

The Seven Realms Within: Aligning Inner Government

Bianca Van Staden, Wells of Mem

<https://www.youtube.com/watch?v=vjrPSVXMdjc&t=2600s>

Governing Realm	Representing	Characteristics/ Obstacles	Healing Needed/Suggestion	Governmental Shift Within <i>(Taking responsibility for the authority you already have in Christ)</i>	Scripture Cited
Hittites SURVIVAL	Fear and intimidation	Overwhelming obstacles “this pattern gets entrenched when we can’t shift into our victory in Christ- fear will grip your heart”	<ul style="list-style-type: none"> • Nervous system re-regulation • Practice Courage • Learning security • Create a safe room • Recognize safe relationships • Learn body awareness • Encourage the heart 	“Fear is not my ruler. I am governed by peace and the authority of Christ”	Deut.7 Joshua 1:9 Col.1:17 Psalms 2 Cor.12:9 Ps.27:14 Is.41:10
Girgashites BELONGING	Instability and Ruthlessness	Displacement, rejection, abandonment, never feeling settled/at home: “I never belong”	<ul style="list-style-type: none"> • Attachment wounds • Rejection • Abandonment 	“God alone establishes my identity, belonging, worth and roots.”	Ps.68:6 Eph.3:17 John 15
Amorites IDENTITY	Pride and false elevation	Self protection, control, defensiveness, striving, performance based identity	<ul style="list-style-type: none"> • Death of false identity • Humility • Letting go of other’s approval or praise 	“The false self I have been holding must die so that my true identity in Christ can emerge. I will follow Christ’s example of humility. I will trust and be secure in my sonship through Christ which is not earned and cannot be lost”	Phil.2:5-11 James 4:6 Luke 14:11 Gal.2:20
Canaanites LOVE	Corrupt trading (dealing with the world and/or spiritual forces)	Materialism, manipulation, greed, transactional love, people pleasing, performance base acceptance	<ul style="list-style-type: none"> • Freedom from survival based relationships • Restoration of healthy identity 	“I no longer trade my peace, my body, my voice, or my calling for acceptance.”	Deut.7 The Cross example Mt. 6:24 Rom.12:2 Gal.1:10

Governing Realm	Representing	Characteristics/ Obstacles	Healing Needed/Suggestion	Governmental Shift Within <i>(Taking responsibility for the authority you already have in Christ)</i>	Scripture Cited
Perizzites EXPRESSION	Weak Boundaries	Emotional Instability, being overwhelmed, absorbing other's needs, poor boundaries, not communicating needs/expectations, lack of personal governance	<ul style="list-style-type: none"> • Learning healthy boundaries • Practice enforcing them • Establishing personal order • 	"My gates are governed by Christ. I have God-given boundaries and legitimate limits I must set for myself."	Prov.4:23 Nehemiah example 2 Tim. 1:7
Hivites PERCEPTION	Deception and compromise	Self deception, denial, false peace, hidden agreements, avoidance of truth	<ul style="list-style-type: none"> • Expose the hidden agreements, truth • Deal with coping mechanisms that have facilitated ongoing lies 	"I choose truth over comfort. I will not make covenant with things that keep me bound."	John 8:32 Eph. 5:11-14 Ps.139:23,24
Jebusites UNION	Entrenched strongholds over destiny (idolatry)	Resistance around your purpose, worship, inheritance, authority	<ul style="list-style-type: none"> • Surrender competing thrones in your heart to Jesus • Yield all worship to God alone 	"The place of my greatest resistance can become the place of the greatest consecration, making it holy ground as I yield to Jesus' Lordship in every area of my life."	Ps.24 Heb.12:22 Rev.21 Rom.8:28-30

THE SEVEN GOVERNMENTAL REALMS WITHIN TO OVERCOME

<https://www.youtube.com/watch?v=vjrPSVXMdjc&t=6768s>

Based on notes taken from "The Seven Realms Within: Aligning Inner Government" by Bianca Van Staden

Biblical Framework

Scripture itself tends to describe transformation through:

- Heart (Hebrew: *lev*)
- Mind (Romans 12:2)
- Spirit (1 Corinthians 2:14-16)
- Soul (Psalm 42; Hebrews 4:12)
- Inner man (Ephesians 3:16)
- New creation identity (2 Corinthians 5:17)

Deuteronomy 7: The Seven Nations as Internal Governments

Bianca Van Staden begins with the importance of self-awareness and inner examination. She reflects, "I realized there's quite a lot in my heart that still needs to be governed by Christ," emphasizing that the only way to recognize areas that remain outside Christ's rule is to become self-aware. She presents peacemaking not as the avoidance of conflict but as a willingness to confront disorder and bring it under the government of Christ. The invitation is for believers to identify where they are functioning outside of Christ's rest, peace, and authority.

Turning to Deuteronomy 7:1, Bianca highlights what she sees as a significant promise within the text. She notes that God does not say, "if" He brings His people into the land, but "when." This distinction underscores God's certainty regarding inheritance. She contrasts the wilderness mindset, which assumes God has brought His people into hardship to perish, with Joshua's mindset, which confidently declares that God has already given the land and that His people are called to possess it. Faith, she argues, agrees with God's promise before visible evidence appears.

The story of Israel is then presented as more than a historical narrative; it becomes a picture of an inner pilgrimage. God's declaration, "You are my people," is described as a covenantal, even marital, relationship. The Promised Land becomes a symbol of inheritance in Christ, while Zion represents heaven manifested within believers. Every believer possesses an inheritance, and the journey into that inheritance is both personal and spiritual.

Within this framework, the seven nations occupying Canaan become symbolic representations of entrenched internal governments. Historically, they were actual nations inhabiting the land. Spiritually, Bianca suggests they can represent patterns, atmospheres, memories, legal agreements, fear structures, ancestral distortions, and spiritual economies that occupy territory within the human heart and mind. For each nation she explores what it represents, the inner pattern it reflects, the healing required, and the shift in government needed for Christ's rule to be established.

The Hittites are presented as representing fear and intimidation. Their influence manifests through overwhelming obstacles, feelings of powerlessness, anxiety, victimhood, and fear becoming the dominant narrative of life. Bianca observes, "The pattern gets entrenched when we can't shift that into victory in Christ," noting that fear can grip the heart and govern perception. Healing involves creating safety within the nervous system, developing courage, learning security, recognizing safe relationships, cultivating bodily awareness, and encouraging the heart. The desired government shift is the declaration: "Fear is not my ruler. I am governed by peace and the authority of Christ." References are made to Deuteronomy 7, Joshua's command to "be strong and courageous," Colossians 1:17, God's assurance that His grace is sufficient, and David's practice of strengthening himself in the Lord. Related scriptural themes include Joshua 1:9, 2 Corinthians 12:9, Psalm 27:14, and Isaiah 41:10.

The Gergashites represent instability, rootlessness, rejection, abandonment, and the persistent feeling of not belonging. Their governing narrative is summarized in the statement, "I never belong." Healing requires addressing attachment wounds, rejection, and abandonment. Christ's government establishes permanence, belonging, and rootedness. Themes associated with Psalm 68:6, Ephesians 3:17, and John 15 support this vision of being securely planted in God's family.

The Amorites symbolize pride and false elevation. Their influence is seen in self-protection, control, defensiveness, striving, and performance-based identity. Bianca emphasizes that "the false self must die" so that true identity in Christ can emerge. Humility becomes the means by which pride is overcome. Healing

requires the surrender of false identities and the embrace of authentic sonship. The resulting government shift is a posture of trust and security in Christ rather than striving for acceptance. This reflects themes found in Philippians 2:5–11, James 4:6, Luke 14:11, and Galatians 2:20.

The Canaanites are associated with corrupted exchange. Their influence appears through materialism, manipulation, greed, transactional relationships, people-pleasing, and performance-driven acceptance. Bianca warns that defeat can occur not only through direct opposition but also through negotiation and accommodation with old systems. Healing involves freedom from survival-based relationships and the restoration of a healthy identity rooted in Christ. The declaration of government becomes: "I no longer trade my peace, my body, my voice, or my calling for acceptance." This theme resonates with Matthew 6:24, Romans 12:2, Galatians 1:10, and the work of the Cross.

The Perizzites represent weak boundaries and a lack of governance. Their characteristics include emotional overwhelm, absorbing other people's needs, poor personal boundaries, and disorder. Healing involves learning healthy boundaries and establishing internal order. The government shift is expressed through the declaration, "My gates are governed by Christ." Supporting themes are found in Proverbs 4:23, Nehemiah's rebuilding of Jerusalem's gates, and 2 Timothy 1:7.

The Hivites symbolize deception and compromise. Their influence appears through self-deception, denial, false peace, hidden agreements, and avoidance of truth. Healing requires exposing hidden agreements and bringing unhealthy coping mechanisms into the light. The resulting declaration is, "I choose truth over comfort," and, "I will not make covenant with things that keep me bound." Related scriptural themes include John 8:32, Ephesians 5:11–14, and Psalm 139:23–24.

The Jebusites represent entrenched strongholds surrounding destiny, worship, inheritance, and authority. Bianca observes that "the place of my greatest resistance can become the place of greatest consecration." She also insists that ultimately "God will have His throne." Healing requires surrendering competing thrones within the heart and yielding worship fully to God. The government shift allows God's intended purpose to occupy territory once controlled by resistance. Relevant scriptural themes include Psalm 24, Hebrews 12:22, Revelation 21, and Romans 8:28–30.

Underlying all of these symbols is what Bianca describes as an internal field of governance. She argues that beliefs create patterns, internal narratives shape perception, and the mind naturally seeks evidence that confirms existing beliefs. Trauma can become louder than God's promises, and false agreements allow these symbolic nations to occupy territory within a person's life. She states, "If that trauma has a voice louder than what God is saying to you now, that is something we need to look at."

Before engaging in prayer, Bianca introduces somatic preparation as a way of helping the body receive and engage. Participants are encouraged to observe their surroundings, notice colors, light, and textures, practice deep breathing, engage in gentle movement, and cultivate awareness of safety and belonging. The goal is to move the body into a state of listening, learning, and connection.

The ministry time begins with a foundational declaration that believers are not approaching the process from shame or sin-consciousness, but from their identity as sons of God in Christ. The "land" being discussed is defined broadly as the heart, body, nervous system, imagination, memories, will, and capacity to receive inheritance. Prayer focuses on acknowledging Christ's lordship over this inner territory, asking for revelation regarding governing patterns, surrendering fear, instability, pride, compromise, and resistance, and embracing identity in Christ.

Repeated declarations reinforce this realignment:

"I am not ruled by fear."

"I am governed by the spirit of sonship."

"I am secure in Christ."

"Our inner land is governed by belonging, rootedness, and covenant peace."

Throughout the teaching, references are made to Deuteronomy 7:1, Israel's covenant relationship with God in Exodus and Genesis, themes from Job, Joshua, the Psalms, Colossians 1:17, God's declaration that His grace is sufficient, David's life and writings, and the imagery of Zion and Jerusalem.

Overall, Bianca Van Staden presents the seven nations of Deuteronomy 7 as symbolic representations of entrenched internal patterns that resist Christ's government. Through self-awareness, healing, renewed identity, practical regulation of the body, and prayerful surrender, believers can participate in God's work of clearing the land within, allowing their inheritance, purpose, peace, and maturity to come increasingly under the government of Christ.