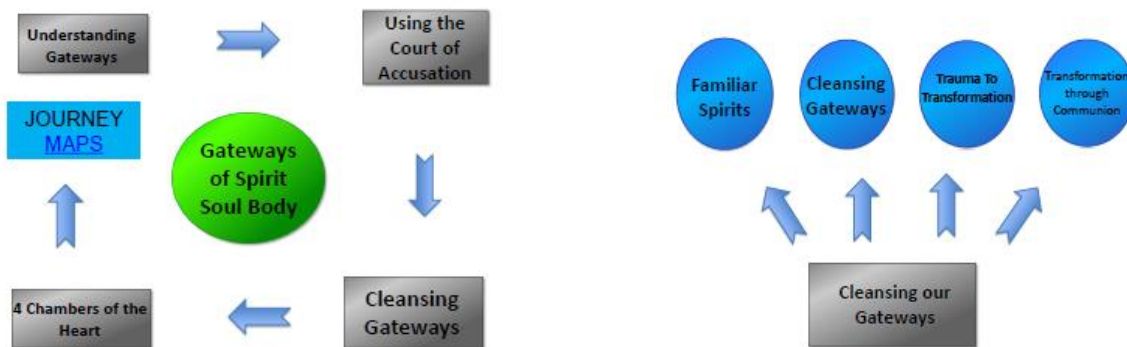


Module 4 – Cleansing Gateways 3 - 14 Trauma to Transformation

Session 14

Pathway of relationship that leads to deeper intimacy with God

- Flowing from inside out - heaven to our gateways of spirit, soul, body to the world around us
- We can access the legal or judicial court system of the heavenly realms to open our gates and keep them flowing



➔ **A gateway is a place of authority where dominion is exercised**

- Whoever controls your life's different gateways exercises authority, dominion & control over you
- Your gates are designed to be open and flowing from the inside out so that you become a gateway of heaven



1 Cor 6:17 But the one who joins himself to the Lord is one spirit with Him.

•1 Thes 5:23 Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ.

Our gates can be blocked through:

- Nature - DNA genetic programming
- Nurture - environmental programming
- Trauma - experiential programming
- Soul is used to drawing from outside in
- Soul can block the flow of the spirit
- Dethronement of self, soul, old life is necessary
- Worth the discipline to gain the delight

We can view transformation differently dependent on our view of God

•Loving Father or harsh task master?

•Transformation may be seen as punishment to be avoided rather than an opportunity that we are rewarded with

- The more intimate we are with God the more we will want to receive from the inside and less from the outside
- When we know God's love, affirmation and acceptance we will see that He loves us too much to leave us as we are
- Transformation is an opportunity a stepping stone to destiny

Phil 4:4 Rejoice in the Lord always; again I will say, rejoice!

•James 1:2 Consider it all joy, my brethren, when you encounter various trials, 3 knowing that the testing of your faith produces endurance. 4 And let endurance have its perfect result, so that you may be perfect and complete, lacking in nothing.

Heb 13:15 Through Him then, let us continually offer up a sacrifice of praise to God, that is, the fruit of lips that give thanks to His name.

•Attitude of gratitude brings transformation

•How do we see and perceive our existence as + or - ?

Our belief systems can filter information through our minds to reaffirm the reality it holds

•Frames our reality from an earthly perspective

•Information we have received from birth through our senses gives us our frame of reference

Rom 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

•Our subconscious mind and conscious thinking is the key to transformation

•Prov 23:7 For as he thinks within himself (Heart), so he is.

The natural senses receives 40 million bits of information a second

•The mind processes billions of bits of information 40,000,000 x 86,400 a day

•Most information is shredded by an area of the brain called the hippocampus

•We store to memory only what is important

Anything you continually repeat gets stored as memories

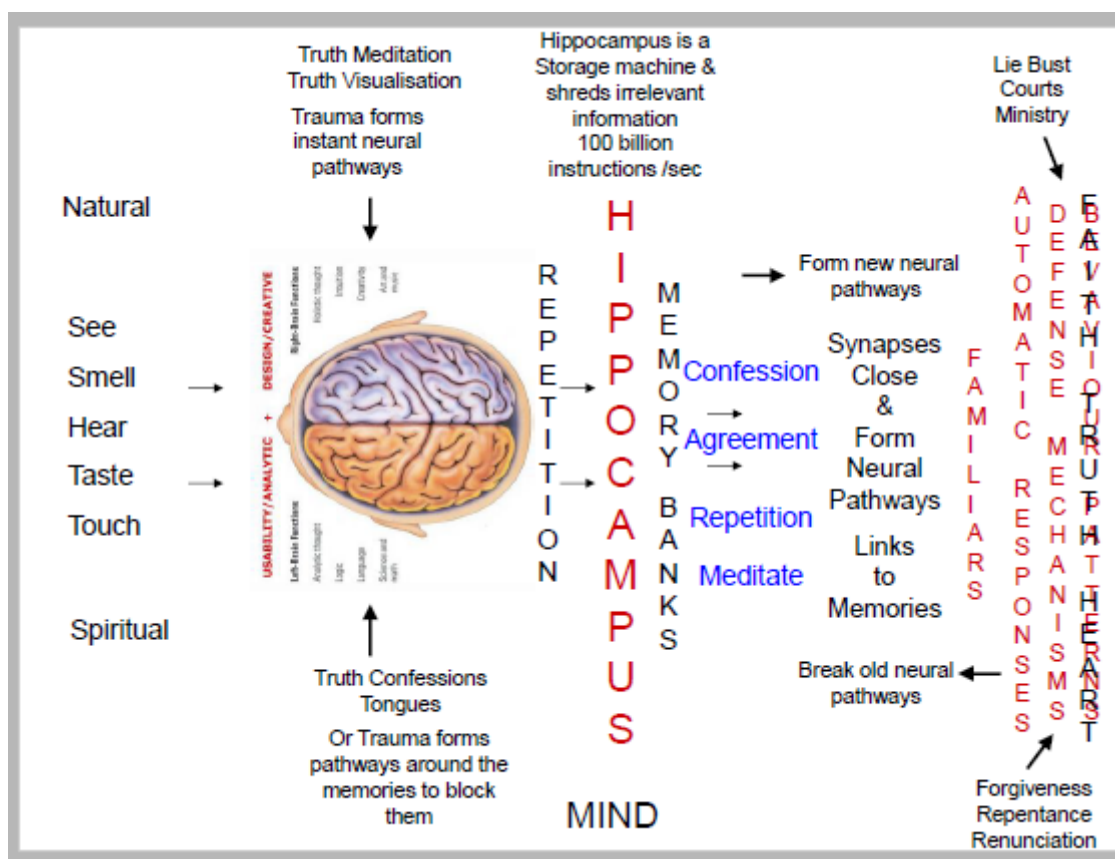
- These memories become the experiential programming of our reality
- We become conditioned by our experiences to live from them
- We live by repeating the cycles of learned behaviour

Our mind forms neural pathways to memories stored in our subconscious mind or heart

- Some experiences usually highly traumatic or pleasurable get immediately stored
- Environmental triggers load programs into our conscious mind as thoughts

The human brain has about 100 billion neurons (or nerve cells) and many more neuroglia which serve to support and protect the neurons

- Each neuron may be connected to up to 10,000 other neurons, passing signals to each other via as many as 1,000 trillion synaptic connections, equivalent by some estimates to a computer with a 1 trillion bit per second processor



Dr Caroline Leif has great teaching on the power of our thinking

- We are a tri-part being - holistic
 - 75% to 95% of the illnesses that afflict us today are a direct result of our thought life.
 - What we think about affects us physically and emotionally. There is an epidemic of toxic emotions.

The average person has over 30,000 thoughts a day.

- Through an uncontrolled thought life, we create the conditions for illness; we can make ourselves sick!
- Research shows that fear triggers more than 1,400 known physical and chemical responses and activates more than 30 different hormones.
- Toxic waste generated by toxic thoughts can cause the following illnesses: diabetes, cancer, asthma, arthritis, skin problems and allergies
- We need to consciously control our thought life and start to detox our brains
- Changing your thinking is essential to detox the brain and to change

Consciously controlling your thought life means not letting thoughts rampage through your mind.

- It means learning to engage interactively with every thought that you have, and to analyse it before you decide either to accept or reject it.
- Take captive negative thoughts

2 Cor 10:5 We are destroying speculations and every lofty thing raised up against the knowledge of God, and we are taking every thought captive to the obedience of Christ,

What are some of the thoughts we need to take captive?

- Un-forgiveness (includes: bitterness, resentment, anger, hatred, violence) – towards anyone, mother in law, spouse, co-worker, or yourself.
- Passive aggressive behaviour – saying one thing and doing another, not able to say how you feel, fearful of conflict.
- Fear of man – always analysing what others are thinking of you, being critical of others or yourself.
- Self hatred – continually saying you are sorry for things, thinking you don't measure up, comparing yourself to others, saying to yourself, "you idiot" or "what's wrong with you", the inability to love yourself, lack of self-care.
- Guilt – feelings of worthlessness, shame, always feeling like it is your fault.

Negative thoughts create negative words – saying things like

- "I can't do it"
- "I always mess up"
- "things will never change"
- "that's not fair"
- "you always hurt me"

Toxic Thoughts lead to

- Toxic Emotions lead to
 - Toxic Words lead to
 - Toxic Choices lead to
 - Toxic Relationships lead to
 - Toxic Health
- How many "could-have", "would-have", "should-have" statements will you make today?
 - How many "if onlys" will be part of your inner vocabulary today?

- How many times will you replay in your head a conversation or situation that pained you, or one that hasn't even occurred yet?
 - How many scenarios will you create of the unpredictable future?
 - How much is speculation taking out of your day?
 - How passive is your mind?
 - How honest are you with yourself?
 - How many times will you say one thing but meaning another?
 - How distorted is your thinking?
 - Are you forming a personal identity around for example, a disease?
 - Do you speak about "my arthritis", "my multiple sclerosis", "my heart problem"?
 - Engaging God Cleansing Gateways
 - Do you ever make comments like "nothing ever goes right for me"; "everything I touch fails"; "I always mess up"?
- **If you answered yes even to just one of these, your thought life needs detoxing right now.**

Toxic thinking is very powerful

- A poison that becomes physically, emotionally, and spiritually dangerous
- Toxic thinking stresses your body
- It can affect your memory, mental health, heart, digestive system, immune system

Toxic thoughts trigger negative and anxious emotions, which produce biochemicals that cause stress.

- They are stored in the mind and in cells of the body.
- Thoughts are electrical impulses, chemicals and neurons. They look like a tree with branches

As the thoughts grow they become permanent, more and stronger branches are formed

- Neural pathways and networks connected to the memories
- Thoughts activated then activates attitude, which is the sum of all your thoughts and is your state of mind

Your state of mind releases chemical secretions

- Positive mind releases correct amount but negative disrupts the normal flow
- The chemicals are cellular signals that translate your thoughts to your body and mind to create emotions
- Your thoughts and your body are connected

When triggered the neural network recalls emotions either euphoric or traumatic.

- Thoughts create reality right down to genetic levels and restructuring of cells
- Epigenetic changes can take place within DNA through thoughts

Positive thoughts release feel-good-chemicals that promote healing, memory formation and increase intelligence.

- Promote a healthy foundation in the minds neural networks
- Endorphins and serotonin promote mental and physical health

Phil 4:6 Be anxious for nothing, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. 7 And the peace of God, which surpasses all comprehension, will guard your hearts and your minds in Christ Jesus.

Phil 4:8 Finally, brethren, whatever is true, whatever is honourable, whatever is right, whatever is pure, whatever is lovely, whatever is of good repute, if there is any excellence and if anything worthy of praise, dwell on these things.

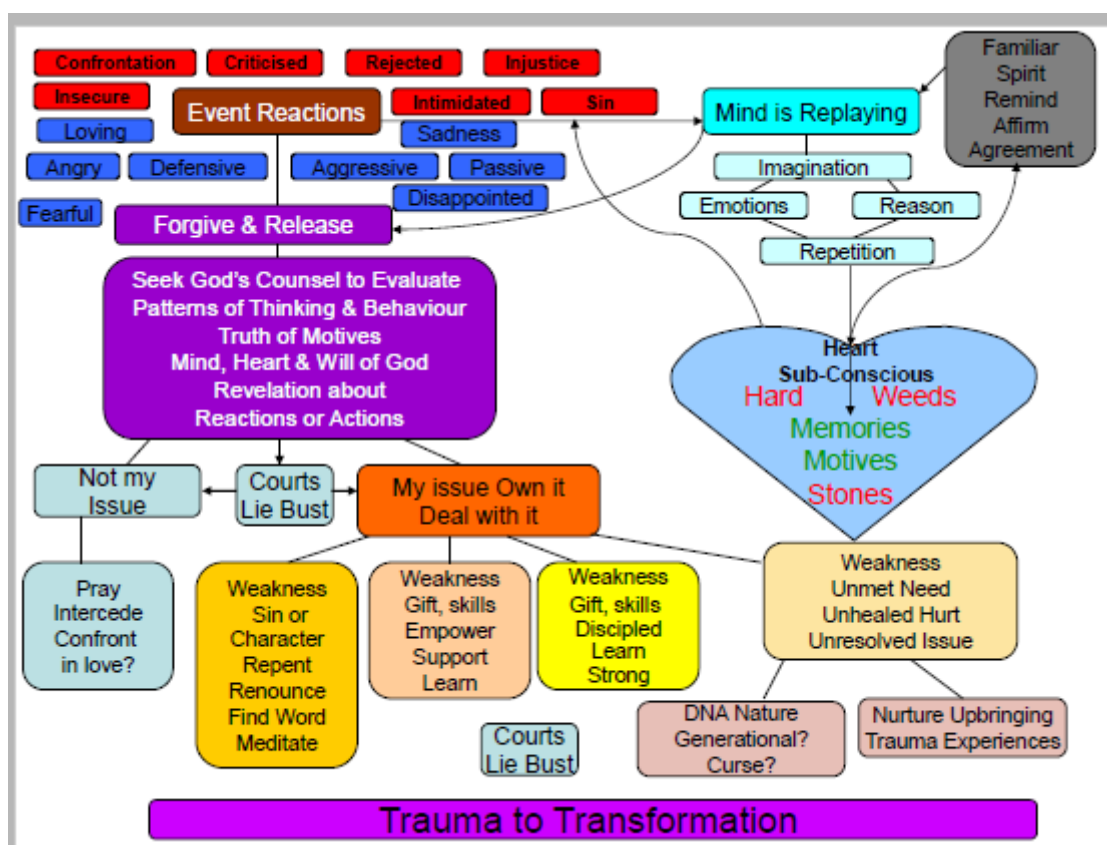
There are INTELLECTUAL and MEDICAL as well as SPIRITUAL reasons to FORGIVE!

- Helps keep us mentally, emotionally and physically healthy
- Prov 22:22 A joyful heart is good medicine, But a broken spirit dries up the bones.

Rom 12:2 And do not be conformed to this world, but be transformed by the renewing of your mind

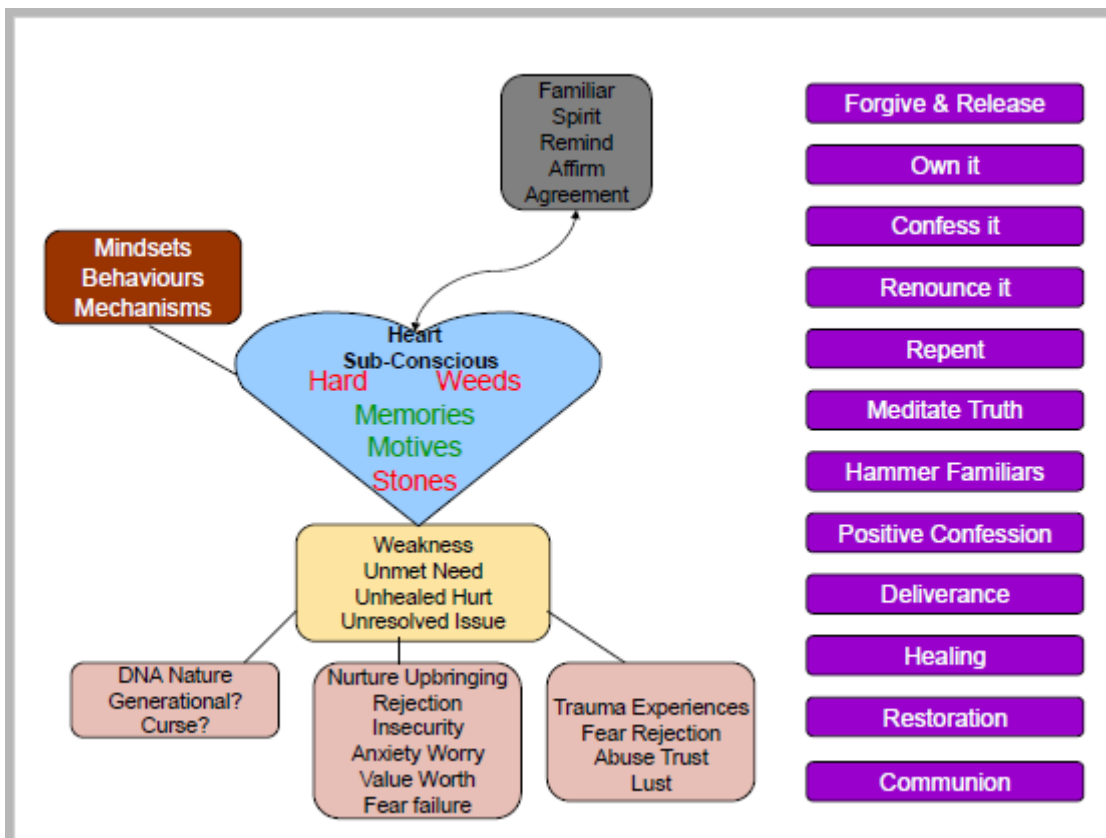
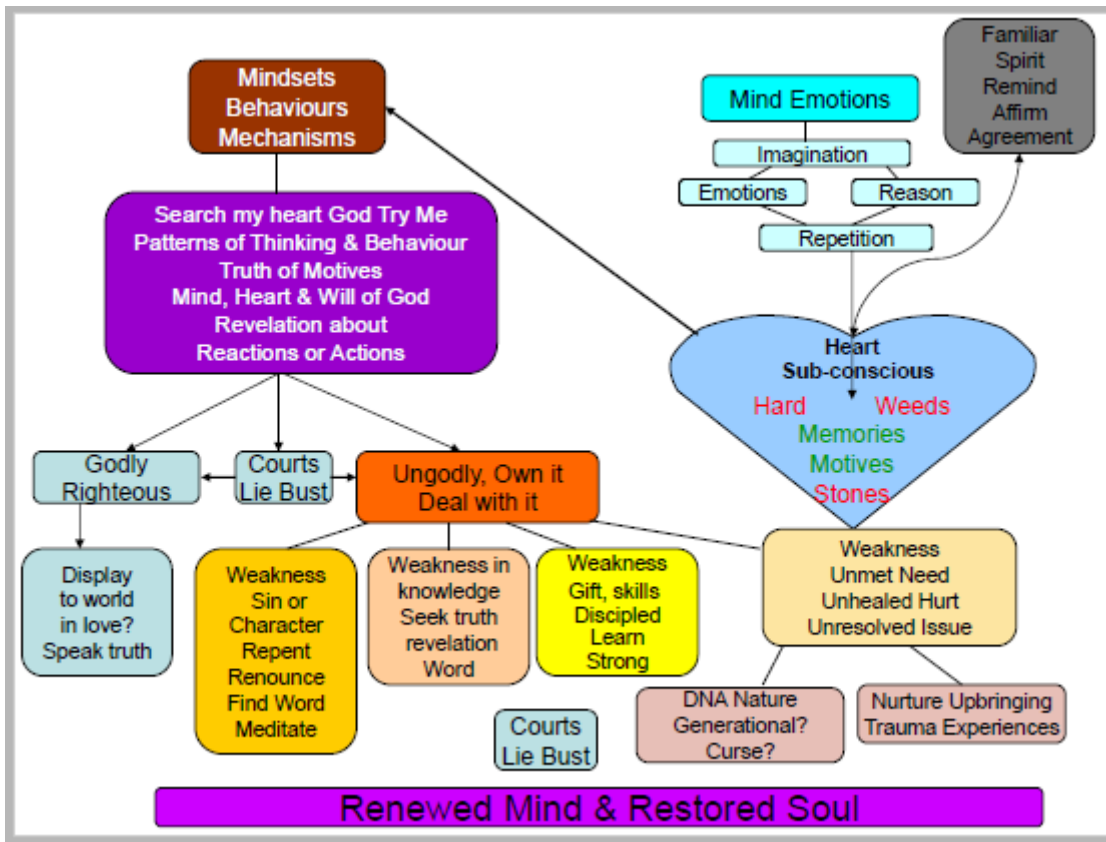
The process to turn trauma into transformation

Be reflective and willing to engage your own reactions and use them as stepping stones to change



Psa 139:23 Search me, O God, and know my heart; Try me and know my anxious thoughts; 24 and see if there be any hurtful way in me, and lead me in the everlasting way.

•We can use this process like our own court-busting (mixture of court case and Liebusting) session to search, try and purify our hearts



- Do a daily inventory, a “check up from the neck up”
- Thinking, Feelings, Speech
- Reactions, Responses, Replays
- Be proactive about transformation and renew your mind
- Choose a reaction to a situation and follow the process

Engage the 4 orders of Angels that are assigned to help us in this season:

- ☞ Transformation
- ☞ Winds of Change
- ☞ Sound of Many Waters
- ☞ Refiners Fire

