



## **Heart Talk**

A hands-on approach to emotional peace  
through the Spirit of God.

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Unless otherwise indicated, scripture references from The Authorized King James Version of the Bible are marked 'KJV.' Scriptures from The New International Version copyrighted by the International Bible Society, are marked 'NIV' and used by permission.

Heart Talk

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## Introduction

When I was a boy, I loved to build model airplanes. This was just after World War II and there were many newsreels at the picture show, stories in the newspapers and also real live war heroes in the nearby Naval Reserve and Air Guard squadrons that fueled the fire in my young heart. They flew aircraft with romantic sounding names such as Mustang, Corsair, Hell Cat and others. It was just awesome to this boy! I tried to copy the real with the imaginations of my heart.

The models that I tried to construct were not very high quality by any standards. They were crudely cut from balsa wood, with a lot of glue and a little paint. These models rarely lasted more than one day as the punishment of actual flight proved the weaknesses inherent in my designs. These failures then lead to a new and improved version. These models only existed to be enjoyed and proven and then, to be revised and enjoyed again. The model in this book for healing of the heart flies very well but we know that it is not fully perfected and there may be design flaws that appear with use. Enjoyment and fulfillment are still to be found here even though perfection is not.

This short book is a model of spiritual life for Christians who seek and need a more developed methodology to become more healed, live in more freedom, and be more like Jesus. This book is a model from which one can incorporate ideas, thoughts, and spirit power to live in their own personal version of what the Apostle Paul wrote: "Forgetting those things which are behind or in the past, I press onward and upward in search of the life quality and function that is seen in Christ Jesus." KJV <sup>1</sup>

Pat and I offer this model for spirit transformation to people everywhere as only a child's attempt to reach the genuine which we see afar off. It is true and possible yet this desire for fulfillment of that perfection found in Christ is expressed without having reached it fully ourselves.

We work with pictures, dreams, words, visions, emotions of every kind found in the heart that are mostly expressed as metaphors that speak of reality to the inner man. Many metaphors are used in the Bible and here to describe what natural men cannot understand or enter into. Our purpose is to build a bridge over natural intelligence and into the human heart where this all becomes alive and real.

1

Philippians 3:10-15. Let the reader be aware that while we begin with the Kings James Version or New International Version, we might rearrange and rephrase the verses to better communicate our thoughts. Think of this little book as written with paraphrased Scriptures throughout. TWJ

## A Scriptural Foundation

There are 833 scripture verses that talk about the heart. God wants to give us a new heart that loves Him and desires to serve Him. He wants our hearts to reflect the love of God to our families, friends and community. God spoke through the prophet Ezekiel when He said, Ezekiel 36:24-28. "For I will take you from among the heathen, and gather you out of all countries, and will bring you into your own land. Then will I sprinkle clean water upon you, and ye shall be clean: from all your filthiness, and from all your idols, will I cleanse you. A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them. And ye shall dwell in the land that I gave to your fathers; and ye shall be my people, and I will be your God." KJV

## Fulfillment of the New Covenant

In this passage, Ezekiel was prophesying about the new covenant God would make available to us through His Son Jesus Christ. God knew man was not capable of loving and serving Him faithfully because of his inherited

### Adamic nature.

Therefore, God would have to give us a new heart and spirit that would love and obey His commandments. (Also in Jeremiah 31:33, Heb. 8:8, 8:13, 12:24.) Looking at the history of the Israelites, we see cycles of faithfulness and falling away from God back into sinfulness. Man did not have the capability within himself to love and serve God without giving way to worldly and demonic.

### Satanic temptations.

One generation would follow hard after God and the next would fall away from God. When they got into trouble and were overcome by their enemies, they would cry out to God to rescue them, which He did. But then when things were going well again and they were enjoying His blessings, they gave into the lust of the flesh, lust of the eye and prideful behaviors. Heb 12:24 *"And to Jesus the mediator of the new covenant, and to the blood of sprinkling, that speaketh better things than that of Abel."* KJV

## Being Born Of The Spirit

Even though Ezekiel might not know this, he was also prophesying about the new birth process. John 3:3 *"Jesus answered and said unto him, Verily, verily, I say unto thee, Except a man be born again, he cannot see the kingdom of God."* KJV

As we are born again, the Spirit of God takes up residence in us. It is “*Christ in us*” that causes us to experience regeneration, or becoming a new creature with a new heart and spirit. God wants us to enter into his covenant of love that will last for a thousand generations. Our model sees this as a process that operates in tandem with the removal of the old heart. If the order of events is correct in Ezekiel 36, then the old heart must be removed first and then we are able to receive a new heart. Many religious models explain being born again as an instantaneous miraculous exchange that occurs when someone hears a gospel message and ‘believes’. Also, our model holds that the person must be involved in the transformation in full cooperation for any of it to truly take place.

### **Healed and delivered from our past life**

What we need is a heart transplant! We need the Great Physician Jesus Christ to take out of us the stony heart and replace it with a new heart that is full of good things.

Isaiah 61 tells us that Jesus came to bind up the brokenhearted, to set the captives free, release the prisoners from darkness, comfort those who mourn... to help people see their potential as God sees it—wearing crowns of beauty, the oil of gladness and garments of praise.

Psalm 147:3, “*He (the Lord) heals the brokenhearted and binds up their wounds.*” NIV

### **Harmful experiences.**

The Lord wants to bring healing and deliverance from our past experiences. And sometimes our past is filled with harmful experiences that have happened to us which cause our heart to be wounded and broken. He doesn’t want us full of fear, doubt, anger, shame—whatever is troubling our heart.

### **Sinful responses.**

Sinful responses on our part get stored in our heart as hard or stony places such as anger and resentment. He wants us to cast these burdens on him so he can replace them with healed and healthy emotions. Jesus wants to give us his peace to replace the negative, damaging emotions stored in our hearts. Good things may be stored in our hearts.

Matt. 12:34-35, “*For out of the overflow of the heart the mouth speaks. The good man brings good things out of and the evil man brings evil things out of the evil stored up in him.*” NIV (repeated in Luke 6:45) (See Prov. 14:30, Prov. 17:22, Matt. 12:24, Gal. 5:22, Eph. 5:19, Col. 3:15.)

2 Tim. 2:22, “*Flee the evil desires of youth, and pursue righteousness, faith, love and peace. Along with those who call on the Lord out of a pure heart.*” NIV

Good things include: peace, joy, love, mercy, gratitude, faith, trust, freedom, happiness, security, cheerfulness, humility, gentleness, patience, forgiveness, sincerity and discernment.

According to the scriptures, the heart can be committed, steadfast, undivided, pure, strengthened, encouraged, refreshed, obedient, thankful and... healed.

If Jesus Christ lives in your heart, you can live the abundant life full of joy and peace. Your heart and mind can be led and controlled by the Holy Spirit when He has been invited to sanctify your heart and mind.

*Gal. 5:22, "But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires." NIV*

As we cooperate with the Lord for the heart transplant, the fruit of the Spirit should be developing in our hearts. The character of Christ should be forming in us so we are maturing as sons and daughters of God. If it is not, then we need to discover why not, what things are hindering our spiritual and emotional transformation.

### **Evil or stony places are stored in our hearts.**

*Matt. 15: 19-20, "For out of the heart come evil thoughts, murder, adultery, sexual immorality, theft, false testimony, slander. These are what make a man unclean." KJV*  
(See Lev. 19:17, Jer. 4:14, Jer. 17:9, Ps. 95:8, Prov. 15:13, Mark 11:23, John 12:27, Acts 8:21, Heb. 4:12.)

Evil or darkness includes: revenge, fear, anxiety, doubt, unbelief, disobedience, insecurity, deceitfulness, unforgiveness, secrets, anguish, pain, hatred, foolishness, grief, sorrow, bitterness, resentment, disappointment and evil motives.

The heart can also be crushed, wounded, broken OR divided, hardened, and calloused. Negative emotions are stored in the heart and interfere with one's identity, relationship with others and with God. As we searched the scriptures, these are the specific things we found that can be stored in our heart because of bad experiences in our life.

### **Good News—heart can be transformed!**

Jesus and the Holy Spirit want to heal these harmful emotions. He will replace them with his perspective on the event and give us healthy thoughts, attitudes and behaviors. God wants to replace the "darkness" with His light.

*Phil. 4:6-8, "Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praise worthy— think about such things. "*  
NIV

*1 Peter 5:7, "Cast all your anxiety (care) on him (Jesus), because he (Jesus) cares for you." NIV*

## **Ministry Objectives Summary**

**Objective 1.** To help the saints fulfill their God-given destiny by entering more fully into the new covenant promise that we will receive a new heart: a heart that is teachable, that desires to follow after God and is full of good things like God's love, joy and peace.

**Objective 2.** To see lives changed now through practical application of these principles.

**Objective 3.** To equip the saints to minister not only to themselves, but to others.

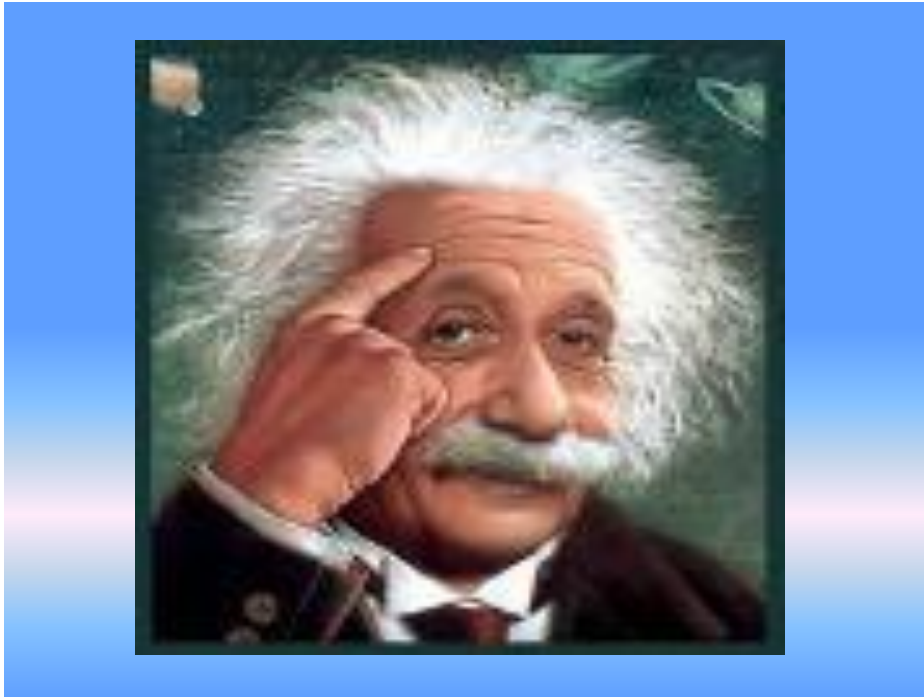
## **Expected Benefits from this model of ministry**

By setting up communication directly with the heart, we can change the emotional content of memories and thereby change the way our heart processes those memories and their Influence in daily life. By practicing the 'Ministry Algorithm' we expect benefits! A few of these are:

- Direct communication with the heart
- Changed in the emotional content of memories
- Remove the pain and Influence of old hurts
- Reduced stress
- Increased peace
- Silencing of tormenting thoughts
- Stopping the inner movies and sound tracks
- Resolve inner conflicts
- Better beliefs and expectation
- Reduced or eliminated power of abuses
- A clear mind
- Less confusion of mind
- More clarity of purpose, vision and destiny
- Fewer detours in life
- A hope filled future
- Defeated fears



**Or.... try insanity!**



“Insanity is doing the same thing over and over again and expecting different results.”  
Albert Einstein.

So.... do we want to keep repeating the mistakes of the past, or make some changes that will help you to fulfill your destiny in Christ?

**Peace or Stress?**

Jesus tells us that the peace he gives us is not like what the world has to offer. This makes peace a spiritual and supernatural condition by His definition! So, this concept doesn't easily cross over into the natural mind or intellect. Peace is a heart at rest, yet strong. Peace is a flow of spirit power from Jesus to the individual. Peace is dependent on a living relationship with the Lord Jesus. The natural mind cannot grasp or enjoy this peace as it passes all understanding.

After the model building days as a youth, the excitement and romance of aviation did not go away and ultimately I began to take lessons to earn a license as a private pilot. One of the first lessons is that when you roll out to take the active runway, you must line up the nose of the plane with the center-line of the runway which is usually a large white stripe from one end to the other. Then, as you begin the takeoff roll and gather speed, you make small corrections to stay aligned with that white stripe! The idea is to not wander off the runway heading and perhaps interfere with other air traffic. Again, when landing, that white line is the best reference for making a successful landing. On final approach, the pilot makes more small corrections to compensate for wind drift, decent rate and other factors. All the corrections are aimed at reaching the end of the runway at the correct speed and direction to join that white line and then bring the aircraft to a safe landing and exit.

God's Peace is something we can and should concentrate on with every take off and landing that we make in life! If we lose that 'sense' of His peace then a small correction is called for so that we don't get ourselves in trouble. At times, for all of us, there are strong cross winds with high gusts which threaten our flight. Frequent storms of emotions or troubled relationships or failures or whatever blows us off that straight line of God's Peace. Make the internal corrections quickly so it doesn't become too difficult to complete the flight.

Jesus offers us Peace, not as the world gives. But do we function moment to moment out of Peace or Stress?

When the body/mind are at rest the heart sends signals to every cell in the body to be productive and happy. When any danger or threat is perceived, a signal is sent out to defend or 'run'. This state is called 'stress'.

1400 biological changes happen instantly and we move from peace to stress. These biochemical changes are needed for a moment, but not for a life time. If we cannot live out of a heart at peace, the stress will kill us. And it usually does.

The answer is to convert all things that stress into things of peace. Make peace with your enemies. All stressors are your enemies!

## **Receiving the Peace of Christ.**

Many scriptures tell us about the peace God wants to give us:

John 14:27, *“Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.”* NIV

Col. 3:15, *“Let the peace of God rule in your hearts since as members of one body you were called to peace.”* NIV

Isa. 26:3, *“You will keep in perfect peace him whose mind is steadfast, because he trusts in you.”* NIV

Prov. 14:30, *“A heart at peace gives life to the body, but envy rots the bones.”* NIV

This is why we have written this book! To help you rid your hearts of the negative beliefs and emotions stored there and to enable you to experience the peace of Christ in your hearts.

## **Our Choice.**

We can refuse to submit to the sanctifying work of the Holy Spirit, thereby experiencing more of the same pain, fear or whatever the negative emotions are that are hindering our transformation.

Or, we can pursue the peace of God that passes all understanding so that it rules in our heart and mind.

## **Draw Near to God.**

James 4:8, *“Come near to God and he will come near to you. Wash your hands, you sinners, and purify your hearts, you double-minded.”* NIV

In order to purify our hearts and get rid of our double-mindedness, we need to do some “heart talk” with the help of the Lord. Whenever we draw near to God we not only see Him more clearly, but we see ourselves as we truly are—our faults, our shortcomings, where we have not measured up to His expectations. However, it is never with condemnation, but help and encouragement that with His grace we can be changed.

## Mind Model

# Mind Model

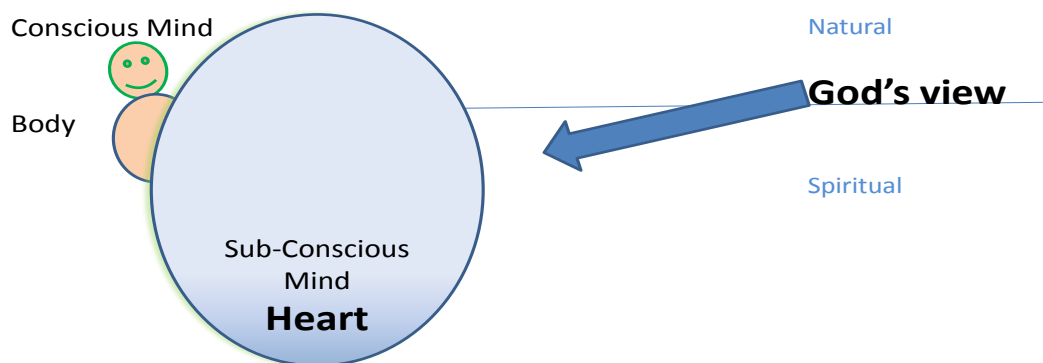


Figure 1

“Look at it my way” the Lord said to me, and I protested that I did and do, so what do you mean? Patiently and over time the Spirit of the Lord explained to me that all of my understandings of Scripture and life in the spirit were incomplete, corrupted and biased by my life in the flesh. He taught me that the natural man cannot understand or know the things of God, because they are spiritually discerned and that when my old man took hold of Scripture of vision or revelatory word, that I immediately related that Word to natural things and ended up with an incomplete and skewed picture. He was giving me an accurate picture, but I saw it all as in a twisted mirror at a carnival side show. My version of spiritual reality was all messed up and therefore unproductive. Being told by the Lord that your version of truth was in error is no small matter, but I could not escape what He was telling me.

So, I sought Him for how to make it right, get it right and how to live more fully in Him.

Then He told me two more things: The first was to be still in my mind so that my heart could listen and actually hear and see what He was showing me. The second thing was that the Mind of Christ, the treasure house of true spiritual knowledge, is always accessible to any of us who care to set aside what we believe to be true in order to know what is true...from His perspective.

# Mind Model

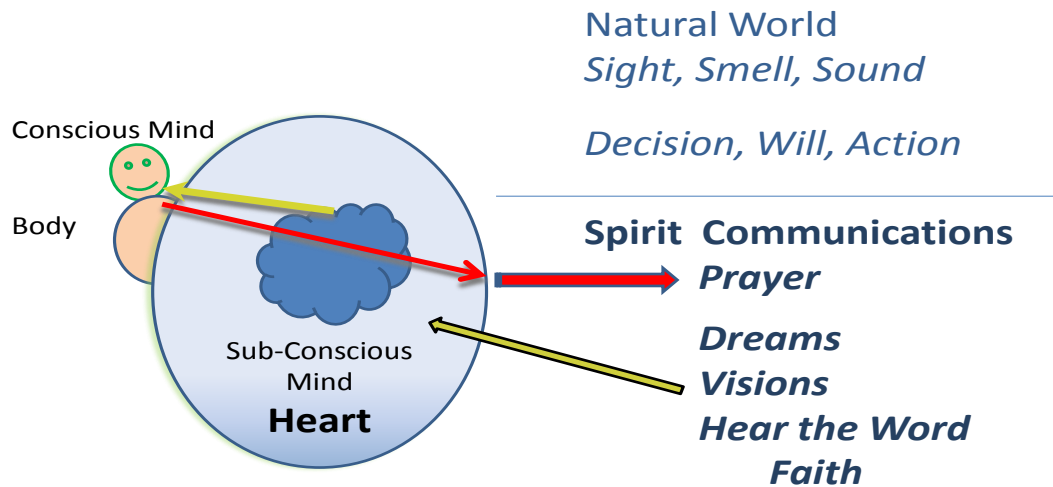


Figure 2

It is very likely that our model of man will be very different from yours, but please, just consider that our model is an approach that came to me by the Spirit when my model was much the same as yours. So, I offer our ideas not as wholly our own, but the product of revelation and inspiration from the God who progressively unveils the secrets of the kingdom when the time and purpose are correct. These are times when the fulfillment of all restoration and refreshing are increasing at an exponential rate and so we have been given a little better understanding.

Let me show you a few examples of how our Model will differ from yours and why.

1. Father God sees all men as spirit beings composed of light as a spirit generated energy form. Men are seen as spirit first and then as flesh and blood in a less important way. The eternal man is evaluated according to the qualities of his heart, this is the spirit heart rather than the analogous physical pump of the natural body. In our model, the Heart is pure spirit and 'plugged into' the physical body to enable that body to function on earth (see Figure 1).
2. Man's natural view is of man as a 'living being', a nephesh, or soul which is true. The soul man is recognized to be the result of the breath of God entering the dirt of the earth and the energizing that dirt as living flesh. From then on, natural man's focus was on the physical body and such parts as the brain and central nervous system which enable him to function as 'earth people'. Hence, in physical sciences, man is viewed as functioning by the actions of the brain and central nervous system with all programs and patterns stored there and not as a spiritual man, a man from heaven.

**3.** God's answers to redemption, to transformation, to restoration, to perfection and so forth, are addressed to the spirit heart first and then outward to the natural being and the natural earth environment. Without healing at the heart level, there will be no, or at least little, positive change for the outward man and his view of self and others (see Figure 2).

**4.** Man largely believes that he can be changed, or healed by education, by training, by overwriting information and programs at the cognitive level with little or no attention to the spirit heart. The thought is that the heart is reached through the brain and the conscious mind. Our model is the reverse and you will have to adjust your perspective to flow with our Ministry Algorithm. We see the heart as primary to life function and it cannot be over written by teaching. To explain a little more: there is a common idea that "if I learn something new, then I can change my life." This is only a nice idea that will not be effective as long as there is conflicting information or programming in the heart. If the existing information written on the heart is contrary to new teaching, it will mostly disregard that teaching.

**5.** God makes a promise to spiritual men that He will take out the old heart and give us a new heart. This means to us that the things written and functioning in the heart can be removed or changed by spiritual means and that then, a new heart is possible through revelation and teaching of the Spirit. Our Model reflects this view and assists in its accomplishment. Now. Please, ask the Spirit of God to reveal truth to you and be flexible enough to have your model adjusted for the sake of learning more about Him and His creation.

Our Model of the Mind consists of the Conscious Mind and the Heart. Within the heart are the functions that we call the autonomic nervous system that discretely monitors and controls all physical body functions. Imagination and the processing of all incoming information takes place in the heart. All experiential records, which we call memories are also within the heart. The value given to any one memory or set of memories is proportional to the emotions in and surrounding that memory. The stronger the emotions, the more important and long lasting is that memory and the more it feeds into our behavior by unconscious patterns called beliefs. Beliefs blend together to control every action of life (see [Figure 3](#) and [Figure 4](#)).

Within the heart is a spiritual component the Bible calls "Imagination". This is our most creative part. The Imagination can take just a few reference points and produce a full length motion picture in no time at all.

When someone wrongs us, the imagination, can build a case against that person that we will prosecute sometime down the road.

The imagination can also produce works of art, of music, or of architecture, depending on how it uses the information available to it.

The imagination is where we receive Inspiration, Dreams, Visions and other Spirit Communications

This Model is distinctly different to the “Brain Model” that prevails today in natural science.

In addition to the Bible, there is much evidence to support our view. Take, for example, the 1000’s of reported ‘near death’ experiences. A man dies on the operating table and suddenly finds himself separated from his physical body yet retaining full mental awareness and function. Even being capable of speech, that no one below hears.

A personal friend told me of many ‘out of body’ experiences that he has had, going to various places to do spiritual warfare or to intercede. He says that God sends him and he has no choice but to go.

When he returns to his body, it is like someone awakening from a dream. The only difference he could tell was that all the physical pain (and he has had much) did not go with him. He had full awareness, consciousness when out of his body and can tell no difference in intelligence.

The Apostle Paul tells of being caught up to the third heaven and not knowing whether or not he was in or out of his physical body implying that awareness of surroundings was complete. The human spirit man functions better without a physical body, including the brain.

As I see it, the brain only functions as a powerful switch, like a computer, to relay signals from the heart to the body and back. But the brain is not needed in order for the spirit man to be fully functional. The brain is just an interface with the heart to facilitate interaction with the natural world.

John the beloved, in Revelation 1 and again in chapter 4, speaks of being in the spirit realm and then he describes scenes and events with full intelligence and memory.

Natural man’s perspective begins with the physical world which is known by sensors, eyes and ears that connect to a physical brain and central nervous system. All popular psychology models are centered on and limited to these considerations.

The natural model consists of a Mind, a Subconscious Mind and other related parts like the autonomic nervous systems. These are functions of the brain and its associated physical parts. These models are unsatisfactory in yielding an accurate and comprehensive understanding of the subconscious although attempts are made, again from a natural world perspective. The functions and interrelations of the subconscious remain a mystery. Psychological models of man begin and end with the brain and the physical rather than on the subconscious or heart as the Bible calls it. There may be some exceptions.

Our model is different. We study Mind with the intent of understanding God’s view of His creation rather than trying to fit the spirit man to our physical model thus separating us from the Father who is Spirit. We do NOT mention the brain and its functions very much in this book. Why? The Bible does not mention the brain at all.

The Bible speaks of Mind, Deep Mind, Thought, Understanding, Emotions, Imagination, and Heart. These are God's reference points for us to understand ourselves from His perspective as spiritual beings temporarily functioning in a physical body (see Figure 1).

This gives us a view that focuses on the heart and not on the outward appearance. This view is from the spirit world from above and down toward the physical world. The heart becomes the foremost functional part of man in our model and its importance is great. Jesus is the prototypical Spiritual Man, the man from heaven. This is important as all natural men are of the earth and therefore only capable of functioning in the dirt.

2 Cor 5:17 *"Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new."* KJV If any man be in Christ, he has died to the natural world

and been resurrected, or born again, or transformed to become a spiritual man too. This concept of being In Him is realized by degrees and means distinct transformation.

If this is so, then it becomes the foremost importance that our heart be healed that it might be transformed!

As the heart is healed and thus transformed, our perspectives change, gradually, from earthy to heavenly. Our values change, our relationships change, every imaginable way that we function in the world will change.

From sin to sanctity, from carnal to holy. As the heart is healed and thus transformed, we begin to see and hear and do the will of the Father by the Holy Spirit. This is a wonder filled destiny.

I asked the Lord, "What does all this mean? There seems to be a new emphasis on the New Covenant, ...something we have thought long settled and that takes place automatically when we are "born again." The Lord says, "This is a new emphasis on the New Covenant as the time grows closer to the return of Jesus to establish the Kingdom. For my people to participate in that Kingdom there is much change coming to them that they will be different than other men. My people will shine in my Kingdom, they will be men of light and purity, but they are not ready for this transition yet as they would only take impure hearts into a new eternal body. This is the time of positive change. A time of letting go of the old that the new may come." That is the destiny of the people of God!!



Good and Evil

# Mind Model

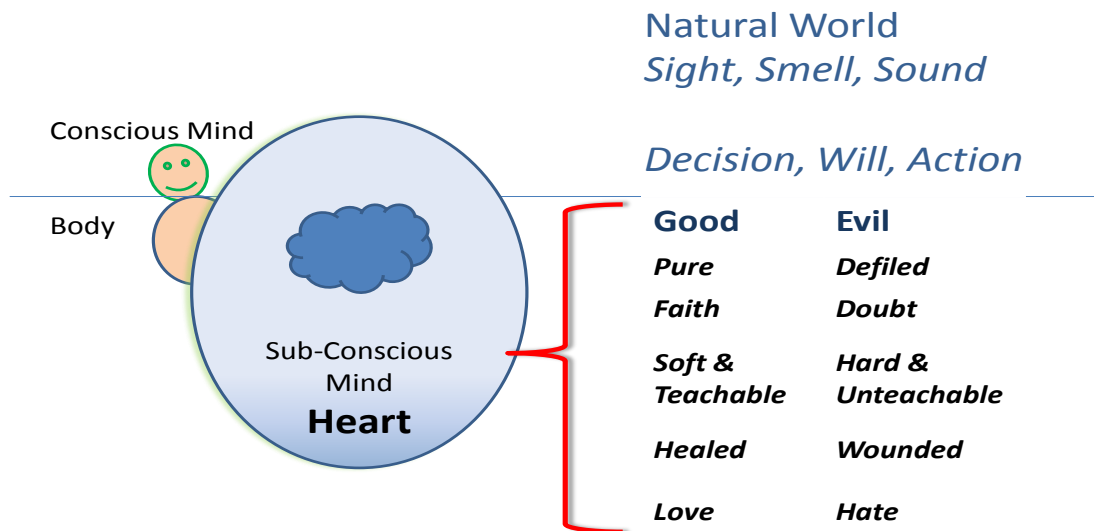


Figure 3

Our hearts, from a biblical view, are like a spiritual super computer. My laptop computer processes 4.8 bits of information per second. My brain or conscious mind processes about ~40bps. The human heart processes upwards of ~40,000,000 bps.

Most of our bodily functions are monitored and controlled by the heart which sends signals to the brain which, in turn, sends signals to the organs and conscious mind. Take for example the “Fight or Flight Response”. The heart processes a potential danger at spirit speed and sends signals to the brain and other organs to take action...before we can process and decide what to do in our conscious mind.

### Clean Slate

The heart comes at conception as an empty vessel or blank sheet upon which sensory experiences are recorded at astronomical rates.

### Parents, Guardians, Teachers:

What they teach and write on the young heart is a reflection of what is written on their hearts. Generation to generation most world view references are a family thing.

In this learning, the heart does not discriminate between right and wrong, only what is pleasant and that which is safe. Neither does the heart distinguish between that which is real and that which is imaginary.

The heart will determine right, wrong, happy, sad, do this, do that, discipline and order, as it is taught by parents and guardians up to about 6-8 years. This includes most identity qualities and functional capabilities.

At about 8 years of age, the heart begins to refer to what has already been written there and less upon new outside influences for reference points.

### **Schools continue the programming—good and bad.**

This does not mean that change does not occur or learning ceases after school years, but rather that most of what the heart needs is already there, as it were, written in stone. The primary goals of the heart are Protection and Success. Success may be defined by the heart as what we want and expect and, of course that may not produce real happiness or things that are good.

The effect is that early heart level beliefs and methods will repeat all throughout life unless constructive change is brought to those heart programs.

**The Reference Library**

# Mind Model

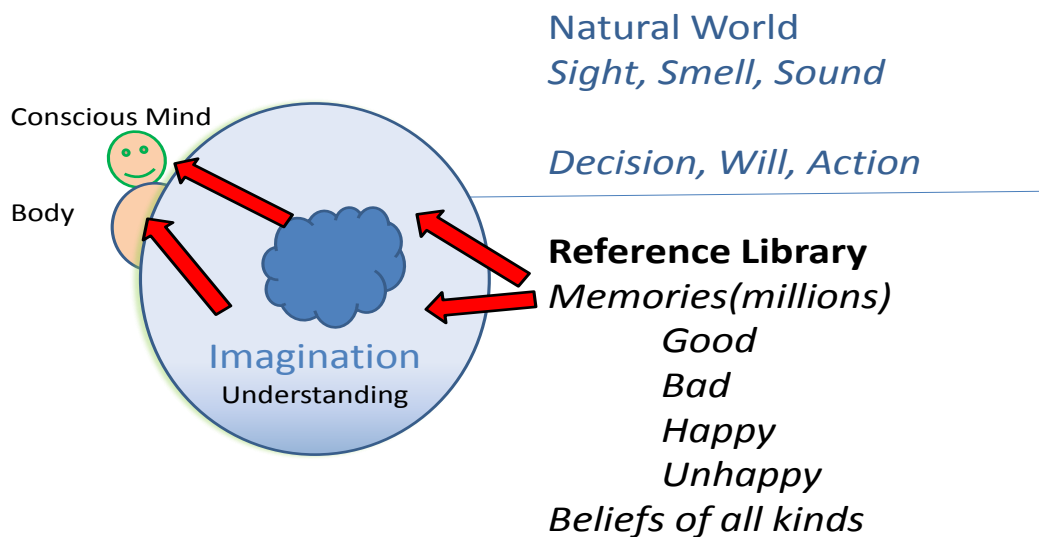


Figure 4

Every experience of life from conception on is recorded in the spiritual organ we call 'heart'. The heart will respond in 'now time' according to previous similar situations and results.

These records are what we call memories and even small similarities can be compared to form an association or link. With enough associations a belief is formed.

### Processing

Every new bit of information is evaluated. The stronger the existing information, then the more often new information will be discarded.

The heart only responds to what it has been taught, or programmed with when responding to new life experiences.

The heart can be programmed for success or failure. Fulfillment of the new covenant will program anyone for success and fulfillment of their destiny.

The existing programs will not change unless the recorded old experiences are modified as to strength and importance. This is the first phase of the new covenant process.

## **Beliefs and Perceptions**

Beliefs are summaries of experiences stored in the heart, along with emotions that strengthen and serve as proofs of those beliefs. Real or not.

Perceptions are formed in today's current situations based largely on the perceptions formed in the past.

Beliefs resist change even if change is based on facts, truth, the bible, or the best preaching in the world.

Beliefs are systems of informational analysis that are written on the heart, even though the information is incomplete or inaccurate. Everyone has many, many beliefs

If our memories and the attached emotions are frequent enough and strong enough, they form a belief structure within us and an expectancy of what will happen in future life.

When we are fearful, all that emotion is based on the heart's perceptions rather than actual danger.

Some have unreasonable fears like 'fear of heights', 'fear of open places', 'fear of terrorists', or 'fear of fire ants'. Fears of the heart which have more power than real danger.

## **Conflicts with the Conscious Mind**

The heart has its own right and wrong systems which have been largely learned from other humans rather than the Spirit of God. All heartache or relational pain comes as a signal out of the heart that new experiences will be like old experiences and they will not be good for us.

Inner conflict can be defined as having an argument with yourself. In the end, if the heart says "Noooooooo!" then that is it.

## **Memories & Emotions**

The strength of memories is felt as an emotion. In our model, Emotions are spiritual energy patterns having information and power. Every memory has these characteristics in varying degrees: Sight, Sound, Sensations. Each of us is somewhat different in how we remember memories. Some people have strong visual content, some have none. Others remember only the emotional content and the general facts around a situation.

Troubling or painful memories include painful emotions. A few of the more common are: fear, anger, shame, helplessness, failure, disappointment, depression, worthlessness, poverty, insufficiency and dread.

If these memories and the attached emotions are frequent enough and strong enough, they form a belief structure within us and an expectancy of what will happen in future life. Since one of the heart's major objectives is to make us successful, it will direct our actions in many, many ways to help us to achieve what we expect—good or bad!

We might say, "Somebody pushed my buttons" when we respond in an uncontrolled and ungodly way to a current event. Buttons are triggers for old memories to be lived again and again and again.

## Changing the Heart

To change the programs of the heart you must change what is already written there.

*“I will take out of you the heart of stone”... precedes... “I will give you a new heart”.* Ezekiel 36:36.

Think of a beautiful portrait of a loved one, or maybe even yourself. Now if you have the portrait in an ugly frame, what does that do to the total effect? Well the frame changes everything! If we frame a baby's picture in a heavy black frame....what message comes across? If we put a serious person in clown suit, how does that look? Or a rich man in beggar's clothing? Or try to put a happy face on a sorrowful heart? Those pictures send the wrong messages, don't they?

The emotions with which we frame our memories give meaning and power to those memories. Change the emotional framing of any memory and you change the behavior pattern that this memory is influencing. Since we create all the frames of every memory then we can change them if we like. Letting go of the old to embrace the new. Since the framing is all our own creation in the heart, then we can change them as needed so that they do not haunt us with limiting personal identity or a hopeless future.

What we usually do is to go to a seminar that will teach us how to pretend that the old does not matter, so just forget it and learn something new. I have tried this method many times with little results over many years. You might change jobs because you don't like working for 'that boss'. Only to find that the new boss is exactly the same. Different men in the same frame.

I heard of a woman who was divorced because of an abusive husband. She married a new guy only to be abused in the same ways six months later. She divorced him and met another guy who would be 'just right' for her. Then.....! She took her pictures and frames with her from man to man, but she should have made peace with them all in advance.

There was a family of four. They had a few job failures and a few relational failures along the way so when they had a family picture taken, they framed that picture with the caption, "Po Folks, Po but Honest". They opened a restaurant and put up a sign. "Good eats...Cheap". Everyday they would look at the family picture and try to understand why they went broke. They went broke because they tried building a new life on an old foundation of negative beliefs, expectations of failure, and toxic emotions.

## Friend in another country

In a recent email, our friend expressed his concern with what is going on in the world. "I'm doing fine, but I must admit that I'm really battling since the catastrophe in Japan.

Battling with how we should be better prepared for what's coming, battling with the end days syndrome, fear and all that stuff.

I know it's bad and that I shouldn't, but I do. I need to prepare my company. What happens when people stop buying? How can we prepare financially? Should we get a farm inland to avoid a tsunami and bla bla bla.. A million things going through my head. I guess my prayer request would be that I will keep focused on Jesus and not look at all the problems and issues. Yes?"

We site this story because it is typical of Christians everywhere at this time in history. Our friend is a mature Christian with a family of strong believers and is president of a thriving multinational company. With the responsibility of other people's lives bearing down upon him, he is struggling to keep the Peace of God and to be able to navigate what he views to be troubled times ahead. Does this sound familiar to anyone?

Our counsel to our friend is and was to establish the Peace in his heart and let that be his rudder and compass for all time. He and we know that once the Peace is disturbed and the stresses increase, it is much more difficult to get it back and let go of all the stress. He must take time to deal with the old fears and other memories of the past before he will be successful in regaining his Peace. He wants the problem to be gone but does not yet see that he has to work on some heart issues before the Peace is genuine and lasting.

The heart will not be effectively changed by simply writing over the records already there. That is, giving the heart new instructions that are in conflict with existing belief patterns.

The heart is not changed by giving it more education that is in conflict with information-beliefs-patterns that are already written there.

For example: I will not worry. I will not fear. I will not be angry. These are admirable objectives, but no effective means is known to overpower the old habits with new learning or strong commitment alone.

More: I will not smoke cigarettes any more. I will not be poor. You can go on a diet hoping to lose weight, but diets are one of the top causes of weight gain.

You can decide not to have a fear of...(fill in the blank), but you will quickly learn that will power alone will not be effective.

You can quote all the promises of scripture and read the latest self-improvement book. How well does that work for you?

The only thing that will work is to get the heart to cooperate, neutralize the emotional drivers and then propose replacement beliefs.

## Summary

Job said, *“that which I feared has come upon me.”* The thing that you fear will come upon you too if it rules in your life. Jesus offered us peace, but what do we truly live with?

You can try will power, you can try the power of a positive confession, you can try to read the Bible for new insight, you can do all these brain things, but the programming of the heart will win...every time.

We must take out the trash before the heart will consider new beliefs (see Figure 3).

The potentials of a better life, a prosperous and happy life are dependent of having a heart programmed to produce those things.

You can try to overwrite the programs, but it is better to delete them and replace all the negative, stressful codes with sound, healthy and happy codes.



**Ministry to Another Person****al-go-rithm**

A step-by-step problem-solving procedure, especially an established, recursive computational procedure for solving a problem in a finite number of steps.

Isaiah 10:27 “...*the yoke shall be destroyed because of the anointing*”. KJV

There is a place of ministry by the Spirit that is totally wonderful and powerful. I cannot describe well enough what it is like except that you can see change and healing and a ‘shift’ in heart condition. This is a partnership with the Lord to set His people free and to bring new citizens to the Kingdom. You can tell when the anointing is flowing because it takes you into a higher dimension of reality where there are no sorrows and only peace and joy.

As I tell you of my experience, I realize that most Christians are uncertain and a little afraid to try to minister to someone else and so the Body of Christ is lacking because we do not give our spiritual giftings to others. Let me help you.

First, I know that it is the will of God for His people to be healed and transformed. Second, I am willing to be vulnerable before another person or group of people to deliver what I have been given. Add a little activation and experience and you can help people too. It is also helpful that the Spirit brings this together and arranges moments of time when you will be able to help.

**Step One**

We begin by leading the person in a prayer such as, “Heavenly Father, we thank You for fulfilling the new covenant with me today. I ask you to take out of me this hard heart and give me a tender heart. According to the scriptures: I cast all my care upon You, because You care for me. I ask that every tree that You have not planted in me be rooted up today. I look forward to new peace and strength in me by Your Holy Spirit!”

In our algorithm we ask the person we are working with some simple questions to determine their presenting problem(s). This sets the direction for our ministry and when we have a little idea of what the problem looks like, we will begin to talk directly to the person’s heart, with permission, to do the ministry. We purpose to change the perceptions of the heart and it is to the heart we must go (see Figure 4).

**Step Two**

We will ask the heart two questions. First, “Is it appropriate and safe to make balancing changes in emotions?” and second, “Are all internal systems willing to cooperate?”

The person will feel an internal peace, or no conflict, if the heart is open to change at this time.

### **Step Three**

Then I give the heart an idea of what is coming next by asking something like this question. “Can you draw a tree with your imagination?” Usually they say they can. I ask, “If you pull up the roots, what will happen to that tree?” Usually they will say, “It will fall over and die.” I ask what will happen to any fruit on that tree? “It will die too.”

### **Step Four**

Then the conscious mind is brought into play to express his will. I will lead the person in prayer that will include ‘*casting care upon Him*’ from 1 Peter 5:7. Also, the prayer request is made to remove the broken heartedness and to give them a new heart in its place.

We instruct the heart, then, to feel the traumatic emotions...for the last time! This is important to the releasing process that heart really does let it all go. Additionally, we will ask the person to rate the strength of the emotional content, and when we have completed the release, to rate that content again. The objective is to reduce the negative content to zero. Therefore repetition of the algorithm is called for until it cannot be relived with the old emotional content at all (see Figure 3).

As the memory is relived, we instruct the person to declare their will for the heart to ‘let it go’ and we repeat supporting emotions that we suspect are present but unexpressed. For example: A person might recognize fear, and we would include anger, sorrow, and sadness to the mix.

As we lead the person in ‘letting it go’, I will lightly place the fingers of one hand on their forehead or cheek and silently with my will, release the anointing to help in breaking the yoke within.

### **Let’s review the Doctrine of the Laying On Of Hands.**

In the New Testament we see this ordinance of laying on hands occurring for five distinct purposes:

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To minister healing to the sick

- 

To help those seeking the baptism in the Holy Spirit

- 

To impart spiritual gifts

- 

To send out apostles

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To ordain deacons and elders in a local church Thus we see that the laying on of hands is an action that can impart blessing, wisdom, peace, comfort, healing, being filled with the Spirit, spiritual gifts, authority, recognition and destiny. It is God's way of transferring His divine grace, power and enablement from one person with spiritual authority to another person who needs this impartation.

As there are many Bible stories of healings and gifting through the touch of Jesus and others, it is strange that we see so little of healing touch today. Oh!, we touch, we pat, we hug, but those actions do not deliver spirit power that we are aware of or that change our condition.

I must admit that this casual approach has been true in most of my life, but that has changed over the last two years. An outstanding experience in ministry, where I discovered a new level of anointing, made me realize that we are carriers of God's powerful Spirit and are authorized, with limits, to release that power much more frequently and with sometimes stunning results. Of course, the work of the anointing is a partnership with God that we are free to initiate where there is a need and we know we are in harmony with divine purpose.

That leads me to a few conclusions:

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The people of God are free to minister to one another where ever they meet and that the anointing is to be used, with faith, whenever a need is present.

- 

You and I do not need permission of any man to heal and help others.

- 

We do not need to be perfect in our own life to help someone in any area where we are more free than they.

- 

God's plan is that we are to be intensely spiritual with each other and have an expectation of giving OR receiving ministry at any moment.

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Every person in the Body of Christ should be giving and receiving direct spiritual ministry often. When we use this Ministry Algorithm it is absolutely essential that both parties have an expectation that spirit power will break up traumatic emotions that drive all the pain. When I touch someone, it is for this express purpose and I expect results. This confidence comes from experience, a little 'know how' and a strong desire to help God's people. It is for every believer.

## **Step Five**

Return to the ministry algorithm. After the person has repeatedly instructed their heart to release or delete the negative emotions, you will see them to be more relaxed or relieved. When you sense that this has happened, instruct the person to take a deep breath, and exhale strongly. As they do, place your hand on top of their head and speak, "Peace!" to their heart.

Ask them to tell you if the emotional content is the same, stronger, or weaker than before. They can use a scale of from 0-10 if possible. If the strength is more than zero, ask them to step back into the memory, and then repeat the releasing process and again as needed to reduce the emotional strength to zero. Also, you may see the heart switch to a different but associated memory that needs to be healed. Address all associated memories in turn to achieve a more complete healing of that particular belief structure.

To conclude, ask the person to remember a very happy time and to express the strong feelings that it contains. It is good to end the session with a happy emotional state.

Finally, pray a prayer of blessing and to seal the changes that have been made, giving glory to God!

**Talk with Your Own Heart!**

Listening closely to your own heart may be new so a few ideas might help just now. This needs to be established so that you will be able to continue and become proficient in ministering this algorithm to yourself. I am sorry, but the task is much larger than anyone dreams until they get involved and see progress. Seeing progress brings the awareness that more is needed. Layer after layer is discovered that you will want to be healed.

The heart speaks in a language of its own and many times uses graphic symbols (the stuff dreams are made of) in ways that are not often clear or understood immediately. The way we begin is to just ask for 'yes' or 'no' answers to simple questions and wait quietly for a peaceful acquiescence or a definite negative feeling in our body.

Remember, the two main goals for every heart are 1. Protect us in every way, and 2. Give us success through every behavior to achieve those expectations we have formed out of previous life experiences. The heart helps us to fulfill the expectations that others have given us and those that we have given ourselves. Our heart is our friend but it needs to be healed and transformed too.

**Ministry Algorithm for Self Ministry**

Remember an Experience

Notice the Feelings and Where you feel them

How Strong are they?

Place your hand on your forehead and will your anointing to release the emotions.

Speak to your Heart, "I let it go!"

Repeat the above steps until you know it is gone.

Pronounce 'Peace' to you heart.

Repeat as needed for every hurtful event or emotion that you can remember.

**In a group setting, our procedure will follow these steps:**

We will establish cooperative communication with your heart. This will involve right/left brain integration, coming to peace, and listening to what your heart has to say. You will not at any time be compelled to share with me or anyone here what is going on within yourself. All you have to do is let your heart show you the issues that can be dealt with today and for you to be in touch with the emotional content of those memories. You are safe and protected here and it is alright to make balancing changes at the heart level.

Close your eyes and take a few deep breaths to relax.

Think about a known problem

You will begin to remember an experience. With sight, sound, and sensations estimate how strong the memory is on a scale of one to ten.

Then we will apply the ministry algorithm as needed. When the emotions are neutral and the strength has gone out of the memory, we will pronounce Peace! or some other word that is meaningful to you personally.

Close your eyes and take a deep breath. While exhaling, give a brief positive instruction to your heart. Wait for a response. Either Nooooooo! or peace. One might experience a 'check' in their spirit if the heart says "No!"

If the heart says "no, I have a conflicting instruction!" then repeat the positive instruction again and wait as the heart changes and processes the new for the old. Repeat until there is peace within. If there is consistent resistance to hearing and accepting the new instruction. Then, repeat the ministry algorithm until peace rules.

**Let it Go!**

We want to give you two illustrations from scripture that describe the importance of letting go of all the hindrances that would interfere with following Jesus into our destiny.



Mark 1:17-18, *"Come, follow me," Jesus said, "and I will make you fishers of men. At once they left their nets and followed him."* KJV

When Jesus called the disciples he required that they let go of everything that would hinder them from following Him: their livelihoods, their families, their aspirations in life, but also He wanted them to let go of all the negative thought structures, damaged emotions and any ungodly behavior that would interfere with their devotion to God. So they walked away from the past, and walked into a new destiny by allowing the Lord to transform their hearts and minds.

This concept of "letting go" communicates directly with the heart and by-passes most conscious mind thoughts. To let something go means we don't hold on to it any longer, or allow it to influence our emotions and behavior. All the supporting memories to a particular problem can be transformed so the negative emotions are neutralized and/or replaced with positive ones. This is the work of the Holy Spirit at a deeper level than just the cognitive. This is Spirit-to-spirit communication done on a heart level which produces positive and lasting results.

Interestingly, the Greek word used here for 'left their nets', *aphiemi*, is also used with the idea of forgiving others. Let go of others' debts to us and let go of the nets that trap us.

The second analogy is that of a tree growing in the ground and comes from:  
Matt 15:13, *"But he answered and said, Every plant, which my heavenly Father hath not planted, shall be rooted up."* KJV

In other words, those things in us that were not planted there by our heavenly Father need to be rooted up out of our hearts. All the negative beliefs hindering our growth in Christ and the fulfillment of our destiny need to be pulled out and removed from us.



God wants to help us root up all the negative ideas and perceptions we have stored in our hearts that are interfering with our growth in Christ, relationships with others or fulfilling our destiny in Christ. As long as our heart is feeding on negative belief structures and being influenced by the resulting attitudes and behavior, we'll just keep reaping the results of what we've sowed. There will never be any change. There is an old expression we are all familiar with, "If you destroy the root, then you remove the fruit." So all the bad fruit in our character and belief systems has to be removed—so that the good fruit our Heavenly Father places in us can grow and prosper.

Are we willing to let go of all the hindrances, walk away from the past, and walk in to our destiny with the help of the Holy Spirit?



**Psalm 4:7-8**

Thou hast put gladness in my heart, more than in the time that their corn and their wine increased. I will both lay me down in peace, and sleep: for thou, LORD, only makest me dwell in safety.

**Isaiah 26:3**

Thou wilt keep him in perfect peace, whose mind is stayed on thee: because he trusteth in thee.

**Ezekiel 36:25-28**

Then will I sprinkle clean water upon you, and ye shall be clean: from all your filthiness, and from all your idols, will I cleanse you. A new heart also will I give you, and a new spirit will I put within you: and I will take away the stony heart out of your flesh, and I will give you an heart of flesh. And I will put my spirit within you, and cause you to walk in my statutes, and ye shall keep my judgments, and do them. And ye shall dwell in the land that I gave to your fathers; and ye shall be my people, and I will be your God.

**Matthew 12:35**

A good man out of the good treasure of the heart bringeth forth good things: and an evil man out of the evil treasure bringeth forth evil things.

**Luke 6:45**

A good man out of the good treasure of his heart bringeth forth that which is good; and an evil man out of the evil treasure of his heart bringeth forth that which is evil: for of the abundance of the heart his mouth speaketh.

**Proverbs 14:3**

In the mouth of the foolish is a rod of pride: but the lips of the wise shall preserve them.

**Proverbs 23:7**

For as he thinketh in his heart, so is he: Eat and drink, saith he to thee; but his heart is not with thee.

**John 14:27**

Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.

**Philippians 4:7**

And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.

**Colossians 3:15**

And let the peace of God rule in your hearts, to the which also ye are called in one body; and be ye thankful.

**2 Timothy 2:22**

Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.

**Hebrews 8:10**

For this is the covenant that I will make with the house of Israel after those days, saith the Lord; I will put my laws into their mind, and write them in their hearts: and I will be to them a God, and they shall be to me a people:

Definitions, Explanations and Comments

### **Algorithm**

A step-by-step problem-solving procedure, especially an established, recursive computational procedure for solving a problem in a finite number of steps.

### **Evil**

Any thought, thing, or action that is not Godly or pure in every way.

### **Faith**

Experiences are retained as memories. Memories are associated by the heart into patterns and relationships. Patterns of previous experiences form beliefs and expectations of future experiences. Expectations of life content are orchestrated by heart to accomplish those expectations whether good or bad. This is how faith works. See Mark 11:23 for the explanation of the cooperation of the heart and the tongue to even move mountains. Also see Luke 6:45 for understanding on good and evil content of the heart which controls what comes out of the mouth. Faith is produced by the heart. All the contents of the heart influence and work together to produce what we focus on. Heart conflicts tend to nullify faith or to lend themselves to the heart sponsoring and producing the very thing we do not want.

### **Heart**

Heart is a component of each Soul and is the connection between the spirit dimension and the natural or physical world. Many functions of the Heart are listed earlier in this book. Psychology uses the term 'sub-conscious' to recognize and describe many characteristics of the heart which are also Biblically correct.

### **Imagination**

An alternate rendering of the Greek *dianoia* or deep thought. This is the display area where past experiences are remembered. Dreams of the heart and visions of the spirit are shown and processed here. The imagination is the voice of the heart and the direct line of communication to the conscious mind.

To understand more, think of a child of about six years of age. He can 'dream' up all sorts of 'imaginary' creatures and events. Playing with an imaginary friend is typical for the creative heart of a child.

In our understanding, Imagination is like a TV screen within the heart. It is here that memories are projected and then viewed by our inner eyes and considered in the conscious mind. Also, we can control, create, and change images, sounds, and emotions in that place. Our heart interprets events, past and present, and projects the results here where they become real to us even they are only metaphors or perceptions of reality.

We know from scripture that dreams are an important means of the Spirit to communicate with us, through the heart to the conscious mind.

## **Inspiration**

Information flow from spirit dimensions to personal heart to conscious mind.

## **Metaphor**

A word or phrase used to describe one thing that is used to describe another and different thing. Much of the language of the Bible, which is spiritual, is in the form of stories, parables, pictures and so forth that are borrowed from familiar things or situations to describe the unfamiliar. Metaphors do not give a complete description and are only used to give light to thinking but not total understanding. Metaphors are the language of the heart as experienced in dreams which most of us have but do not understand. Many folk believe that all dreams are from the Spirit of God, but this would step over the communications that heart is trying to make with the natural mind. Metaphors are symbols of the real rather than complete pictures of the real.

## **Mind**

In our understanding, Mind is comprised of two connected and interdependent parts. The first is the conscious mind or that part of mind that functions almost exclusively to interact with the physical world. The second part of Mind is the Heart which functions in much more meaningful and complex ways to interact with the spirit world and the physical world while running most all life support programs in the background.

Looking at the Old Testament words for mind (in the King James Version) can really be confusing. Mind appears only 39 times with one or two major words taking the largest shares. *Ruach* or breath, spirit, *Labe* or heart, and *nephesh*, living, breathing creature. (I think the KJV translators had a really hard task to get it right and make everybody happy too.)

In the New Testament things settle down a bit. In Matthew 22:37 Jesus uses these words: *kardia* as heart, *psuche* as soul, and *dianoia* as mind (in the KJV) Now, we have seen *dianoia* also translated as deep thought and as imagination. The most often used word for mind or thought is *nous*. *Dianoia* is a derivative word of the root *nous*.

Imagination is a part of the heart which is a part of the soul which also has a conscious mind to interact with the physical world. Simple, eh?

## Soul

The total living entity of an individual spirit human as expressed through a physical body. Personality is a good synonym. Soul is derived from the Hebrew word '*nephesh*' or 'breathing creature' and is translated as 'soul' 420 times. See Genesis 2:7 for the idea that God blasted spirit breathe into dirt and it came alive. In the Greek New Testament, *psuche*, or 'breathe' is used in 36 verses. The idea remains the same. *Nephesh* or soul is an overarching and general term for man and also for other creatures such as birds, animals, and fish of the sea. Folk lore and tradition tag other meanings and implications on this word which only cloud its meaning.

## Biographical Sketch

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Raised in a traditional Presbyterian church in Memphis, Tennessee, Tommy and Pat James' early adult years were spent in sales, marketing and education. Then they received the baptism of the Holy Spirit and were called to attend Bible college and enter the service of the Lord. After pastoring a small church in North Carolina for several years, they moved back to Florida where they were ordained with Christian International Ministries Network under Bishop Bill Hamon. From 1994 through 2004, they served as counselors, trainers and seminar leaders in the Healing House Network founded by Chester and Betsy Kylstra using the Restoring the Foundations(RTF) ministry program. They are now re-associated with the Healing House Network ministering the RTF program and other modalities to bring healing and deliverance to the people of God, one person at a time.

With over thirty years of ministry, Tommy and Pat have conducted more than 12,000 hours of personal ministry time, along with numerous seminars and workshops. They have successfully assisted churches in organizing counseling programs and training spiritual ministry teams.

Parents of two daughters and three grandchildren, they reside in Morganton, NC, USA.