

Re-routing embedded thinking patterns takes effort. It is the ultimate spiritual battle. Christ defeated sin and death and Satan on the Cross! But in God's love for us, the Trinity did not take away our free-will, nor our responsibility to turn away from the Tree of Knowledge of Good and Evil and turn back to God through Jesus Christ. In doing so, we discover the Tree of Life, our true source. We discover abundant life, joy, freedom, our true identity, our life purpose, our heavenly resources, and the love that surpasses all understanding.

Are *you* ready to make some changes in the way you choose to think and feel, act and talk? If you choose life and blessing, you will do so in His grace and mercy, and you will be helped every step of the way because you are never alone, you are never forsaken.

Music (try to listen to one of these examples once or twice daily)- important

- Created by Wonder Meditation
- Deep Rest
- The Architect
- Father's Song
- The Healing
- Rest
- Shalom
- Tuning
- Ancient Names of God

Drawing Exercises-important

- A primary way to accelerate neuroplasticity (healing and re-routing in your brain)
- Take a concept and draw a picture that represents that to you. It doesn't have to be truly artistic (just like the Target or Nike logos) but they elicit immediate understanding and reminder
- Write a meaningful bible verse on an index card and decorate it or draw it out so your brain quickly identifies it
- Screenshot artwork that means something to you and have a photo print made for ongoing reference
- Draw your own version:
 - You tossing a heavy boulder
 - Being set free from chains or prison
 - Arresting/shutting up the voices
 - Dancing for joy with Jesus
 - Complete rest in a warm pool
 - Being hugged by Jesus or Father God
 - Surrounded by angels
 - Building new highway maps
 - Guarding your heart, planting the right seeds

Engaging the “Brain of Your Heart” Exercise

There is a part of your heart that contains specialized “thinking” cells. They are called the Intrinsic Cardiac Nervous System. These 40,000 cells think, feel, process and are independent of your cranial brain. It is important to recognize and engage the brain of your heart. Prov.23:7, Eph.1:18, 2 Cor.4:18

- 3 minutes minimum at least once daily, benefits can last 5-6 hours
- SHIFT AWAY FROM THINKING AND FEELING
 - Simply touch your heart gently and allow awareness to go to heart and hand
- SLOW BREATHING (example: 4 in, hold 8, release 7), lets your vagus nerve know that you are “safe”
 - Inhale through your nose slowly
 - Hold breath, consciously letting oxygen flow throughout your body
 - Release through your mouth slowly, must be longer than the inhale count
- PRACTICE THANKFULNESS: send the signal from heart to brain
 - “Feel the Feeling”-take time to elicit feelings that come with compassion, love, security, gratitude
 - This is a uniquely human capability

The body has the capacity for self-healing, divinely designed for immortality. Infirmary, disease, brokenness, aging, etc. are all violations of original intent.

- It is through our awakening to our true identity, our union with God (Communion being an important reminder), our meditations/ascensions, that we begin to walk in sync with God’s pattern, heaven’s culture, and our bodies and souls begin to come into agreement.
- Healing is sometimes instantaneous, sometimes prolonged
- Healing is sometimes intentional, sometimes not even asked for
- Healing can come from actions or interventions or supernaturally
 - SOURCE is important: taking action (supplements, medication, counseling, etc) is not the issue: what/WHO we are relying upon is the issue
 - Getting away from striving, outcome oriented performance, dealing with lies are all important
 - Forgiveness, bitterness, offense, fear are the most common blocks to healing
- Get in the habit of speaking to your body. Remember the scripture about faith as a mustard seed. You are to speak to your problem directly, preferably out loud. Show honor- do not disrespect or disdain. But take authority given to you by Christ and call upon it to move, transform, be healed, etc.

Additional Actions

- Take Holy Communion/Lord's Supper often, making sure you are doing it from an elevated point of view. You can even do spiritual communion without actual bread and juice. You have the living God inside you and you are inside Him. All manner of completeness and transformation, everything you need, is inside you already because of Who is inside you. This is a journey of inward and upward awakening to what already exists and is available to us.
- Make a list of 50-100 (it gets hard to do after 25!) Read them out loud several times a week. Even if you don't believe them initially, your brain will start to react to the sounds of your words. Absolutely refuse to speak unkindly about yourself or defeated in any way.
 - I am.....
 - These are affirmations, recognitions of who God says you are
 - These are statements recognizing your unique gifts, talents, interests
 - These are character qualities
- Come from a place of "already healed". In the spirit-heaven realm, we operate outside time and space. You are already healed and complete in every way; you are just calling it to manifest here on the earth in your physical 3-D body. Belief drives the quantum world.
- Forgiveness must be like showering or brushing your teeth. Don't move on with your day or go to bed with these things undone. Forgiveness sets you free, brings glory to God, allows the angelic realm to work on the other person's behalf.
 - You may want to take your gem/gem bag and hold it while you release the person/situation. This reminds you that your forgiveness is deemed precious in God's sight, especially if it's costly
- Take your kingdom keys or mustard seed faith bottle with you as a reminder throughout the day to access the presence of God and His power in you.
- Literally, dance before the Lord while playing music. Your body moving to music sets spiritual things in motion and can unlock your physical blockages
- Praise, worship, thanksgiving (besides forgiveness) are perhaps the most potent things you can do. They are healing to your soul and body, they bring glory to God, they chase away dark forces.

The Light, Love, Life of Christ (LLL) is always shining. It has been built into every person, for we are made in the image and likeness of God. The issues:

- Our lack of awareness of God's LLL
- Our unwillingness to receive God's LLL
- Various inherited, environmental, volitional components that block the LLL
 - Re-directing our wills to submit to spirit
 - Healing traumas of the soul (mind, heart)
 - Healing body manifestations of trauma
 - Simultaneously opening our gates and doors to receive, experience God's LLL while learning to close and lock our gates and doors from darkness (lies, deception, unsafe environmental conditions and people
 - Recognizing the power of our thoughts, feelings, words, actions as kings
- Learning to operate FROM our 5D/heaven realm while still navigating through our 3D/physical realm; breaking through the 4D/quantum-spiritual realm (where battles are fought)
 - It is for freedom that you have been set free
 - Yeshua came that we would have life abundantly and He said: It is finished
 - If it is "Bad" then it is not finished

Summary: Re-routing thinking patterns, re-regulation, meditation for restoration JR Dembowiak

- God works ALL things together for our good
- God’s work is expanding, deepening, always victorious
- God’s fire is His consuming love
- There is nothing impossible with God
- Learning to Govern as Sons of God
 - Our main purpose on earth
 - All difficulties, trials, traumas will be swallowed up in victory
 - God finishes the work in us; even our faith is a gift
 - Our job is to learn to trust, love, submit, abide, come into alignment, rest

Start a Log in Your Permanent Journal	
When did I get dysregulated? Was there a trigger? Was it from something external or internal feeling/memory? What did it feel like?	When did I get back into alignment? What helped me? What did it feel like?

Everyone experiences dysregulation at times. People who have been traumatized or lack soul skills often get triggered faster, more frequently, more severely than others, and have a harder time re-regulating-getting back into alignment. This can be changed as corrective skills are practiced. Treatment and Healing Process: This method does not involve counseling or therapy with outside professionals or trusted friends. Any person can do this on their own!

It has been found that talking about trauma often re-enacts or reinforces the soul injuries and has a tendency to imbed them and create false narratives.

- Talking activates the amygdala, the part of your brain that processes emotions, especially when threatened. Talking releases stress hormones and re-creates the drama as if it is happening over again
- Talking about trauma activates the hypothalamic pituitary adrenal (HPA) axis, which is emotionally and physically exhausting if your trauma is not in real time
- Talking about trauma activates the pre-frontal cortex, which diminishes your ability to reason and make decisions while creating an emotional storm

Writing, in contrast to speaking, allows you to process emotions and thoughts without actually triggering yourself. Studies show that writing for 15-30 minutes about troubling events allows you to biologically, chemically and emotionally flush out soul toxins as long as there is a “release” or discarding at the end, followed up with meditation, which helps re-establish body/soul realignment and connection with the spiritual.

- Writing Exercise, Twice Daily, (discarded after us, like throwing out the trash)
 - After writing the specified format, release with prayer
- Meditation, Twice Daily
- Journaling: a private log of your insights and progress being made (ongoing)

Dysregulation: biological and chemical

Disconnection: social and emotional and psychological

Self-Defeating Behaviors: addictions, attractions, outbursts, money/career/home problems

OVERVIEW OF WRITE/PRAYER RELEASE/MEDITATION METHOD BENEFITS

- Establish a calm awareness through daily practice of writing, releasing, meditating
- Reducing how much you talk and think about traumas-writing them and releasing them
- Own your own healing: identify but then release/forgive and take responsibility for your life, both present and future. Others cannot heal you or do it for you
- Control the controllables: keep your focus on your own thinking, beliefs, actions rather than blaming or depending on others
- Stay “present”; the past cannot be changed and your future depends on decisions you make in this moment
- Stepping up and out: become the fullness of all you are created to be and walk in wholeness and freedom, being willing to do things differently from now on

STEP ONE: WRITING DOWN PAST TRAUMAS YOU EXPERIENCED (Twice Daily): THE FIRST STEP TO FACE AND RELEASE

Start a Log in Your Journal		
What Happened (Describe in general terms)	How it may have affected me at the time it happened	How it affects me today

DAILY WRITING FORMAT

STEP ONE: Identify negative thoughts as belonging in either the bucket of “fear” or the bucket of “resentment”. Fear is any anxiety and resentment is any anger.

- 5-10 minutes minimum, twice daily, you can take more time if desired
- *FORMAT ONE: “I have fear (xyz)..... (trivial or profound, real or imagined, any kind of anxiety)*
- *FORMAT TWO: “I’m feeling resentment (xyz).....BECAUSE I fear (abc)....”*
 - Resentment’s root is based on fear, even though it presents as conflict with others
 - Always a person or group, not an emotion or event
 - If you are listing resentments without acknowledging the role of your own fear in the situation, you are just ranting. Ranting is NOT cathartic or relieving; in fact, ranting makes resentment worse. (Anna Runkle)
 - “I am resentful at (xyz target) because I have fear (abc reason)
 - Anger is a feeling of resentment towards others
 - Anger is not a problem in itself; it’s something to deal with and keep it from festering.
 - Shame is a feeling of resentment towards yourself
 - Shame is highly destructive because it attacks your identity

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- God never wants shame for His children, even though He tells us we have done things whereby we are guilty.
 - Guilt says: you've done something wrong
 - Shame says: you are wrong/unworthy
- Free flow writing: do not try to analyze or spell check, correct grammar, or keep it neat
- Freestyle writing: you are not trying to chronical or put in order or rank your issues
- Can be past, present or future
- Don't look for patterns, even though some will eventually emerge
- Don't worry that writing them will cause them to manifest-they already have; you are just dealing with them now
- Don't try to focus on a specific topic, outcome, conclusion, answer
- Do not be goal oriented other than to do the writing and make it honest
 - Like wiping off leaves from the windshield, you don't examine each leaf.

STEP TWO: Write a sign off, a written prayer of release

- Without a sign off, you are just brooding over hurts and anxieties, which actually builds them up instead of getting rid of them.
- FORMAT:
 - I am ready now to (123) action if identified
 - I want to be free of (xyz) fears and (abc) resentments
 - I need God's wisdom to know where my thoughts and efforts should be directed
 - I solicit my spirit to take the helm in union with Holy Spirit
 - I love you, God. Thank you for loving me.
 - I am thankful this is already finished by the work of the Cross
 - I am thankful I am already healed and whole and completely safe in God

STEP THREE: Meditate

- Pick a quiet, comfortable place to sit for 20 minutes with your eyes closed, twice daily
- Avoid letting your head bob or rest on the seatback. It's ok for blankets or feet up.
- Set a timer. Do not check your phone, clock or other device in the meantime.
- Breath work can vary. But slow, deep breathing is part of bringing your body and soul into alignment. Try breathing in through your nose for count of 4, hold for 8, release through your mouth for 7.
- You can pick a single word to say over and over again to keep yourself from thinking other thoughts until you get used to meditating. (Yahweh or Jesus...)
- When you forget you are meditating and start thinking again, simply stop and bring yourself back into resting your mind.
- If you absolutely must break the meditation, resume and finish when you can.
- Falling asleep is not a bad sign. But you want to practice conscious rest.
- It's ok to have some noise around you because you are training yourself to block it out.
- If you routinely have a hard time meditating for 20 minutes, it is probably because you need more writing time; your mind hasn't let it all out yet.
- There is no fear in love. God's love casts out all fear.
- Meditating with others is sometimes helpful when you are learning the practice.

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- When your timer goes off, slowly open your eyes, breathe deeply and give yourself a minute before you stand up.

EMOTIONAL DYSREGULATION

- Emotions are part of being human but we are dysregulated when our responses are inappropriately severe, irrational, displaced
- Emotions can be confusing-fear comes across as anger, etc.
- Out of control emotions cause damage to relationships, work, self when we say things we don't mean
- Out of control emotions tend to cause us to make rash decisions we will regret

GETTING BACK IN SYNC AFTER BEING TRIGGERED

- Imagery: stay grounded-keep yourself from taking off like a rocket, clip the detonation wires to prevent a bomb from going off, throwing cold water on a fire
- Notice what is happening. Tell yourself, "wait a minute, I am having an emotional reaction."
- Slow down. Pause, prepare to re-direct. Don't assume you know best at this point.
- Belly button gas knob technique: touch your navel and imagine you turning down the heat in your emotions from 10 to 2. It will still be there but it will be manageable
- Hold the phone, the pen, the tongue: refuse to respond when you are angry. If necessary, tell the other person you will get back to them
 - It is a legitimate method to postpone and even schedule a needed conversation when you are calm and thinking clearly
 - Do daily writing method, even if you already did so earlier. Get out the toxic emotions, release them in prayer/forgive/meditate again (deep breathing if not possible)
- Get some exercise-take a brisk walk
- Get hydrated and eat some protein: many harmful emotional reactions are made worse when someone is hungry
- Anchor your progress; you will find the tendency to want to re-visit the ground you already covered. It is helpful to acknowledge the thought or emotion but quickly tell it to take a back seat and be quiet
- Talk to God, rather than others

ESTABLISHING AND MAINTAINING EMOTIONAL SOBRIETY

- Emotional sobriety means living in a frame of mind and an emotional state that is even keeled and nondramatic. It is the state where you've become skilled-not denying your emotions but halting the progression of emotions from the ordinary, right sized level to a full, over the top crazed reaction
- Emotional sobriety helps prevent relapses.
 - Emotional relapses occur when you override considerations of safety, consideration for others' well being, and your own best interests.
- Be guarded around negative thinking and emotions that could be a slippery slope
 - It is possible to be sad or angry without getting stuck in those feelings
 - Dealing with difficult thoughts or emotions in a honest and healthy way, keeping them from getting out of control is healthy compartmentalization-not denial

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- Avoid Triggers when you can work around them
- Falling down and getting back up is part of life; get used to the process and know that it is normal
- Shame is a big trigger to watch out for. Shame goes to the root of our identity and worth. There is a place for guilt, where we have done something wrong and need to deal with it. But shame has no light in it; God never wants people shamed.
- It may bother you to start noticing as you learn to exercise emotional restraint that other people continue to allow themselves ongoing over-reactions. Do not let yourself be deceived; God is not mocked and whatever is sown will be reaped. It takes self-discipline to avert the intense reaction, but growing in this skill actually accelerates your healing and strength.
- It is important to consider that relapses can become progressive and increasingly destructive. It is not worth the pain and dysfunction; it is easier and way more healthy to maintain alignment. The triggers in life never stop, but as you heal, you will increasingly meet them with grace and strength.
- Identify lies and deceptions, especially the voices coming from darkness (the demonic realm). You have authority and sovereignty over what voices you allow into your consciousness.

Boundary Setting with Difficult People

1. React with calm voice, steady eyes; don't get emotional or allow yourself to be intimidated.
2. Set boundaries without explaining. Avoiding justifying yourself or trying to make the other person feel good because it is likely to be used for argument. Simple statement, "That doesn't work for me."
3. Walk away from drama; do not engage or try to prevent or minimize because that often fuels the fire when people want to cause trouble.
4. Stay mysterious. Don't overshare and keep your thoughts to yourself because what you say may be used against you.
5. Don't participate in seeking other's approval. Make sure you keep your identity in Christ in the forefront of your attention.
6. Don't engage in mind or heart games: manipulation, fear tactics, guilt, shame, rejection. Recognize that bully behavior is a sign of fear in the other person. Instead of reacting, see the gamesmanship, ignore it and move on
7. Do not take responsibility for other people's happiness
8. Do not allow other people to define you or your worth; only God has that right
9. Prioritize your inner peace over other people's comfort. Protect your energy. Choose quiet over chaos, even if that is only in your head while your environment appears crazy.
10. Take responsibility for your words. Do not take responsibility for others' words or actions.
11. Define love as God does: seeking the best interests of another. This does not include giving others what they demand or pandering to them out of fear.
12. Forgive always and immediately. Reconciliation is a different matter. Reconciliation is based on desire for ongoing relationship (not obligation) and a sense of renewed trust. You must forgive but you have the right to close the door to future access.
13. Be willing to walk away from abuse. Be willing to "lose" a relationship for a time until the other party proves reasonable or safe.

IDENTITY, IDENTITY, IDENTITY

Let go of religious notions and cultural pressures that define your worth through some kind of value based performance. Being a “good person” or “achiever” is useless in the Kingdom. Think about that! We are all part of the Family of God because (and only because) He loves us! Even the faith to acknowledge Christ as Savior comes from God. No bragging or boasting. But also: no picking on yourself for inadequacies or false notions of unworthiness. If you do nothing else for the rest of your life, bring glory to God and peace to your soul by... rest! The only thing scripture tells us to strive for is to enter HIS rest! It is finished. You are loved. You are included. You are already in union-you just don't know it yet. (so you can't mess this up).