”

Isaiah 41:10 (NKJV)

10 Fear not, for I *am* with you;
Be not dismayed, for I *am* your God.
I will strengthen you,
Yes, I will help you,
I will uphold you with My righteous right hand.’

GENESIS – JUDGES – 1 KINGS – DANIEL – MATTHEW

- SIX DREAMS BY KINGS
- ONE TESTIMONY FROM A WOMAN
- TWO MEN BY THE NAME OF JOSEPH

GENESIS 20	Abilmech's warning
GENESIS 28	Jacob's ladder – Angels ascending/descending a ladder between Heaven & Earth
GENESIS 31	Jacob is insrtucted by the LORD to return to the land of his father.
GENESIS 31	Laban's warning – instructed by the LORD to not bless or curse Jacob as he returns home.
GENESIS 37	Joseph's Grain & Stars – signify that his family will bow down to them.
GENESIS 40	3 Branches & 3 Baskets – The fate of Pharaoh's men is determined after 3 days.
GENESIS 41	Pharaoh's Cattle & Stalk – Egypt will undergo seven years of feast followed by seven years of famine.
JUDGES 7	Runaway barley loaf – Gideon's victory
KINGS 3	Solomon receives holy wisdom from the LORD
DANIEL 2	King Nebuchadnezzar's Statue – the reigning kingdoms which have yet to vanquish and conquer.
DANIEL 4	Four Beasts – the kingdoms that will arise and follow until the end times.
MATTHEW 1	Prohibited divorce – Mary's child to be the arrival of the Messiah
MATTHEW 2	Magi's warning, Flee to Egypt, Return to Israel, Avoid Judea – Evasion, protect the child
MATTHEW 27	Nightmare – Concerning the trial of Jesus, the wife of Pontius Pilate proclaims his innocence.



2 Peter 1:16-21

The Trustworthy Prophetic Word

16 For we did not follow cunningly devised fables when we made known to you the power and coming of our Lord Jesus Christ, but were eyewitnesses of His majesty. **17** For He received from God the Father honor and glory when such a voice came to Him from the Excellent Glory: “This is My beloved Son, in whom I am well pleased.” **18** And we heard this voice which came from heaven when we were with Him on the holy mountain.

19 And so we have the prophetic word confirmed,[a] which you do well to heed as a light that shines in a dark place, until the day dawns and the morning star rises in your hearts; **20** knowing this first, that no prophecy of Scripture is of any private interpretation,[b] **21** for prophecy never came by the will of man, but holy men of God[c] spoke *as they were* moved by the Holy Spirit.

