God tells us to “see” with the eyes of our hearts (Eph.1:18). He advises that we should guard our hearts, for out of them come all the issues of life (Prov.23:7) and that we should “look to the unseen” (2 Cor.3:18). How are these things possible? It turns out that we are not limited to our common senses, such as touch, feel, see, smell, hear. In fact there are actually two brains in the human body! Both are needed for life on earth. Both must be free of blockages. Both must be addressed when healing or transformation are taking place.

The intrinsic cardiac nervous system (ICNS), often referred to as the heart's "little brain," is a complex network of neurons and ganglia within the heart that regulates cardiac function independently of the central nervous system. It plays a crucial role in modulating heart rate, conduction, and contractility in response to various stimuli.

We are sovereign over our thoughts and heart. We will sometimes have thoughts and feelings that pass through but we have the responsibility to take every thought captive and to guard our hearts

- Free will: God may direct our lives but He does not control our heart or brain
- We are the primary prophet over our life: our thoughts and words have literal power
- Religious systems and our upbringing and culture often corrupt what God says about our bodies. When we listen to these other voices, our souls and bodies experience dissonance, dysregulation, stuck traumas, stress, confusion, infirmity, disease
- Some conditions of the soul and body are inherited: we entered human life with these genetic markers. How we view these conditions is critically important because God wants to use them for our good, for our governing capabilities, for the benefit of restoration of ancestors (Is.61:4, Heb.11:40-12:2)
- The veil has been torn! We have unlimited access to heaven and are already included in the Beloved, forever accepted, loved, treasured, safe

Our bodies are instruments meant to release the frequency of God through us in a unique way. This brings Him glory-and us, joy! Our bodies are actually part of our inheritance yet we tend to dishonor them.

- Self image issues
- Self hatred
- Destructive behaviors (even thoughts are destructive

Our bodies listen to our thoughts and emotions. Belief precedes emotion and is followed by physical manifestations. Our bodies express frustration through infirmity, inflammation, disease, etc.

- Sometimes we have to get to the place where we say NOOOO….ENOUGH!
- If you want to get better you need to see yourself as a healthy person, not as a sick person trying to get well.
- PRACTICE IDENTITY CALIBRATION WITH GOD
    - God’s Word, God’s voice, God’s promises
    - Identifying where and why we have believed lies and deceptions
    - Visual aids, music
- PRACTICE GRATITUDE
    - Small and big, anywhere, everywhere, all the time
    - Through meditation/breathwork and focus
    - Taking thoughts captive and guarding your heart-avoiding triggers
    - Scripture reminders
- LET YOUR BODY SPEAK TO YOU
    - Step into heaven above the pain, anxiety and get a different perspective

My expanded notes using Barbara Beam discussion JR Dembowiak

- Ask your body part what is going on
- Let your body tell you why it's upset, similar to letting a toddler throw a tantrum. This may come to you through words, pictures
  - Identify "false" words and accusations
  - Identify voices that might come from outside your body: darkness
- Respond: similar to a bus driver who acknowledges rowdy kids but does not get derailed, or a mother who listens to her toddler but won't hand over the reins.
  - Allow the statement, don't fight it because that is a reality your body is stuck in
  - Follow up, don't let your body have the last word, especially if the accusation is false
    - "Yes….AND:….." method
  - Letting your body have a voice to express blocked energy is then followed by re-training it with truth and letting the higher frequency come through so that blockages/disease/infirmity can be released-scripture based

- We don't try to increase our frequency for the sake of escape; rather we get heaven's 5+D wisdom and information and bring it back to our 3-D bodies so that we can operate at a divine design level. God wants all our body parts, feelings and thoughts to come into coherence, truth and new creation design
  - Going into spirit realm to be reminded of what we always knew before our birth when we were in God before foundation of the world:
    - Who am I, what does God think of me? What does He say about my life?
    - Who is God? What are His promises, His love, His purposes, His plan?
  - Heaven operates on truth, love, honor. We can acknowledge the disconnects but it is important for us to "self govern" and treat every trauma and trial as an opportunity to grow and be transformed
    - Don't make healing, pain avoidance etc. your goal
    - Your goal is union with God and alignment of spirit, soul and body with the truth
    - Healing is a consequence of identifying the pieces of our lives that need calibration from Father-God's viewpoint
- Be a builder: it is important to understand that we are re-routing lifeless and dangerous pathways in our bodies and souls. We are building new routes of truth and love that will emanate light and life as a result.
- Transfiguration, transformation, metamorphosis begins with imagining, seeing by faith. It is God's faith, not our weak ability to hang on. We are already complete and loved and safe. But we are learning to re-tune and alchemize what has been incomplete.
- Reconnecting the part of you that feels separated from God, judged or rejected. You are reconnecting to eternal truth.
  - Separation causes fear, flight/fight/freeze responses. We choose to cooperate when we buy into the deception. OR we choose to engage and correct the error.
    - We have NEVER been separated from God's love; WE considered ourselves enemies in our own minds (Col.1:21)
- Belief drives everything: Belief precedes emotion, which precedes bodily manifestations. It is the work of God to believe. As we believe, so shall it be.
  - Reconcile what we think we believe with what we really believe. Our body is a reflection of our subconscious beliefs that we aren't even aware of.
    - The largest energy field of our body is our heart, containing energy and information and the record of your life
      - Toroid: a magnetic field, shaped like a doughnut, created by electric currents flowing through a circular loop of wire. As it spins it forms hearts in its loops and the infinity symbol

        - We are the Merkaba, the Tree of Life
    - Dissonance is like turbulence in a plane

- We can get stuck in YES-NO pattern: God is trying to play His song through us but we are a house divided; part of us saying yes and part of us saying no.
    - 528 Hz is the "love" frequency, the "miracle tone" that promotes healing and relaxation. It resonates with the heart.
- 90% of our problems involve a false underlying belief (lie or deception, sometimes caused by trauma or inherited) that causes us to get stuck
    - The body is not inferior, inherently carnal, evil, dirty, unworthy, etc.
    - Our souls are not wicked
    - Our bodies understand that we may "just want to get rid of the body so we can be with Jesus in heaven." This kind of thinking creates a cascade of negative consequences
        - The promises of God are for an abundant life NOW, not when we die.
        - Our bodies carry records of shame, guilt, rejection, unworthiness
    - Change your station, the frequency you listen to!
    - Everything has a purpose and a season: don't push yourself before you are ready
    - Trauma is not so much what happened to you but rather what you perceive. Some traumas can block people and not others. Some traumas are overcome by letting it flow out of our lives-usually involving forgiveness and practicing identity.
        - Not remembering your true identity in God can cause trauma, fear, anxiety, the birthing of more lies/deceptions and open doors to darkness
            - We tend to disassociate or disconnect, leaving part of us behind when we experience trauma. This helps us keep going. But it also leaves part of us behind, stunted in the trauma and deceptions surrounding it.
            - This applies to both past trauma and future dreams or fears.
            - It looks like swiss cheese when we are meant to be whole in the present, (Shalom: wholeness, peace, taking control over the chaos)
    - "Time" does not cause degeneration and decay; blocked energy causes trouble
        - God, what truth do I need in this moment?
        - You don't have to re-hash or unpack or re-live or even fully understand traumas
            - Resistance is the body response as we hold onto blocks and deceptions
        - Many belief systems are embedded in our DNA through past generations and now these people are our cloud of witnesses who are counting on us (cheering us on) to complete the redemption of what was lost/blocked etc.
        - Integrity: what is true of you in the spirit realm is the same truth that resides in your soul and body. It is perfect resonance.
        - We must not call "bad" what God has called "good." Acts 10:15
            - Saying NO to God causes anxiety in disconnecting from what He says about us.
            - Practice "joy" without mandating that you must also be "happy"
            - Practice saying YES all the time to God. He is trustworthy. He loves you completely and has a perfect scroll for your life. You are safe with Him because you are already in Him and He is in you. Join the party! Enjoy the union!