

**"FFF"**  
**FREEDOM FROM FORNOGRAPHY**  
**Written By: TSEVA'OTH**

At least one — and hopefully all — of these steps will help you break free from this stronghold. I'm not here to condemn you or tear you down. I know the fight is real, and I'm standing with you in it. But true freedom only comes through Him — through YAHUAH. Think of these actions like training for real strength: at first, it's uncomfortable, even painful, because you're challenging what's been weighing you down. But that's how real growth works — you get stronger, you endure longer, and you become the man you were called to be.

*\*Please note: A legal disclaimer is provided at the end of this document.*

"Fornography" is a term created to describe the recording, study, and exposure of the negative consequences resulting from fornication and pornography consumption. Unlike traditional discussions that normalize or sensationalize sexual behavior, fornography focuses on revealing the emotional, psychological, relational, and spiritual harm associated with these actions. This work seeks to confront the realities often hidden behind cultural narratives, offering a path toward awareness, accountability, and personal freedom.

**Tools Needed:**

A tangible/physical bible: KJV  
Highlighters (Multi-pack)  
Recommended Scriber: Pilot G2 0.38mm

**1. Read**

- a. I am only telling you what I did as a first step, and that was starting from Genesis 1 until Revelation 22.
- b. Don't come at the Bible like it's some puzzle you've got to solve from page one. That's not the mission here. We're here to let YAHUAH'S words settle deep into who we are — not just our minds, but our spirit. Focus on the journey and the walk, not the process. As you stay rooted in His Word, you'll notice it: even your breath, your strength, your whole way of carrying yourself will start to change. This is real training — steady, lasting, and forged through Him.

**2. Fasting**

- a. "Howbeit this kind goeth not out but by prayer and fasting." Matthew 17:21 (**Removed From NIV, MSG & ESV**)
- b. "If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Corinthians 3:17
  - i. This defines allowing YAHUAH to dwell in you, whilst removing parasites aka demons
- c. How to fast: "Moreover when ye fast, be not, as the hypocrites, of a sad countenance: for they disfigure their faces, that they may appear unto men to fast. Verily I say unto you,

They have their reward. But thou, when thou fastest, anoint thine head, and wash thy face; That thou appear not unto men to fast, but unto thy Father which is in secret: and thy Father, which seeth in secret, shall reward thee openly." Matthew 6:16-18

- i. **Fun Fact:** Ancient hunter-gatherers often hunted on empty stomachs, as their survival depended on successfully acquiring food during hunts. Meaning they would often go extended periods without eating before attempting to catch prey; a strategy sometimes called "persistence hunting" where they would chase animals until exhaustion allowed for capture. Hunting on an empty stomach increases stamina by utilizing stored energy, making it easier to chase prey for long distances.
- d. Fasting induces autophagy. It is the biological process that involves the enzymatic breakdown of a cell's cytoplasm or cytoplasmic components (such as damaged or unneeded organelles or proteins) within the lysosomes of the same cell.

### 3. Food

- a. **No More Veganism:** "Now the Spirit speaketh expressly, that in the latter times some shall depart from the faith, giving heed to seducing spirits, and doctrines of devils; speaking lies in hypocrisy; having their conscience seared with a hot iron; forbidding to marry, and commanding to abstain from meats, which God hath created to be received with thanksgiving of them which believe and know the truth. For every creature of God is good, and nothing to be refused, if it be received with thanksgiving: for it is sanctified by the word of God and prayer." 1 Timothy 4:1-5
- b. Conspiracy theorists sounded the alarm on BPA, which is in canned foods, plastics etc. and have been proven to be linked to hormone disrupting chemicals known as: Bisphenol A (BPA). Stay away from plastic or anything you are not able to produce yourself.
- c. Sample Meal Plan:
  - i. Eat once a day, no snacks or snacking
  - ii. Drink only water. No sugary drinks. No alcohol. NOTHING but water. Listen to your body, as it will tell you if you need water or not. *Example: If you suffer from constipation, it is more than likely due to lack of fiber & water.*
  - iii. Eat: Beef, eggs, steak, fish, etc. **NO PORK OR BOTTOM FEEDERS.**
    - 1. "And the swine, though he divide the hoof, and be clovenfooted, yet he cheweth not the cud; he is unclean to you." Leviticus 11:7
      - a. Please read Leviticus 11, then whole chapter in its entirety.
  - iv. Simple meals: steak & eggs
  - v. If you must have carbs, choose ½ or 1 cup of rice or grain. However, it is not recommended as it spikes your sugar.
- d. **Fun Fact:** The wealthy meal prep. Remember, time is most valuable, not money. They do not go to McDonald's.
- e. **Fun Fact:** Spice - Was considered "like gold" because they were incredibly rare and valuable due to their exotic origins, limited availability, and long, difficult trade routes, making them a luxury item that only wealthy people could afford, often used as a status symbol, similar to how gold is today; essentially, their high demand coupled with their scarcity drove up their price significantly, making them worth a lot of money per unit weight.
  - i. However, spice was created by YAHUAH to ward off demons & parasites.
  - ii. **Romanian Woman & Garlic Deterrent & Vlad the Impaler & Count Dracula**

1. Benefits of Garlic: Garlic contains allicin, a powerful antibiotic that some medieval Europeans believed could kill vampires. Garlic has anti-inflammatory properties that can help relieve muscle and joint inflammation.

#### 4. Exercise

- a. Walk/Run a minimum of 1 mile per day.
- b. Find any workout routine, and just do it. Focus not on the results, but the enjoyment in sweat.
- c. No matter the temperature, get a minimum of 15 minutes of sun. Even in a cloudy day, google how much power a solar panel receives on a cloudy day.
  - i. **NO SPF.** Even if you are Caucasian reading this, I assure you, SPF will do more damage to you than the sun, *allegedly* could ever do.

#### 5. Isolate

- a. "They are new every morning: great is thy faithfulness." Lamentations 3:23
  - i. There is something about the morning. Head to any bible website, that allows a search function, and type in "Morning", and there you will see exactly what I am talking about.
    1. 4:00 AM, even on weekends, would be a great time to devote time to YAHUAH, free from pollution.
- b. Remove yourself physically. Relocate if you have to. Listen to YAHUAH.
  - i. Rahab was not an Israelite as she was a Canaanite prostitute, yet hid Joshua's spies. She lied to the king, allowing the spies to successfully escape. There is a greater purpose in moving, when you are following YAHUAH. There is a deeper plan in mind, created by YAHUAH, that you will not understand in isolation, however, it has a purpose. Once you are out of it, you will fully understand.
    1. Side Note: This is why I have beef with the "Red Pill Movement". I am not saying we all should marry prostitutes, however, they shun prostitutes, yet encourage men to have sex with many women. Then when said women turn to YAHUAH, they are shunned, and labeled "unserious".
- c. "As a dog returneth to his vomit, so a fool returneth to his folly." Proverbs 26:11
  - i. We must avoid returning to our old life at ALL costs.
- d. **The Punishment:** "Then he saith, I will return into my house from whence I came out; and when he is come, he findeth it empty, swept, and garnished. Then goeth he, and taketh with himself seven other spirits more wicked than himself, and they enter in and dwell there: and the last state of that man is worse than the first. Even so shall it be also unto this wicked generation." Matthew 12:44 & 45
- e. Remove any and ALL items out of your home and/or life that hold any significance. I do not care if it's a car. His/her shorts, shirts, toothbrush, nail polish.
  - i. If you own a car, and you always had sex in that car, GET RID OF IT. **Stop focusing on HOW you are going to do it, and START thanking YAHUAH in advance on WHEN He will remove it.**
- f. You will be protected in isolation.
  - i. "Behold, the eye of the LORD is upon them that fear him, upon them that hope in his mercy; To deliver their soul from death, and to keep them alive in famine." Psalms 33:18 & 19

## 6. Media

- a. Media = Medium = Middle = Psychic = Sorcery
  - i. Delete your social media. ALL FORMS.
- b. Purchase a flip phone. Use an atlas or GPS.
- c. Throw out, donate or sell your computer after wiping it clean.
- d. Stop watching ALL videos & movies.
- e. Dating apps should be a segment by itself, but I can confirm its either thots, bops, single moms, attention seekers, 304s and the general societal rejects hang out spot. Yes, I am boldly saying, you cannot find a YAHUAH-ly like individual on these apps.

## 7. Cleanliness

- a. Here are a list of verses involving cleanliness. You cannot tell me YAHUAH does not like things clean!
  - i. "Wash you, make you clean; put away the evil of your doings from before mine eyes; cease to do evil;" Isaiah 1:16
  - ii. "Now concerning the things whereof ye wrote unto me: It is good for a man not to touch a woman." 1 Corinthians 7:1
  - iii. "Having therefore these promises, dearly beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Corinthians 7:1
  - iv. "Purge me with hyssop, and I shall be clean: wash me, and I shall be whiter than snow." Psalms 51:7
  - v. "And Elisha sent a messenger unto him, saying, Go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean." 2 Kings 5:10
- b. **Fun Fact:** In Japan, they remove their shoes before entering into a home. There are two reasons for this. One is psychological: by following this ritual, you will leave the worries and stress of the outside world behind as you enter a quieter place. The second reason is practical: leaving your shoes at the door keeps the inner space clean.
  - i. Create a space, as if YAHUAH Himself is about to knock on your door seeking shelter from a storm.

## 8. Music

- a. Let's go over a few lyrics:
  - i. **Eminem - Dead Wrong:** There's several different levels to Devil worshipin' Horses' heads, human sacrifices, cannibalism, candles and exorcism Animals, havin' sex with 'em, camels, mammals and rabbits But I don't get into that, I kick the habit I just beat you to death with weapons that eat through the flesh And I never eat you unless the fuckin' meat looks fresh
  - ii. **Big L - Devils Son:** My moms know who I am 'cause she know who she was fuckin' with On my skull the 666, no tricks When I catch fits my mom picks up the crucifix And I kill chumps for the cheapest price I'm rollin' with Satan, not Jesus Christ Enemies, I got several done Big L straight from Hell, the motherfuckin' Devil's son

- b. With that said: Delete your entire music library. This includes but not limited to: Christian Rap.
  - i. You have to be purged, and your music library was built to trigger past traumatic experiences. This includes Gospel music. Listen to nothing!
- c. "And it came to pass, when the evil spirit from God was upon Saul, that David took an harp, and played with his hand: so Saul was refreshed, and was well, and the evil spirit departed from him." 1 Samuel 16:23
  - i. If you absolutely have to listen to music, replace it with hymns or use this playlist I created for you: <https://tinyurl.com/2n6dmwmd>

## 9. Medication & Health

- a. A list of addictions, illnesses & diseases I used to have that I cured only by the power & wisdom of The Most High YAHUAH: OBS (Overactive Bladder Syndrome), OSD (Osgood Schlatters Disease), Kidney Failure, Diabetes, Crohn's Disease, Multiple blood transfusions, 80mg of prednisone, Remicade via intravenous with endless convulsions, thigh injected shots of Humira, 144lbs, in the hospital for 31 days, Ulcerative Colitis, Irritable Bowel Syndrome, Eczema, Carpal Tunnel Syndrome, Pink Eye, Influenza, Psoriasis, Hand, Foot & Mouth Disease, Boils, Arthritis, Morphine and Opioid addict, Aneurysms, & could not sleep, so I took Ambien
- b. Greek word for sorcery = pharmakēia. Translation = Pharmacy
  - i. "And the light of a candle shall shine no more at all in thee; and the voice of the bridegroom and of the bride shall be heard no more at all in thee: for thy merchants were the great men of the earth; for by thy sorceries were all nations deceived." Revelation 18:23
  - ii. In case you do not believe medication/drugs are not rooted in sorcery, please take a drive down Kensington Ave in Philly.
- c. This is a wild one, and I do not want to be held responsible for this, so use at your own risk. I have no health insurance, and haven't had it since 2015. You do not need health insurance, as all issues can be healed on your own. Shoot, if you break your leg, they cannot refuse you service. Once you receive that bill, LET IT BE. I have been to court over this and they cannot charge you. Trust me on this.
  - i. If you must take a pill, I advise you take Ashwagandha for stress
- d. **Parasites = Demons:** If I say YAHUAH is sucking my blood, all of you would call me a heretic and blaspheming YAHUAH. Keep that same energy when I tell you that blood sucking parasites are demons. Parasites are **NOT** of and/or from YAHUAH. They are disembodied spirits from the underworld.
  - i. *For you scientists, you know what I am talking about that microscopically, these parasites appear as interdimensional beings.*

## 10. Holidays

- a. Replace "holidays" with Holy Days. One example of this would be: Leviticus 23:5-8, known as Passover. *[Not the paganistic Easter/Ishtar]*
  - i. "In the fourteenth day of the first month at even is the Lord's passover. And on the fifteenth day of the same month is the feast of unleavened bread unto the Lord; seven days ye must eat unleavened bread. In the first day ye shall have an holy convocation; ye shall do no servile work therein. But ye shall offer an offering

made by fire unto the Lord seven days; in the seventh day is an holy convocation; ye shall do no servile work therein." — Leviticus 23:5-8

- b. Examples of holidays rooted in sorcery taken from <https://churchofsatan.com>:
  - i. Halloween – We see this holiday as the night when the mundane folk try to reach down inside and touch the “darkness” which for Satanists is a daily mode of existence. Particularly in the United States, Halloween is a time for celebrating monster films, wearing costumes of a macabre nature, and evoking the thrill of “fun fear.” Children (of all ages) can indulge their fantasies by donning costumes that allow for intense role-playing and the release of their “demonic cores,” the parts of their personalities often hidden from their friends, co-workers and families. Though there are traditions making this an occasion for recalling the dead, it has been popularized as a time to play with what historically were fears directed towards what were thought to be unquiet spirits of the departed. And the grand traditional question “Trick or treat?” has become a means for fulfilling an indulgence in sweets, without the need to resort to the optional coercion. Satanists embrace what this holiday has become, and do not feel the need to be tied to ancient practices. This night, we smile at the amateur explorers of their own inner darkness, for we know that they enjoy their brief dip into the pool of the “shadow world.” We encourage their tenebrous fantasies, the candied indulgence, and the wide-ranging evocation of our aesthetics (while tolerating some of the chintzy versions), even if it is but once a year. For the rest of the time, when those not of our meta-tribe shake their heads in wonder at us, we can point out that they may find some understanding by examining their own All Hallows Eve doings, but we generally find it simpler to just say: “Think of the Addams Family and you’ll begin to see what we’re about.”
  - ii. Christmas - The Christians stole this holiday from the pagans—Santa Claus has come to signify indulgence, and he is a combination of Dionysos and Silenus from Roman and Greek myths (the Romans celebrated the orgiastic Saturnalia at this time). The Nazarene has little place in the general public’s celebrations of this season, which were meant by pagans to be celebrations of abundance during a season of cold and emptiness. So for the Yule holiday season we enjoy the richness of life and the company of people whom we cherish, as we will often be the only ones who know where the traditions really came from! Christmas was never called Christmas. It was called Yuletide. Christians turned it into Christmas, to represent Christ’s birth, however he was never born on December 25. It was too cold for Mary to travel. At the winter solstice is when Tammuz was born. Christmas is about sex.
    - 1. "Hear ye the word which the Lord speaketh unto you, O house of Israel: Thus saith the Lord, Learn not the way of the heathen, and be not dismayed at the signs of heaven; for the heathen are dismayed at them. For the customs of the people are vain: for one cutteth a tree out of the forest, the work of the hands of the workman, with the axe. They deck it with silver and with gold; they fasten it with nails and with hammers, that it move not. They are upright as the palm tree, but speak not: they must needs be borne, because they cannot go. Be not afraid of them; for they cannot do evil, neither also is it in them to do good." — Jeremiah 10:1-5

- c. Even if you claimed holidays are centered around Yahusha or Christianity in general, not one holiday is rooted in Christianity, as they all have Pagan roots, also known as The Chaldeans, who were sorcerers.
  - i. "And have no fellowship with the unfruitful works of darkness, but rather reprove them." Ephesians 5:11

## 11. Attire

- a. Wearing the same thing every day grants you more time for investments & the more important things in life.
  - i. No, I'm not saying you have to look plain—though I do. But the less energy you put into your appearance, the more room you give your mind to grow—sharpening your thinking and building a mindset that's more focused on analysis and financial awareness."
  - ii. "A woman shall not wear that which pertaineth unto a man, neither shall a man put on a woman's garment: for all that do so are abomination unto the Lord thy God." — Deuteronomy 22:5
  - iii. "Thou shalt not wear a garment of divers sorts, as of woollen and linen together." — Deuteronomy 22:11
    - 1. Both verses are about not blending what should be distinct — whether that's gender roles or materials — emphasizing purity, clarity, and respect for divine order.
- b. **Fun Fact:** Polyester is plastic. The effect of different types of textile fabric on spermatogenesis was studied. Twenty-four dogs were divided into two equal groups, one of which wore cotton underpants and the other polyester ones. Seven dogs wearing nothing were used as controls. The underwear was fashioned to fit loosely in the scrotal area so as to avoid its insulating effect. It was worn continuously for 24 months during which the semen character, testicular temperature, hormones (serum testosterone, follicle stimulating hormone, luteinizing hormone, prolactin) and testicular biopsy were examined. The garment was then removed, and the same investigations repeated through another 12 months. The results were analysed statistically. In the polyester group the testicular temperature showed insignificant changes during the period when the pants were worn ( $P > 0.05$ ). By the end of the 24 months there was a significant decrease in sperm count and motile sperms, with an increase in abnormal forms ( $P < 0.001$ ); the testicular biopsy showed degenerative changes. After garment removal the semen character improved gradually to normal in 10 dogs; two remained oligozoospermic. There were insignificant changes ( $P > 0.05$ ) in hormones during the study. In contrast, the cotton and control groups showed insignificant changes ( $P > 0.05$ ) in all the aforementioned parameters during the 36 months of the study. The polyester pants thus had a deleterious effect on spermatogenesis in the dogs which was, however, reversible in the majority of cases. The cause of this effect is unknown, but it may be assumed that the electrostatic potentials generated by the polyester fabric play a role in it. Source: <https://pubmed.ncbi.nlm.nih.gov/8279095/>

## 12. Money

- a. Cancel all subscriptions. I do not care if it's for a car wash.
  - i. Email me: [hello@tsevaoth.com](mailto:hello@tsevaoth.com) & ask for a budget. I already have one made for you for free. Must have excel, and if you do not have it, Google sheets is a free option.



### 13. Euphemisms

- a. I once told an ex-girlfriend that I would rather watch porn than have sex with her.
  - i. Easily one of the most damaging things you can say to any woman, regardless of how “evil” she might be.
  - ii. Words have power. This is why I do not curse, because of the detriment it brings for not just you, but to those surrounding you.
    - 1. "But now ye also put off all these; anger, wrath, malice, blasphemy, filthy communication out of your mouth." Colossians 3:8
    - 2. "Let no corrupt communication proceed out of your mouth, but that which is good to the use of edifying, that it may minister grace unto the hearers." Ephesians 4:29
    - 3. "But above all things, my brethren, swear not, neither by heaven, neither by the earth, neither by any other oath: but let your yea be yea; and your nay, nay; lest ye fall into condemnation." James 5:12
- b. Although I do not curse anymore, I still say “Sugar” instead of “Sh!t”. I am only expressing what has worked for me, however, I try my best to stay away from euphemisms.

### 14. Counseling

- a. Get out of those sessions immediately — I don’t care if they call it marriage counseling. America is one of the only places that tries to make porn, fornication, and other sins sound harmless — just like it allows actual sewage waste in our cereals. *[You shouldn’t be eating cereals anyway.]*
  - i. Therapists or “*The Rapists*”, especially for men, are NOT on your side as this includes but not limited to the judicial system.

### 15. Celebrities

- a. Stop listening to celebrities. Take advice from no man unless it can be corroborated with scripture. And even then, STILL trust and only take advice from YAHUAH’S word.
  - i. This know also, that in the last days perilous times shall come. For men shall be lovers of their own selves, covetous, boasters, proud, blasphemers, disobedient to parents, unthankful, unholy, without natural affection, trucebreakers, false accusers, incontinent, fierce, despisers of those that are good, traitors, heady, highminded, lovers of pleasures more than lovers of God; having a form of godliness, but denying the power thereof: from such turn away. For of this sort are they which creep into houses, and lead captive silly women laden with sins, led away with divers lusts, ever learning, and never able to come to the knowledge of the truth. Now as Jannes and Jambres withstood Moses, so do these also resist the truth: men of corrupt minds, reprobate concerning the faith. But they shall proceed no further: for their folly shall be manifest unto all men, as theirs also was. "2 Timothy 3:1-9 KJV"



This is all I have to share with you for now. It was drawn from a five-hour podcast that was far too long, so I did my best to condense it into 15 clear steps. You can and will be delivered. For any questions, concerns, or to support this ministry, feel free to visit:

[www.tsevaoth.com](http://www.tsevaoth.com)

Peace and blessings to you, my friend — until we meet again.

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#### **Summary**

May your trust be in YAHUAH alone, not in me. Shalom.