

THE THEOLOGICAL FOUNDATION

for the

Emotional Mastery Training

as well as

all

**Patterns for Renewing Your Mind
International, Inc. Trainings &
Publications**

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The Theological Foundation

'Mastering Your Emotions'

The Gap between what is "Truth" and what "feels" Real

[From the workshop: "How to Take a 'Bitter Root' to Jesus"]

(By Greg Boyd, Ph.D., and Bob Bodenhamer, D.Min.)

I. The Problem: There's a gap between what is "true" and what "feels" real to us.

1. The "true" world "in Christ"

- You are a "new creation" (2 Cor 5:17).
- You are forgiven, redeemed, reconciled to God, freed from all condemnation and given eternal life as a free gift (e.g. I Cor 1:4; Eph 4:32; Rom. 3:24; 2 Cor 5:19; Rom. 6:23; 2 Tim 1:1).
- You are holy and redeemed in Christ (Eph 1:4; Gal 3:13-14).
- You are indwelt with his Holy Spirit and have a river of life within you (Jn 7:39).
- You are a participant in the eternal triune love of God that is God's nature and are enabled to see in our mind the glory of God in the face of Jesus Christ (2 Pet 1:4; 2 Cor 3:14-4:6).
- You have been set free from "the law of sin and death" and made to be God's own perfectly holy children (Rom. 8:2; Gal 3:26; Heb 10:14).
- You are a child of God who has "obtained an inheritance" that is imperishable and undefiled" and that will therefore last forever (Eph 1:11; 1 Pet 1:4).
- You are more than a conqueror (Rom 8:37).
- You can do all things through Christ who strengthens you (Phil 4:13),
- You've been filled with a Spirit-inspired glorious joy that is beyond expression (1 Thess 1:6; 1 Pet 1:8).
- You've been given a spirit of power, love and self-control (2 Tim. 1:7).
- You've been given "abundant life" (Jn 10:10).

This is who you "truly" are!

2. What we "experience" as real.

- You "believe" x,y,z... yet "experience" a, b,c....
- New creation/ forgiven/ full of Life/ worth from Christ/ more than conqueror/ can do all things/ joy unspeakable/ not a spirit of fear/
- **Yet.....**
There is a gnawing "splinter in your mind".
- **Why?** What to do about it?
Bitter Roots.....

II. What is a “Bitter Root”?

Hebrews 12:15 states, “Looking diligently lest any man fail of the grace of God; lest any **root of bitterness** springing up trouble *you*, and thereby many be defiled;” and in **II Corinthians 10:4** Paul says, “For the weapons of our warfare are not carnal, but mighty through God to the *pulling down of strongholds.*”

1. I (BB) believe that “Bitter Roots” are those painful mostly unconscious memories in our lives that Satan uses to destroy our lives and to destroy our relationships. They, as Paul stated, are like “strongholds” for instead of us controlling them, they control us. Be it uncontrollable anger or uncontrollable lust, behind it you will find a Bitter Root. All addictive behavior has its roots in painful unhealed memories. Co-dependency is an outcropping of Bitter Roots. I believe that the demons of hell occupy our Bitter Roots. I also believe that once we bring those Bitter Roots into the presence of the Lord Jesus, the demons have to flee.

You will notice in **Hebrews 12:15** that the author points out three results of a Bitter Roots:

- A. **Bitter Roots block our relationship with the Lord.**
 - B. **Bitter Roots cause us “trouble”** (Greek *enochleo* – to crowd in, to annoy, to trouble).
 - C. **Bitter Roots destroy relationships** (“many be defiled”).
2. **They consist of traumatic experiences of pain, distress, disappointment, guilt, etc. that start *the seed of bitterness growing.*** And without a good resolution to that trauma, once afflicted, the bitter **memories** and how we represent those memories in our minds-and-bodies can keep a person continually torn up with that pain as much as if the person continued to go through that experience. And *so it grows like a poisonous root.* And as it does it makes toxic and bitter more and more facets of the person's life. It is such Bitter Roots that we must escape in order for us to be “free in Christ”.
 3. **Romans 12:2:** “Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God’s will is — his good, pleasing and perfect will.” (NIV)
 - “conform to the pattern” (*suschematizo*)
 - *su* = “together”
 - *schema* = scheme/ pattern/ matrix
 4. **God’s Design:** To have us conformed to Jesus Christ (Rom. 8:29; cf 1 Jn 3:2) and to “experience” abundant life xyz....
→ In Christ, this is “true”.

5. Satan's Design: Have us conformed to "the world."

- "World" (*aion*) – present world system.
- It is controlled by "the god of this age" (2 Cor.4:4; 1 Jn 5:19) the "principality and power of the air" (Eph 2:2), "the prince/ruler of the world" (Jn 12:31; 14:30; 16:11).
- "Pattern of World" – life experienced and lived as though what God says is true is false and what God says is false is true.
- As though: no God/ no claim on your life/ no savior/ not a new creation x,y,z...

5. Go back to original sin in the Bible.

Gen. 3:4-5. But the serpent said to the woman, "You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."

→ **Lie about God**

→ **Lie about Us**

This network of lies is the Bitter Root Matrix of Satanic Lies.

6. We don't just BELIEVE lies... we "experience" lies....

- Eve **saw** the tree was "good"
- Experienced God as threatening....

7. We are bombarded with lies from birth... creates filter by which we experience the world....

Ill. **Man using porn** – unconscious purpose was to "fill up" the emptiness left in him because he never felt loved by his dad.

How to be set free? **Renew your mind...** Take the "Bitter Roots" to Jesus for His healing.

A. The Structure of Bitter Roots

1. To understand the Matrix, our bondage, we must understand how it operates.

- **Experiment:** What is to the right of your bed? How did you know that?

We don't think with information/ we think by *re-presenting reality*...

2. **Primary modalities: Visual/ Auditory/ Kinesthetic/ Language (words)**

When you “**re-present**” reality in your mind, you become “present” again with that which you are representing. When you see, hear, feel, and give meaning to a memory, you become “present” to that memory. Therefore, when you consciously or unconsciously re-present a childhood Bitter Root in your mind, you no longer function off your present adult mind but you both process and function off the childhood mind. We call this system of mental processing The Representational System.

Proverbs 23:7a “For as he thinketh in his heart, so *is* he...”

I Corinthians 13:11 “When I was a child, I spake as a child, I understood as a child, I thought as a child: but when I became a man, I put away childish things.”

The Message Bible translates I Corinthians 13:11 “When I was an infant at my mother’s breast, I gurgled and cooed like any infant. When I grew up, I left those infant ways for good.”

3. **How does this work? How does the brain create a “Bitter Root”?**

a. **The brain:** (picture) –

10 Billion Neurons/ 10 Trillion synaptic connections

One quarter size section of brain more complex than entire global internet system...

b. Neuron... (picture)... once programmed, autopilot established, fires automatically in response to stimuli (trigger)

c. Neural-Network.... Every sensation/ memory/ hope/ fear/ xyz.... A neural-net... an electrical chemical firing in the brain. Neurons fire in **1/3000th of a second**. It is absolutely impossible to control them.

d. It has an **emotional component** that **gives meaning to stimuli**... it interprets the world...

- This is what we experience as real on inside.

- The more **real like** the representations – the stronger the emotion...
 - Thinking of my wife: more concrete = more impactful....
- e. Lady with the “Germaphobia”.... Image/ auditory/ kinesethetic. Fear of small child not being clean like mother who was a “clean freak”. To not be clean meant momma didn’t love her.
- f. Electrical chemical firings responding to triggers...

Trigger → Neural Net (re-experienced reality) → conscious thought → behavior

4. **All of reality is like this:** present experience/ memories/ anticipations. We have no access to reality other than through our brains.

Our only sense of reality is the electrical-chemical firings... experience in abstract pictures/ sounds/ sensations

- Every thought, behavior, experience
- Whole sense of self, reality, identity, God...
- *For as he thinks within himself, so he is. (Prov. 23:7, NASB).*

5. **This is why....**

- a. **Shooting at behavior will not transform you**
→ stopping behavior is good, but freedom is not WANTING it.

b. **Information alone will not transform you**

→ **example...** Porn or Germaphobia... so with all our stuff.... You know a,b,c... yet experience xyz....

→ Transformation requires altering our inner representations.

6. **Advertisers know this** – no info... just stimuli. (Most outrageous picture of sexy beer or liquor advertisement – nothing about liquor, but a lot about sex)

- a. This is why **Memories are so powerful**.... Sex abuse → fear sex, despite information

- b. **The Bible**...not most propositions/ rather, concrete narratives/ metaphors/ stories

7. **So, what are Bitter Roots?**

Bitter Roots – a constellation of neural-net installations that encode lies.

- Our brains are programmed to interpret the world falsely and keep / false autopilot.
- We are slaves to a false world we inherited

People are slaves to whatever masters them (2 Pet.2:19, NRSV).

B. Freedom from our “Bitter Roots”

- **You don’t have to be a slave....** you have power over your brain.
- **You can be transformed by the renewing of your mind (Rom.12:2)**
- **You can choose to “put off the old” and “put on the new self” by renewing your mind (Eph 4:22-24).**
- **You can take every thought captive to Jesus Christ (2 Cor. 10:5)**
- **You can choose to think on what is true, lovely, noble (Phil 4:8)**
- **You can alter how you experience reality, and get it to line up with “Truth”....**
- **“You shall know the truth and the truth shall set you free.” (Jn 8:32)**

But it’s **warfare** – Our brains operate robotically with Bitter Root lies....

1. Take responsibility for your inner world (Hence, the quality of your life).

- Bible says you can control – so you CAN control. Realize it doesn’t have to be that way.
- Think about what you think about... wake up to lies... Learn to notice what you do on the inside that creates various emotions...

2. Don’t ask “why”, ask “how”. How do I do (internally) fear? depression/ addiction/ etc...?

- Traditional therapy asks “why” which leads to the “blame game”.
- To escape our Bitter Roots, we must ask “**how**” which will lead to the necessary knowledge to bring the “Bitter Root” to Jesus.
- **It’s your brain. It’s your sense of reality, identity, xyz... is something you do... and you can change it.**
- So ask, what mental activity do I have that creates x,y,z...
- Take responsibility... Blaming is a form of enslavement.

3. Renew Your Mind Continually DOING TRUTH in your mind.

→ **Truth about God**

→ **Truth about myself - reverse the fall by installing truths about God.**

Don't just intellectually know the truth... **know the "Truth"**. See, hear, and sense the Lord in your head.

- Run mental videos of who you are in Christ. Say "No" to the movies of Satan and "Yes" to the movies about Christ and your position in Him.
- What do you look/ sound/ feel like when you mentally process who you are in Christ?
- What does it look/ sound/ feel like when Jesus himself tells you that you are His child?
- How do you talk to yourself knowing that you belong to Christ no matter the external circumstances?
 - You are a "new creation" (2 Cor 5:17).
 - You are forgiven, redeemed, reconciled to God, freed from all condemnation and given eternal life as a free gift (e.g. I Cor 1:4; Eph 4:32; Rom. 3:24; 2 Cor 5:19; Rom. 6:23; 2 Tim 1:1).
 - You are holy and redeemed in Christ (Eph 1:4; Gal 3:13-14).
 - You are indwelt with his Holy Spirit and have a river of life within you (Jn 7:39).
 - You are a participant in the eternal triune love of God that is God's nature and are enabled to see in our mind the glory of God in the face of Jesus Christ (2 Pet 1:4; 2 Cor 3:14-4:6).
 - You have been set free from "the law of sin and death" and made to be God's own perfectly holy children (Rom. 8:2; Gal 3:26; Heb 10:14).
 - You are a child of God who has "obtained an inheritance" that is "imperishable and undefiled" and that will therefore last forever (Eph 1:11; 1 Pet 1:4).
 - You are more than a conqueror (Rom 8:37).
 - You can do all things through Christ who strengthens you (Phil 4:13),
 - You've been filled with a Spirit-inspired glorious joy that is beyond expression (1 Thess 1:6; 1 Pet 1:8).
 - You've been given a spirit of power, love and self-control (2 Tim. 1:7).
 - You've been given "abundant life" (Jn 10:10).

III. The Importance of “Imagination” – The Representation System (By L. Michael Hall, Ph.D. edited by Bob Bodenhamer)

We have learned that we make “reality” present to us through the movies of our mind consisting of pictures, sounds, feelings (smells and tastes) and to those movies we give meaning with words. Indeed, *the Bible glories in sensory-based descriptions*. The writers utilize all of the sensory channels (modalities) in communicating. King David expressed his spiritual devotion using the sensory channels.

"O God, thou art my God, I seek thee, my soul *thirsts* (G) for thee, my flesh *faints* (K) for thee, as in a dry and weary land where no water is. So I have *looked* (V) upon thee in the sanctuary, *beholding* (V) thy power and glory. Because thy steadfast love is better than life, my *lips* will praise thee (A). So I will *bless* (A) thee as long as I live; I will *lift up my hands* (K/M) and *call* (A) on thy name. My soul is *feasted* as with marrow and fat (K/G), and my *mouth praises* thee with joyful lips (A) ... " (Psalm 63:1-5).

Hebraic "psychologists" (Psalms and Proverbists) wrote in multi-sensory terms. Look at this next Proverbial mandate about learning and incorporating learnings in terms of the NLP Model:

"Be *attentive to my words* (A); *incline your ear* (A6K) to my *sayings* (A_d). Let them *not escape* (K) from your *sight* (V); *keep* them within your *heart* (K6A_d or V). For they are *life* (K) to him who finds them and *healing to all his flesh* (K and M). Keep your heart (mind) (VAK, & A_d) with all *vigilance* (K); for from it *flow* the springs of life (K & M). Put away from you *crooked speech* (A_d), and put devious *talk* far from you (A_d6K). Let your eyes *look* (V) directly forward and your *gaze* (V) be straight before you (K). Take heed to the path of your feet (K), then all your ways will be sure." (Proverbs 4:20-26 RSV).

Sensory Experience within the Rep System

This model allows us to clearly distinguish between *external and internal processing* (seeing, hearing and feeling). And it just so happens (!) that Jesus made that same distinction when he spoke to some closed-minded traditionalists. He essentially said, "You see and hear, but don't get it."

"This people's heart has grown dull, and their ears are heavy of hearing, and their eyes they have closed, lest they should perceive with their eyes, and hear with their ears, and understand with their heart, and turn for me to heal them" (Matthew 13:15 RSV).

Listen also to how Paul described the source of his message: "No *eye* (V) has seen, nor *ear* (A) heard, nor the *heart* (A^c, V^c, A_d^c) of man conceived" (I Cor. 2:9). In context, this identifies the *sources* of human knowledge. We can use sensory-based information – what you *see* with our eyes and *hear* with our ears from external sources. We can also use *conceptual abstracting* as we language and construct (invent, conceptualize with words, sounds, or pictures) i.e., "what the heart conceives." Here we input information from the inside; we have the ability to actually create data in consciousness.

Understanding Psychic (Soul)

David G. Myers (1978) wrote:

"The *body* is the predominant partner in the Hebrew idea of personality. For the Hebrew, psychical includes much of what we should call simply physiological; they simply did not distinguish the two."

The human "*thinking*" center, biblically, focuses on the area around the heart--our center of consciousness. From the heart flowed his "stream of awareness" like a river. The Biblical writers used "water" as a frequent metaphor for human consciousness. Note it in the passage previously quoted about "guarding the heart with all diligence" (Prov. 4:20-24). "From [the heart] flow the springs of life" (Prov. 4:23). The mind like moving waters (rivers, springs, etc.) graphically described what we would today call the "stream of consciousness" (Prov. 21:1, 18:4). See Hall (1986) on Hebraic psychology (pages 12-13).

In the Bible, we find people having "thoughts" in their heart and "reasoning" in the heart (Mark 2:6, Heb. 4:12, Heb. 8:10). The word "heart" translates to understanding, "mind," "consciousness," or "cognition."

In Hebraic thinking, *heart* primarily referred to the cognitive processes.

Yet they did not exclusively limited it to "cognition" as if that "part," or facet, of awareness stood totally separate from emoting, valuing, etc. Heart could designate the deep unconscious mind as well. It could refer to one's sense of morality (conscience). So "losing heart" poetically described a state wherein one's mind becomes overwhelmed, confused, negative, indecisive and/or disillusioned (Luke 18:1, II Cor. 4:1,16, Eph. 3:13, Gal. 6:9, II Thess. 3:13, I Thess. 5:14).

A person's *emotional center* in the Bible focused on one's bowels and stomach area (not very attractive for us). Hence *the stomach words* describe what we call "deep emotions." Even we do still talk about having a "gut" feeling. *In the Bible, they located the feeling zone in the loins, liver, bones, flesh, and belly.* These words describe one's "inmost feelings." The KJV calls "bowels and mercies," we today loosely translate "compassion" (Mark 1:40-41, Phil. 2:1-2). Further, the *nose and nostril* (Hebrew: '*af*, also translated "face" and "presence") also indicated a state of intense emotion. Why not? When people get "emotional" they breathe much in a more intense way!

Man's *self-esteem center* (his "person," presence, identity) **focused in his face and head** (Job 19:9).

From this area we input and output information. Eye functions in a very special way in the sense of perception.

"The eye is the lamp of the body. So, if your eye is sound (single), your whole body [personality] will be full of light; but if your eye is not sound, your whole body will be

full of darkness. If then the light in you is darkness, how great is the darkness!" (Matt. 6:22-23).

Given this psychology language and understanding of human nature, now read a passage like "the seven things God hates."

"Haughty *eyes*, a lying *tongue*, *hands* that shed innocent blood, a *heart* that devises wicked plans, *feet* that make haste to run to evil, a false witness who *breathes out* lies, and a man who *sows* discord among brothers" (Prov. 6:16-19 RSV).

The smaller "qualities" of the "modalities":

"Running Your Own Brain" or "Guarding Your Heart With All Diligence!"

Who runs your brain? If you don't, someone else will quickly volunteer to do it for you! Now "running your own brain" means *thinking your own thoughts and taking responsibility for your own responses*. This corresponds with the Christian view of human responsibility (Joshua 24:15, Acts 11:24, Col. 3:1).

To "run your own brain" we first need to know that brains run on images, sounds, words, sensations, smells and tastes. Control this input and we drive our own bus. Biblically, this enables us to "renew our mind" and experience "transformation..." (Rom. 12:2).

Biblically, we run our own brain as we "*set our heart*" in the way we should go. As we hold certain ideas constant in our heart, and before our eyes, we *create our "programs."* Scripture designates these as "beliefs" – our **software** programs.

Running our own brain also means *reframing meanings* so that we can gain new perspectives or frames-of-reference for things that otherwise "push our buttons." Put a new frame around a problem, person, or thing and you will think, feel, and behave differently.

Scripture expresses these ideas as "guarding your heart with all diligence" (Prov. 4:23). We need to guard our heart (consciousness). If we don't protect it, we will input lots of garbage. Whatever we input into our brain, our brain processes – garbage included. So? So our cognitive processes do not process garbage well! We need to learn how to admit only things true and accurate, useful and productive, beautiful and ennobling – things that call us to excellence and spirituality (Phil. 4:8-9).

Diligently guarding our heart means processing information so that it installs good programs for operating in the world. To do this we must "set the heart" on good things. This idea of "**setting** our mind, heart or face" utilizes Hebraic phrases for *programming*. Re-programming takes time and repetition. The Bible refers to this kind of deep programming of the mind as *setting of the mind* ("fixing of the heart").

"To set the mind on the flesh is death, but to set the mind on the Spirit is life and peace" (Rom. 8:6). 'Fixing the heart' describes more than just a brief exposure to truth; it necessitates a moral commitment to the truth, a strong focusing on it with lots of repetition, and an understanding of it... it takes between twenty-one and forty days to

establish a new habit. This describes the time framework for 'setting' or fixing our souls in a new way of thinking." (Hall, 1986, page 82).

Other biblical phrases describing **programming**: "inclining the heart" or "laying upon the heart" those things that orient us in life enhancing ways (II Sam. 13:33, 19:9, II Chron. 12:14, Job 11:13, Psalm 112:7). The Psalmist did this in such a way as to experience life as much more of a party:

"My heart is steadfast, O God, my heart is steadfast! I will sing and make melody! Awake, my soul [Hebrew: *kabod*: glory]! Awake, O harp and lyre! I will awake the dawn!" (Psalm 57:7).

Scripture speaks about "*taking heart*." This refers to elevating ourselves to a higher state of conscious awareness so we can access hidden resources. Most instances of this mandate in the Bible occur in contexts of stress and distress. People spoke it to those who did not accurately access accurate information. Because of having entered a context of danger of "losing heart," the words "take heart" spoke of a crucial need.

"You will be scattered...and will leave me alone... In the world you have tribulation, but *be of good cheer* [lit. 'take heart'], I have overcome the world." (John 16:33, see Matt. 9:2, 14:27, Acts 23:11, 27:22, 25-6).

We generally translate the Greek word (*thargeo*) as "take courage" or "be of good cheer." This refers to developing *a resourceful state of mind*. Doing that prevents us from caving in to fear or feeling easily shaken by dangers. It creates the ability to continue the fight and stamina to hang-in.

"A man of understanding *sets his face* [perspective] toward wisdom, but the eyes of a fool are on the ends of the earth" (Prov. 17:24).

Brains go places. Where does the fool's brain go? To the ends of the earth – to far-off, impractical and useless concerns. His brain swishes his interest there. This makes him foolish. Those who come to understanding send their brains to matters of practical intelligence (wisdom).

Biblically, the wise person runs his or her brain by swishing their intelligence to truth and practical wisdom. This allows them to stay open and receptive; they don't become closed-minded, dogmatic, rigid or a know-it-all. "He who heeds instruction is on the path to life, but he who rejects reproof goes astray" (Prov. 10:17, John 8:32). This person rather constantly examines the evidences, tests things, and out of humility recognizes his or her fallible and limited mind.

IV. State Management – Your Mind Makes it “Real”

(By Mike Davis, Th.D., edited by Bob Bodenhamer)

“Your Mind Makes It Real”: The Matrix and the Power of your Emotions

What is it that makes the temptations of Satan so compelling? What makes sin so attractive? What is it that makes the lies and deceptions of the enemy so real and believable?

The answer: it’s how you feel!

The power of Satan’s lies, deceptions and temptations lies not just in the ideas or images that he suggests to your mind. The power of Satan’s lies and deceptions lies in the **feelings** and **emotions** that he is able to stimulate and stir within you.

In order to get you to sin Satan must first get you to feel a certain way, he has to get you into a certain state of mind **and** emotion.

James 1:14-15 “...every man is tempted when he is drawn away of *his own lust* and enticed. Then when *lust* hath conceived it brings forth sin”

The word *lust* here in Greek simply refers to **strong desire**. The context in which the word is used determines if the desire is good or bad.

Through temptation Satan seeks to use our own emotions, desires, passions and feelings against us in order to move us to think, believe, act, and live contrary to God’s Truth (which makes us free).

It is feeling and emotions that make the lies and deceptions of the enemy real. Without emotions backing them up temptations lose their power over us. So Satan seeks to employ our emotions against us for his ungodly purposes.

God also seeks to employ our emotions in our service to him.

Psalms 100: 2 “*Serve the Lord with gladness* (or joy)...”

Psalm 1: 2 The blessed man is he whose “... *delight* (or *passion*) is in the law of the Lord; and in His law doth he meditate day and night”

Amos 5:15 “*Hate the evil and love the good...*”

Philippians 2:13 “For it is God which worketh in you both to *will* (to *passionately desire*) and to do of His good pleasure”

God is at work within us to incline our emotions, desires and passions in alignment with His will. In order to overcome the lies and deception of the Satanic matrix one of the things we must practice is emotional state management. We need to know how to get our emotions to work for us and not against us – especially when tempted.

Managing Your Emotions: Two basic ways

There are two basic ways to manage your emotional states and get them to work for you rather than against you.

- 1) **Through Your Physiology: by aligning your behavior with the reality of Christ's indwelling**
- 2) **Through Anchors**

1. Physiology – The first way to manage your emotional states:

One of the things we have learned from the Sciences is that by changing how you stand, move, breathe and act you can change how you feel.

Exercise:

- 1) Stand to your feet
- 2) Think of a situation, mild problem or event that you need to deal with or something you are neutral about.
- 3) Notice how you feel as you think about handling that problem. What/how do you feel?
- 4) Now slouch your shoulders, feel your rib cage drop down and crunch together
 - Let your chin drop to your chest
 - Let your face drop or sag (as if sad)
 - Breathe and let out a “sigh”
 - Shift your weight to one hip
- 5) Now think of your situation while doing all of this
 - Ask yourself “Can I handle this, can I do this?”
 - Notice how you feel
 - Do you feel confident or less confident?
 - Do you feel doubtful, hesitant, discouraged?

6) Now stand up straight

- Lift up your rib cage
- Center your weight on both feet
- Lift up your chin
- Look up
- Take deep breaths

7) Now notice how you feel

- Do you feel more confident, more certain?
- Do you feel like “Yeah! I can handle it!”

Changing your physiology is one way of managing and changing your states. By adopting a physiology that is confident loving, kind, resourceful, etc., you can work with God in nurturing and developing those feelings within you.

This is Biblical. In **Ephesians 4:24** we are told to “**put on**” the new man we now are in Christ. In **Romans 13:14** we are told to “**put on**” the Lord Jesus Christ. Both of these passages have to do with how we act, behave, and live.

According to scholars to “put on” a person means to take on the character or standing of the person referred to: “to become” or “to become as” that person. It was an idiom that referred not to the putting on a mask or play acting but of entering into actual relations with. It was used of an actor in a play who would put on a character, identify with that character, and become that character for the length of the play.

“Putting on Christ” means to adopt his mind, attitude, character, and conduct as our own. And as one scholar has noted this is different from mere imitation because of the presence and work of the Spirit within us (“Clothed with Christ” by Michael Thompson p.150 and 158).

This is not *fake it till you make it*. We are not pretending or faking it. In **Ephesians 5:8** we are told “*Once you were darkness but now are you light in the Lord; walk as children of the light.*”

We live as children of the light; we act and behave as children of the light because we are children of the light. As Christians we don’t “fake it till we make it”. We align our behavior and actions, our physiology to reflect the reality of our life in Christ, the reality of who we really are in Him.

We act loving, we take on attitudes of love, and we behave in a loving manner because in Him we are people of love. We adopt a peaceful attitude; we speak with a soft, peaceful answer because in him we are sons of peace, people of peace.

Applying the “Put On” Principle

I Corinthians 6:19 tells us “**He that is joined to the Lord is one spirit with the Lord.**”

Galatians 3:27 also tells us “**For as many of you as have been baptized into Christ have put on Christ.**”

The following is a way of accessing and managing your state by aligning your physiology with the reality of our union with Christ. By answering and then demonstrating the answer to each question you can bring mind, emotion and behavior into alignment with Christ. Fill in the blank below with the resource state / fruit of the Spirit you desire to walk in.

- 1) When I am fully aligned with Christ and His _____ how am I thinking within? What is my inner self talk like? (Answer that question by actually thinking/talking to yourself in that manner).
- 2) When I am fully aligned with Christ and His _____ how am I standing/sitting. (demonstrate)
- 3) When I am fully align with Christ and His _____ how am I breathing
- 4) How am I moving? Walking?
- 5) When I am fully aligned with Christ in His _____ what is my attitude? How do I perceive the world, external circumstances, other people, myself?

Changing Physiology is a quick way of changing and managing your state in the moment.

2. Anchoring – The second way to manage states:

The second way of managing your states and getting them to work for you rather than against is known as Anchoring.

What is anchoring? Do you remember the famous experiment by the Russian Scientist Ivan Pavlov? In the experiment Pavlov trained two dogs to salivate at the ringing of a bell. How did he do that? Simple. Pavlov didn't feed the dogs for a few days. After the dogs became hungry he placed a bowl of food just outside of their reach. The dogs upon seeing and smelling the food began to salivate. As they were salivating Pavlov rang a bell continuously. After awhile of ringing the bell while the dogs were salivating the ringing of the bell and the salivating got linked together in the brain and nervous system of the dog.

Pavlov then found that by simply ringing the bell (a stimulus) he could get the dogs to salivate (an emotional/physical response). The ringing bell became an anchor. The ringing of the bell got linked to the dog's salivation. An Anchor is simply some stimulus that when we see it, hear it, or feel it causes us to feel and/or act in specific and consistent ways. We all have anchors. Have you ever heard a song that brought back a pleasant memory and feeling? Have you ever smelled something that reminded you of a relative's house that you visited as a child? Does just the name of a particular individual cause you to feel angry or upset? These are all anchors.

Anchoring in the Bible

What triggers-anchors do we find in the scriptures?

How about "**lifting up the eyes**" to heaven? What would look up to heaven trigger? What about the ritual ceremony of "**giving a blessing**" via laying hands on someone's head and pronouncing a blessing trigger? Or what about anointing the head with oil, burning incense in the golden altar, dipping a sop, putting sackcloth and ashes on one's head, pronouncing "the Amen," etc.?

"**Let us pray.**" – triggers what reaction?

Actually, any external action, ritual, ceremony or sacrament (an outward sign of an invisible grace) can function as an anchor. This partially explains some of the value and power of rituals. Informed and enlightened utilization of anchors enables one to quickly induce resourceful spiritual states. The ritual repeating of the Lord's Prayer can induce a state of worshipful awe.

Example of Anchoring

During Jesus' trial, Peter denied knowing Christ three times. Following the third denial "**...the Lord turned and looked at Peter**". Peter remembered the word of the Lord, how he had told him,

"Before a cock crows today, you will deny me three times." And he went out and wept bitterly (**Luke 22:61-62**).

Jesus did not have to speak to Peter, he only looked at him. This is known as a visual anchor. By just a look, Jesus brought to Peter's consciousness his prior statement (**Luke 22:34**). Once this memory surfaced in his consciousness, Peter's heart broke.

In Numbers 15:37-40 Israel is told to attach fringes or tassels (known as tzit tzit) to the borders of their garments. This was so that whenever an Israelite looked upon the tassels they would "**remember to do**" God commanded them. In the Bible to remember means to call something to mind in order to be shaped, and moved to action by it. Obedience to God was linked to the tassels. They were to serve as a stimulus, as an anchor that would move an Israelite to obedient action.

There is a story of a rabbi in the Jewish literature known as the Talmud that illustrates this nicely. This rabbi was enticed to go to the house of a well-known prostitute. The prostitute sat upon a bed that was set up high and could only be reached by climbing a ladder. The rabbi removed his garment with the tassels and began climbing the ladder. As he was climbing the ladder the tassels of his garment struck his face. When he saw and felt the tassels he was immediately struck with conviction over his intended sin and violation of God's word. He fell to the ground in repentance and prayed to God for forgiveness.

The tassels acted as an anchor to remind him, in a time of temptation, of his commitment to obey God. It served to help him get back on track and obey God. Anchoring itool that can give you access to the emotional states you want and need when you want and need them. And our past

memories can be a great source of resourceful emotional states that can support us in fulfilling the will of God.

The Zakar Principle

In **Deuteronomy 7:17-17** we find Moses telling the people of Israel that when they face nations greater than them that they are not to be afraid of them. And then he tells them how to not be afraid.

*“You shall **remember** what the Lord thy God did unto Pharaoh and unto all Egypt. The great temptations which thine eyes saw and the sign and wonders and the mighty hand and stretched out arm whereby the Lord thy God brought thee out: so shall the Lord thy God do unto all the people of whom thou art afraid”*

God, through Moses told Israel that when they felt fear they were to **remember** how God delivered them from Egypt and all of the miraculous things he did. The word remember in Hebrew is **Zaker** and means “to recall something to mind in order to be **moved** by it”.

In Hebraic and Biblical thought memory serves a very practical purpose. One remembers in order to create certain states that will move and motivate oneself to action.

When Israel felt fear, they were to call back to mind and relive God’s mighty deeds on their behalf. This would elicit in them a state of confidence in God that would be a source and basis for obedient action. By remembering they would overcome their fear.

King David's Triggering of a Resource State from the Past to *Apply* to a Present Need (By L. Michael Hall, Ph.D. and Bob Bodenhamer, D.Min.)

David used this same principle when facing Goliath.

Goliath had tormented Israel forty days with his taunts against the God of Israel. Young David volunteered to King Saul, "Let no man's heart fail because of him; your servant will go and fight this Philistine." But when Saul noticed David's youth and was concerned about such a young man taking on such a big task. David explained,

"Your servant used to keep sheep for his father; and when there came a lion, or a bear, and took a lamb from the flock, I went after him and smote him and delivered it out of his mouth; and if he arose against me, I caught him by the beard, and smote him and killed him. Your servant has killed both lions and bears; and this uncircumcised Philistine *shall be like one of them*, seeing he has defied the armies of the living God." (**I Samuel 17:31-36**)

In this Scripture, David relates how from **his past experience** of killing lions and bears when he was a young man has **provided him with the confidence** that he can likewise handle Goliath. **He accessed by remembering his state of courage** in killing the lions and bears and **he applied that state of courage to going after Goliath** for he said that going after the "uncircumcised Philistine *shall be like one of them*." What is a Philistine compared to a lion and bear?

Now, added to his state of courage from killing the lions and bears, was a higher level resource that empowered his courage even more – Goliath had defied God's armies. David knew that his state of courage was empowered by knowing that he was serving the living God as compared to the heathen Goliath who had defied the living God. David had God on his side and He knew it. So with the courage from his youth empowered by knowing that he was in God's will, he was unstoppable.

Compassion for the Stranger Through Remembering

In **Exodus 22:21** and **23:9** God tells Israel that they are not to oppress the "stranger" or foreigner among them. He commands them to do this on the basis of the fact that they,

"...know the soul of a stranger seeing that ye were strangers in the land of Egypt".

God calls Israel to act and behave in a certain way towards foreigners by reminding them or calling back to their minds their experience in Egypt. Their memory of being in Egypt was to move them in how they treated others who were foreigners in their midst. Their memories were to be a basis and motivation for compassion, fairness and justice.

Creating a Kinesthetic/ Touch Anchor.

How can we use our memories to create anchors that support us in obeying God.?

- 1) **Identify the desired state you would like to have access to**
What state do you want? Confidence, motivation, feelings of comfort, peace, etc. Describe it a little bit.
As you're talking about that state, are you beginning to *enter into that state*?

- 2) **Evoke it fully.**
A) *"Think of a time when you fully experienced this state..."*
Think of a time when you clearly had it in a powerful way.
What thoughts really evoke this state?
What do you need to do to really crank up this state?
How much do you now have the feeling of this state? Be with that feeling... let it grow... now let it double...
What would increase the experience of this state even more?

If you're having any difficulty eliciting the state, ask:
B) *"What would it be like if you did fully experience this state?"*

- 3) **When you feel the desired emotion make a fist and gently squeeze.** Do this only as you are feeling the desired emotions fully and completely.
Set a physical touch on arm, forearm, or shoulder as you reach the peak of the state (a 8 or above on a 0 to 10 scale).

- 4) **Test your Anchor.** *Break state and repeatedly re-access.*
Think of something totally different, even neutral.
Now "fire" your anchor. Squeeze your fist again
Does this access the desired emotion? If not repeat steps 1-3

The key to anchoring is to fully immerse yourself in a specific emotion and to establish a "touch signal" of some kind that can immediately access and take you back to that feeling.

Anchoring Factors

1. Intensity:

People vary in the time it takes them to change their internal state as well as how intense they experience those states. Some people change states almost instantly. Others take a long time. Calibrate to the speed of someone going into the desired state. What you connect your new stimulus to depends on what state the person is in. If you anchor too soon or too late, the person will not be in the desired state with the needed intensity and so you will probably get a diluted version or a mixed state.

Aim to capture the pure state at the peak of its intensity. Anchor when the person is starting to change into the desired state. If you are touching, increase the firmness of your touch as their state increases and then release just after the peak of the experience. People vary in capacities. Look to set anchors when people are naturally in a good state.

2. Purity:

The purity of the experience a person is in, or re-experiences as it's elicited refers to how distinct and discreet it is. Some people think in terms of gestalts (whole bunches of times) and remember in the same way. Their mind will keep jumping between instances. Others think in terms of isolated events. Help the person call forth a pure and discreet experience by asking for specifics of it. Have them choose the one experience that was the happiest of all. When you have identified that instant, let me know. Aim for getting one pure experience to work with and anchor.

3. Uniqueness:

The more unique the new stimulus you're using to anchor the better. If you are using a kinesthetic anchor, determine where on the other person you want to touch, the area, the amount of pressure and the length of time you'll hold it. Choose a location you can get to easily and return to precisely. If you are doing this covertly, do it in a way that's natural and appropriate. If you're touching is stiff or inappropriate it will anchor an interruption or something worse.

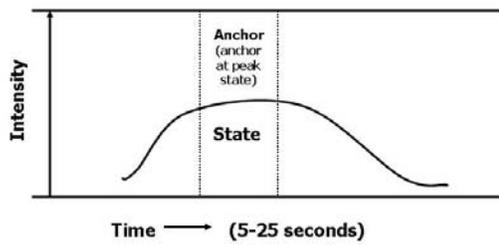
In setting a touch anchor choose an area that's not touched on a regular basis. As you would avoid cuts, scars or bruises since they are already negative anchors watch for other areas that may contain negative anchors. If you touch a part that's often touched, many experiences may already be associated with it and you'll collapse anchors. Aim for skin rather than clothing as it may shift position on the body making it difficult to return to it. A unique place would be the back of the hand or between the fingers. Shoulders and elbows are available for covert anchoring. Practice returning precisely to the exact same spot.

In replicating an anchor, you "fire it off" by returning to the precise location with the same stimulus and apply the same pressure for the same amount of time. Apply a firm steady pressure, but never in a painful way, or too faintly. Then hold it. Gradually increase the pressure as the person goes more fully into the experience. It takes time for people to

completely re-experience a state. When learning to anchor, have the person signal you when they're in the desired state; it'll help you calibrate.

Figure 1
Precision Anchoring

Precision: Precisely Timed



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Anchoring States – How to Trigger and Manage States (Experiences)

An anchor is a sensory stimulus (image, sound, touch, smell or taste) that has become attached to an internal state of consciousness so that when the stimulus is repeated it recreates that state in the person. It is a trigger.

Use: Anchors give us "handles" whereby we can move experiences (our own or others) around in time-space. They allow us to capture these states of consciousness (current and past) so that we can make them available in the same or altered form in new contexts. We can use anchors to restructure internal processes and to alter our future responses to situations. In this way anchoring operates as an important and powerful "tool" in the NLP arsenal.

Setting Anchors: We set or establish anchors in someone when we connect a new stimulus to an old stimulus. When we have established a good anchor, we can "fire it off" (that is, re-set or trigger it again) and it will bring the state back.

Purpose: The purpose of eliciting positive states is that the person will be more favorable and receptive for hearing out your ideas. This creates a better atmosphere for communication. It certainly does not take away the element of choice from the other person or "make" them do things against their will.

"Anchoring" is the NLP user-friendly version of the Stimulus → Response pattern. S→R speaks of Behaviorism and the recognition that triggers seem to set off responses. In the 19th century, Russian psychologist Pavlov conditioned his dogs to respond by salivating to the ringing of a bell (a very unnatural response), so we too can condition ourselves and others in ways that "ring their bells."

This S→R happens all the time. In hundreds of ways we are already doing this and receiving it from others. The problem is that most of it lies outside conscious awareness. This very fact makes it such a powerful influence mechanism as well as a form of unconscious communication.

Think about it. Are there not lots of subtle things that people can do that "get" you, that push your buttons, that irritate the daylights out of you? How about someone raising his index finger and shaking it in your face? What does that trigger in you? How about a sarcastic tonality, an anger tonality, a raised eyebrow, a flared nostril? What about the word "jackass" or "S.O.B."? What do these trigger (anchor) in you?

Anchoring in everyday life: People have already been anchoring us. For years we also have been anchoring them. This explains one of the very subtle and misunderstood aspects of inter-personal relations and communications. We are forever setting things off in others, intentionally and innocently.

State Accessing & Anchoring

- 1) **Identify the desired state and its mind-body components.**
What state do you want? Describe it a little bit.
As you're talking about that state, are you beginning to *enter into that state*?

- 2) **Evoke it fully.**
A) *"Think of a time when you fully experienced this state..."*
Think of a time when you clearly had it in a powerful way.
What thoughts really evoke this state?
What do you need to do to really crank up this state?
How much do you now have the feeling of this state? Be with that feeling... let it grow... now let it double...
What would increase the experience of this state even more?

If you're having any difficulty eliciting the state, ask:
B) *"What would it be like if you did fully experience this state?"*

- 3) **Anchor the state when it is highly amplified.**
Set a physical touch on arm, forearm, or shoulder as the person reaches the peak of the state (a 8 or above on a 0 to 10 scale). Or anchor it visually through a gesture, auditorially by a particular tone.

- 4) **Practice stepping in and out. Break state and repeatedly re-access.**
In just a moment I want you to step out of that powerful state, but before you do, take a snapshot of it in all sensory systems (what you see, hear, feel, etc.). Now let's practice stepping in and out of that state so that you can quickly "fly into that state" at any time you choose.

- 5) **Apply the resourceful state to a time or place in everyday life.**
Where could you really use this state in your everyday life as you engage in various activities?

Think of that time and *feel this* (fire the anchor).

Suppose you had this feeling or way of thinking as your attitude, fully and completely, in just the way that you would want it — would you like that? → **Yes**

Would that attitude transform things as you think about that activity? → **Yes**

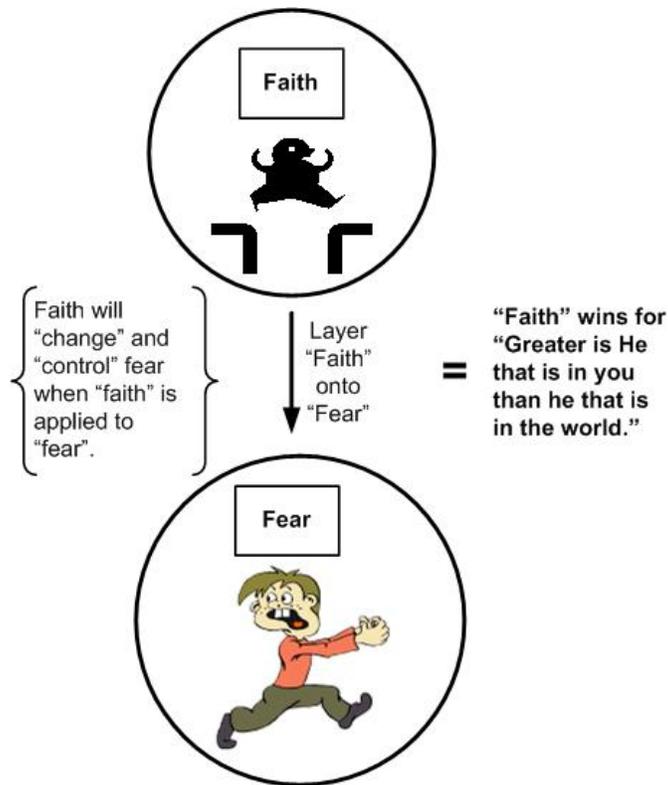
How would it transform things... just notice inside... and enjoy. → **Yes**

V. **Applying Your Faith – How to apply God’s Word and your faith to your “Strong Holds/ Bitter Roots”** by Bob Bodenhamer, D.Min.

Higher levels of thought *change* and *control* lower levels –

Think in terms of two levels of thought. The first level is the “primary level”. The primary level of consciousness are those everyday states of mind wherein we experience thoughts-and-feelings "about" something in the world "beyond" or "outside" our nervous system. In these states our thoughts relate to things "out there" and our bodies experience the primary emotions like fear-anger, relaxation-tension, glad-mad, attraction-aversion, etc.

Figure 2
I John 4:4



The second level of thought refers to those abstract states of thought wherein we have thoughts *about* thoughts, feelings about feelings and states about states. Here our thoughts-and-emotions relate to and "about" the world "inside" ourselves. We are “thinking about our thinking”. We can fear our fear and multiply our fear into paranoia. Or, we can *bring faith to bear on fear* and eliminate fear. The term we use for this is “Meta-Stating”. The word “meta” means “above” or “beyond” so here we take one thought-state and go “meta” or above another thought and apply the second thought to the first thought. Thus, as Gregory Bateson has said, higher level thoughts modulate lower level thoughts (*Steps to an Ecology of Mind*).

By the process of layering one thought on top of another thought (which we do all the time) we can increase a state as fearing our fear and we can minimize a state or even eliminate a state as when we apply “faith” to “fear”. This is a major component of how we create the Matrix that we live in. When we really get tired of hating someone or something and then start hating our hatred, we may hate our old hatred right out of existence. What happens when you bring forgiveness *to bear* on your bitterness? What happens when you bring forgiveness *to bear* on your guilt? What happens when you bring appreciation *to bear* on frustration? Anger? Guilt? Sadness?

More about the Structure of a Bitter Root

For twenty years as a minister, I would encourage hurting people to "Give your hurts to Jesus." To that invitation, many would ask, "Preacher Bob, I don't know *how*. I want to. I just don't know *how*." And true enough, they really did not know how.

At that time I would answer them with a catch-all kind of response, "Just do it by faith." And while that sounded good at one level, at another I knew that it really did not provide anybody a step-by-step procedure for *how* to do it. Now, thanks to new knowledge of how the brain processes information, I now *know how* to direct them to both literally and actually "give their hurts to Jesus." In this training, we have three methods for doing that: 1) Applying our faith to a Bitter Root, and 2) Giving the Bitter Root to Jesus and 3) The Drop-Down Through Pattern (This patterned for the Christian could be called The Dropping Into Jesus Pattern.).

Hebrews 12:15 states, “Looking diligently lest any man fail of the grace of God; lest any **root of bitterness** springing up trouble *you*, and thereby many be defiled;” and in **II Corinthians 10:4** Paul says, “For the weapons of our warfare are not carnal, but mighty through God to the *pulling down of strongholds.*”

What is a “Bitter Roots”? What is a “stronghold”? Mike Davis states,

“Through temptation Satan seeks to use our own emotions, desires, passions and feelings against us in order to move us to think, believe, act, and live contrary to God’s Truth (which makes us free).”

I (BB) believe that “Bitter Roots” are those painful mostly unconscious memories in our lives that Satan uses to destroy our lives and to destroy our relationships. They, as Paul stated, are like “strongholds” for instead of us controlling them, they control us. Be it uncontrollable anger or uncontrollable lust, behind it you will find a Bitter Roots. All addictive behavior has its roots in painful unhealed memories. Co-dependency is an outcropping of Bitter Roots. I believe that the demons of hell occupy our Bitter Roots. I also believe that once we bring those Bitter Roots into the presence of the Lord Jesus, the demons have to flee.

You will notice in **Hebrews 12:15** that the author points out three results of a Bitter Roots:

A. Bitter Roots block our relationship with the Lord.

B. Bitter Roots cause us “trouble” (Greek *enochleo* – to crowd in, to annoy, to trouble).

C. Bitter Roots destroy relationships (“many be defiled”).

They consist of traumatic experiences of pain, distress, disappointment, guilt, etc. That starts *the seed of bitterness growing*. And without a good resolution to that trauma, once afflicted, the bitter **memories** and how we represent those memories in our minds-and-bodies can keep a person continually torn up with that pain as much as if the person continued to go through that experience. And so it grows like a poisonous root. And as it does it makes toxic and bitter more and more facets of the person's life. It is such Bitter Roots that, in my opinion, drive all addictive behaviors. These “Bitter Roots” are another term for the “matrix” that we must escape in order for us to be “free in Christ”.

In human brains, we *process information* in three primary ways: through pictures, sounds, and feelings. In other words, the *modes* of awareness by which God has enabled us to see, hear and feel the world also function as our *internal modes* for "mapping out" or representing that world. So when the Bible speaks about "the eyes of our heart" (**Eph. 1:18**) it speaks about our *internal vision*. And from the field of the Neuro-Sciences, we now know that our Creator has built us with a visual cortex for processing *sights, images, pictures, etc.* on the inside, an auditory cortex for processing *internal sounds, tones, voices, noise, etc.*, and a motor cortex for processing *internal sensations, feelings, or kinesthetics*.

Here, we will utilize these neural networks in the applying of our faith to the Bitter Root and later in “giving of a ‘Bitter Roots’ to Jesus. These two patterns are among the most effective patterns that I have ever used in therapy.

There are several patterns that one can use in the *applying* of one’s faith to these Bitter Roots to heal them. Next we will do a pattern that will enable us to *apply* a resource state like “faith” to a Bitter Root like “anger”. Learning how to do this is essential in the gaining of freedom from your stronghold. All patterns that elicit change base themselves on the form of this pattern.

Pattern #1 - Basic “Applying Your Faith” Pattern

1) Access a resource state:

What Godly resource state do you want to *bring to apply* to your “Stronghold/ Bitter Roots”. A *resource* can be a thought, feeling, idea, belief, value, memory, or imagination. I (BB) suggest that you utilize your image of God/Jesus/Father, etc as your resource.

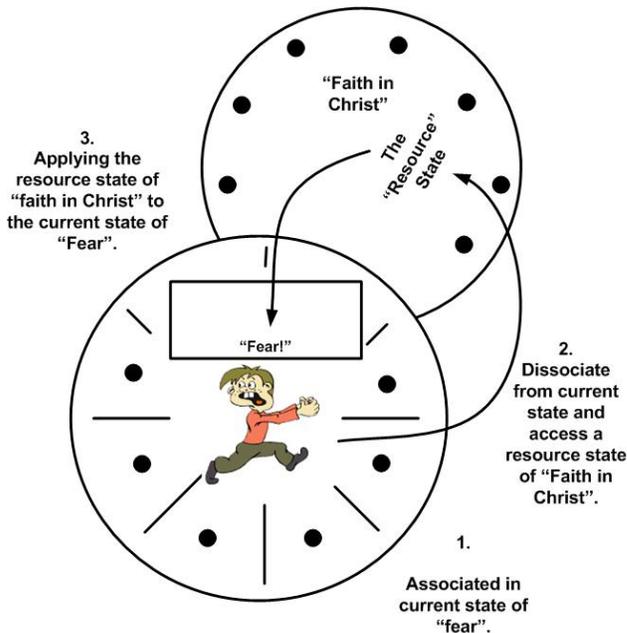
2) Amplify and anchor:

Juice up the resource state and establish an anchor for it by touch, sight, sound, word, etc. If you are using your concept of God as your resource anchor, you rarely need to amplify it for God by definition is your “Highest” resource. Sometimes the client’s image of God is not strong enough to overcome the problem. In this situation, the anchor must be amplified. You will find that the client is having some kind of problem with their “faith”. Problems run from “Where was God when my dad abused me” to “How can a loving God let me suffer so much?” In these instances you assist the client through Biblical reframes and listening to strengthen their faith in God.

3) Apply to the “Bitter Roots”. (See Figure 3)

Bring the resource to *bear on* the “Bitter Roots”. You may do this visually by moving the resource picture over and into the “Bitter Roots” picture. Or, you may do it kinesthetically by moving the resource feeling over and into the Bitter Roots feeling. Some love to take the visual of their Resource and bring that to the kinesthetic of their problem state. For instance, many Christians love to allow the “Light of Christ” to shine into their heart, chest, stomach, mind, etc. where they experience their problem state.

Figure 3



4) Appropriate to your life by putting into your future (Future Pacing).

Imagine living your life in the future but instead of living out of the “Bitter Roots”, you are now living out of your Godly Resources.

5) Analyze the quality, health, balance (ecology) of the system.

Would it enhance your life to set this resource as your frame-of-reference for the rest of your life? Would every facet of your mind-and-body align with this? Will this new way of living serve the Lord and honor Him in all contexts of your life?

Pattern #2 - How to Take a “Bitter Roots” to Jesus (By Bob Bodenhamer, D.Min.)

The key to this pattern is that when you give an image that you have placed the meaning to of hurt, guilt, anger, etc. into the codings of an image that you have given the meanings of our Lord to like love, forgiveness, total acceptance, etc., then that old Bitter Roots will change to the meaning you have given to the codings of your image of Jesus. *You have **activated a higher level frame of reference or image that has the higher meanings of Jesus.*** And, it will stay that way if you are ready to let the hurt go.

As our brain codes and represents experiences, it generates emotions and beliefs. Regardless of your theological persuasion, this suggests that we should literally interpret **Proverbs 23:7a**, "For as he thinks within himself, so he is." In this passage the proverbial writer expressed a universal truth about how human brains process information (memories, beliefs, etc.). And, these mental codings with the higher level word meanings, in turn, determine our behavior.

When we take an old image of hurt, bitterness, pain, etc. to Jesus, we move that old image from some lower level to a *much higher level* namely, Jesus.

In moving the image of a Bitter Roots “up” to Jesus, you are activating a higher level frame that eliminates the Bitter Roots. And, always, *higher levels modulate or change lower levels.* Jesus sure does change lower level hurts, doesn't He? He lives in your mind and heart at a much higher level than those old hurts from years ago. And, by moving that image of hurt into the codings of Jesus, you *activate* that higher level meaning you have given to Jesus and he "evaporates" away the hurt for "Greater is He that is in you than he that is in the world."

How true indeed that he has marvelously and wonderfully made us (**Psalm 139:14**). And those higher level word meanings we have given to Jesus will evaporate any Bitter Roots for He is GREATER than the Bitter Roots.

”Ye are of God, little children, and have overcome them:
because greater is he that is in you, than he that is in the world.”

John 4:4

The Pattern - Taking a Bitter Roots to Jesus –

All of our negative memories come coded in some unique mental codings of each person. Christians who have "Jesus" (their images, understandings, representations of Jesus) coded in their minds have their own unique system of making that internal representation. In moving the image you may wish to use your finger to point to their location and also to assist you in moving the image. The use of your finger to point to the image isn't necessary but can prove helpful especially when you first do this pattern.

The “Bitter Root” to Jesus Pattern:

- 1) **Locate the Bitter Root** – First, take one of your fingers (or if you use this to assist someone else to make these transformations of the heart, they have them take one of their fingers) and *point to where you see yourself* (and/or someone else) in the painful memory or "Bitter Roots." You will point to that memory and identify its location in reference to your face and specifically your eyes. Is the picture out in front of you? If so, how close or how far is it? Etc..

- 2) **Locate your representation of Jesus** – Leave the image of the Bitter Roots where it is and then see Jesus (or your representation of God). This image is usually up high and very bright. *Point with the other hand at the location of Jesus.*

- 3) **Move the “Bitter Root” and give it to Jesus** – Next, *only move your eyes*, but *not* your head, so that you move the image of the hurt or the "Bitter Root" so that it shifts to the same location that you have of Jesus. As you do this, move your hand as you make this shift. As you move the image of the hurt into the same location of Jesus, turn the image of the hurt into the same codings that you have for Jesus. As you do, say something like this to yourself, "Now, as I give this person to Jesus, I will *notice how Jesus receives that person unto Himself* fully and completely. And I allow that person in my mind to begin to look just like Jesus in terms of having the same location, brightness, color, etc."

- 4) **Note:** If the person that you are giving to the Lord is someone who has hurt you and you need to forgive, as you give that person to the Lord, in your heart forgive that person.

In moving the content of the unpleasant memory into the codings that you code something that you have placed the meaning to as being pleasant, you "activate" the higher level meaning of pleasant. Now, if you choose to not to make that unpleasant memory mean pleasant, your brain will automatically switch it back into the codings of an unpleasant memory.

Pattern #3 - The Drop-Down Through Pattern – Meta-Stating by Dropping-Down Through Painful Experiences

Drop Down Through Case Study:

Case Study of Mary – First Session with Mary:

Presenting Problem: Healing past hurts

Outcome: Problems with past affection; hurting relationships especially with her husband but it is mostly about the relationship with her mother.

Mary – “It still keeps coming up.”

Bob – “What is ‘it’? Describe what happens for you to know that ‘it’ is coming up?”

“It is a ‘feeling’ and then a ‘reaction’ – a very harsh reaction. I feel anger, bitterness and resentment. Sometimes I know when ‘it’ is coming but most of the time I don’t; it just happens.”

“Bad roots; bad fruits.”

“I sure like that statement.”

“That is from Joyce Meyer.”

“What does ‘it’ feel like and where in your body do you feel ‘it’?”

“I feel it in my solar plexus. It is in my gut – up higher into my chest. I can feel it in my arms and hands. I want to clench my fists.”

“How do you feel it? Is it tight?”

“Yes, it is tight and it is heavy.”

“I have a feeling of a heavy pressure in that area.”

“Ok. Good. You are doing a great job in describing how and where you feel. Now, I want you to just be with that heavy-tight feeling in your solar plexus and in your chest. Just be totally with it and being with it, I want you to imagine yourself dropping down through that heaviness and tightness. And, as you drop down through it, what thought-feeling do you have underneath that feeling of pressure?” Mary, “Injustice/ wrongful conviction – that is what pops in my mind.”

Table 1 – The Drop-Down Through Pattern

Bitter Roots elicited from Dropping-Down Through	Positive reframes that result from “layering” the “light of Christ” onto the Bitter Roots
Injustice/ Wrongful Conviction	“It is starting to lift away. I see a space ship taking it out into the dark void of space. It is getting smaller and smaller. The Lord tells me to “forgive them for they know now what they are doing.”
Manipulation	“I can evaluate this in the light of Christ instead of reacting. I am applying grace, mercy and pity to my mother. There is no manipulation.”
Deception	“Mother has blinders on; she is so deceived. She needs forgiveness and I see the Lord just washing forgiveness all over her.”
Bitterness	“He washes it all away.”
Sadness	“Joy is what surpasses all understanding. Joy is coming into every cell of my body.”
“I can’t do anything to change it.”	“I can’t change her and the past but “I can do all things through Christ who strengthens me. Just look forward, He tells me.”
Condemnation	“There is no condemnation for those who are in Christ Jesus...”
Worthlessness	“He floods me with how much He loves me.”
Lack of self-worth	“Gone!”
Striving - “I will prove you are wrong.”	“Vengeance is mine saith the Lord. I will repay.’ Vengeance is the Lord’s work, not mine.”
Stubbornness	The Lord says, “Quit fighting. I will give you rest. I don’t have to prove anything.”
Rebellion	“Rebellion roots in pride. He melts it into ‘humility’.”
Nothing – No Meaning	
“Christ is my Savior.” “He is my Rock.” “It is a very bright Light.”	“Christ is my Savior.” “He is my Rock.” “It is a very bright Light.”

In the left column of Table 1 you will see the various levels of Bitter Roots that Mary dropped down through. She first dropped into “injustice and wrongful conviction”; then she dropped into “manipulation” etc. I just kept repeating “and drop down through that and what do you experience there?” Notice that she came to a place where there were no meanings. She said, “There is nothing. There is no meaning here.” I then asked her to “Just imagine opening up that place of nothingness and go out beyond that place and what or who do you experience there?” Mary immediately went into the presence of Jesus. She experienced Him as her “Rock” and as a “very bright Light”. I then asked Mary to take the presence of Jesus with that “very bright light” and *apply* the presence of Jesus by letting His bright Light shine onto the bitter roots. “And what happens when you shine the Light of Christ onto ‘injustice and wrongful conviction’?” In the right hand column, you will see Mary’s reply. I led her to apply the presence of Jesus to each

bitter root and you will see the results in the right hand column.

The next step in our session was to “test” to see if the above work had affected any change in her “it” as she described her problem.

I thought it would be but there seemed to be no change. We soon found out why.

“Mary, when you think of ‘it’ now what do you feel?”

“I hear Satan say, ‘But it won’t last long!’”

“You hear Satan say that the change won’t last long. Where do you hear him saying that?”

“I hear just a whisper coming into my left ear.”

“OK, Mary, let’s do this – take that thought ‘it won’t last long’ captive and take it to the Light of the Lord. Let the Light of the Lord shine on it and once you do that what does the Lord tell you about in not lasting?”

“I hear the Lord say ‘Zip it!’ And, I am kicking it out into the black void of space.”

Knowing that this problem had been a problem for Mary for many years and that she had sought counsel with it many times to no avail, I really wanted to put the change work to the test so I decided to test the change again.

“Mary, what really triggers the “it” the most? In the past, what more than anything else would trigger you into that reactive state of anger and bitterness?”

“When my husband seems to be manipulating me or if I feel wrongly convicted when he is criticizing me, I will go into that angry/bitter reactive state.”

“OK, Mary, get a picture of your husband criticizing you. What do you feel?”

“It infuriates me”

“And where do you feel that anger?” Mary, “I feel it in my throat.” The left column of Table 2 below lists the Bitter Roots elicited from Mary’s dropping down through each layer. Again, she dropped right into Jesus. The right column provides the resulting reframes from *applying* the “Light of Christ” to her “Bitter Roots”.

Table 2 – The Drop-Down Through Pattern

Negative frames from dropping down through	Positive reframes that result from “layering” the “light of Christ” onto the negative frames
“It infuriates me!” – The feeling is in her throat and her chest.	“Be tolerant.”
Misunderstood (“He has no idea of my intent.”)	“It doesn’t matter.”
Mind screwed/ manipulation	“The Lord gives us a spirit of a sound mind.”
Confusion	“With a sound mind from the Lord I have the ability to figure it out and not be confused.”
Defeated	“I feel submitted to the Lord and to my husband and it is safe! ”
Belittled	“I know who I am in Christ.”
Unappreciated	“The Lord brings me to my intent – I feel appreciated which comes from Him and I have a pure motive and intent.”
Incapable	“The Lord makes me capable.”
Incompetent	“The Lord tells me, ‘maybe you are but I still love you.’”
Judged	“Don’t judge. When I judge my husband I am doing the same thing I believe he is doing to me.”
Frustrated	“I have more confidence and contentment.”
Resentful	“It is a brick for my wall. It is lying on the ground and it is so heavy that I can’t lift it and put it on the wall.”
“The resentment adds another cinderblock of my wall of bitterness and resentment. When something happens that angers me, I plaster another cinderblock onto that wall.” – Mary has a visual of the wall out in front of her and beginning to surround her. It is a wall of ‘protection’ from being hurt.	“The Lord tells me that I can ‘choose to not receive it’ and I choose to leave it on the ground.”
Can’t let go.	“The Lord says, ‘That is of the flesh. Take control over that.’”
Prison	“Free indeed.”
Heavy	“Gone!”
Wronged	“Gone!”
Dark	“Gone!”
Lonely	“Gone!”
Sickness	“Healthy.”
Hell	“It burns up into nothing.”
Nothing	
The “Light of Christ”	

Obviously the above mental frames have created a great deal of hurt in Mary. Like so many whom I have worked with, she had built an imaginary wall in order to protect her from hurt. And, each time she was hurt, she would add another cinderblock to the wall. The wall now was so big it was beginning to surround her.

“Walls work!” When we surround ourselves with an imaginary wall out of the hurts of the past, the wall will work to stop us from engaging with people who might hurt us. The wall will keep us “safe” from those perceived hurts. However, it can get mighty lonely living inside a wall. Mary was now in the process of giving that wall to the Lord. Due to the enormity of the mental frames holding the wall in place, I wanted to test the work.

“You have done some good work Mary. So, now when you think of the wall, what do you see and feel?”

“The construction has halted. The wall has moved down lower and further away from me.”

“That is great Mary. Now, Mary, I want you to give that wall to the Lord. Follow my directions exactly. Keep your head level. Keep your chin level. Do not move your head. Now, roll your eyes into the back of your head and look up high. Do you see Jesus up there?” (I am here leading Mary to give her Bitter Root to Jesus.)

“Yes, I do.”

“Is He really bright?”

“Yes, it is really bright.”

“Great. Now, just leave the Lord up there and bring your eyes back down not moving your head but just moving your eyes back down and see that cinderblock wall. Do you see it?”

“Yes, I see it.”

“Now, Mary, without moving your head and just with your eyes lift that wall up and give it to the Lord.”

“OK!”

“What happened to the wall when you gave it to the Lord?”

“It broke into a million pieces. It is falling and scattering all over the earth below.”

“That is great Mary; you don’t need that wall anymore, do you?”

“No.”

“Now, Mary, I want you to get that picture of your husband and note how you react this time.”

“I am laughing on the inside. I am not going there anymore (to anger and bitterness).”

The Drop-Down Through Pattern –

1) Identify the experience and emotion you want to transform.

What emotion, feeling, memory, or experience would you like to give to the Lord so that it enhances your life?

Are there any emotions or experiences that undermine your success that you would like to give to the Lord?

2) Step Into that Experience.

For the purposes of transformation, recall that experience and step into it so that you see what you saw, hear what you heard, and fully feel what you felt. Be there again.... Good.

Where do you feel this in your body?

What does it feel like?

How intense are you experiencing this emotion?

Good, just be there with it for a moment, noticing ... just noticing it fully... knowing that it is just an emotion and that you are so much more than any emotion...

3) Drop Down Through the experience.

This may feel strange, but you do know what it feels like when you *drop* ... so feeling that feeling of *dropping*, just drop down through that experience until you drop down underneath that feeling...

What feeling or emotion lies underneath that emotion?

And now just imagine dropping down through that feeling.

[Use the language and terms that the person gives you.]

And what feeling comes to you as you imagine yourself dropping down through that one?

[Keep repeating this dropping-down through process until the person comes to “nothing...” That is, to no feelings ... to a void or emptiness.]

4) The place of “Nothingness” or the “Void”

Just experience that “nothingness” or “void” for a moment. Good.

Now let that nothingness open up and imagine yourself dropping through and out the other side of the nothingness.

What are you experiencing when you come out the other side of the nothingness? What or whom do you see?

Christians will see the Lord but their representations will differ. Some will see Jesus on the Cross, as a picture on the wall, as an image on a stained glass window, etc. Others will see God the Father in various contexts. Some will just see a very bright light.

Sometimes you need to drop down through 2, 3 or more resource states before they find the Lord but if they are a Christian, keep dropping them down until they experience the presence of the Lord. If they are having trouble, you may wish to suggest when they are in a resource state, “Do you, by the way, see Jesus?” If their faith is weak, you will probably need to minister to their weak faith that it may grow. My experience has been that “Bitter Roots” are usually behind a weak faith.

For example, I have worked with many ladies who were abused as children. This resulted in their “feeling dirty” and that God couldn’t love them. They felt unworthy of His love. Also, I have found those who were very angry at God for “letting” something like abuse happen to them when they were just a child. In all cases, welcome in those Bitter Roots that block their relationship with God and minister to them. You can most certainly use the Drop-Down Through Pattern on such Bitter Roots. Many times just the explaining of Scripture and how God loves us totally in spite of our living in a non-perfect world will suffice. The person must come to forgive the person who hurt them; forgive themselves for feeling dirty and forgive God for not protecting them. This last thought may require some serious thinking.

5) Meta-State each problem state

Use each resource state (in our case, Jesus) to meta-state each problem state.

Direct them by saying something like, “As you now apply the presence of the Lord to that problem, what happens to the problem?”

And when you feel X about Y, how does that transform things?

And when you even more fully feel X – what other transformations occur?

Valid and solidify: just stay right here in this X resource and as you experience it fully, what happens to the first problem state (#1)?

When you *feel this* (fire anchor for each resource) ... what else happens to those old problem states?

6) Test

Let’s see what now happens when you try, and I want you to really try to see if you can get back the problem state that we started with.

When you try to do that, what happens?

Do you like this?

Would you like to take this into your future?

Into all of your tomorrows and into all your relationships?

Caveats about the Pattern

In terms of trouble-shooting the use of this pattern, there are a few concerns as you work with people and coach them through this process.

1) About “getting to the bottom.”

Sometimes people will reach a point near or at the “void” where they say things such as, “That is it. There is nothing else.” Or, “I am at the bottom. There is nothing else below. I can’t go any further.” If this happens, then ask them if they have a visual. I invite the person to say something like, “I am on the ground. There is nothing below me.” When this happens then we can say, “Good, just imagine opening the earth up and dropping down through that.”

In any Neuro-Semantic or NLP pattern, our basic approach is that we do what we have to do to coach a person to continue dropping down through. Use their metaphors and feed it back to them in a way that will lead them to open up whatever is blocking them.

2) For intense trauma, use another pattern first.

If the person is experiencing a great deal of emotional pain from a memory, use some other meta-stating patterns to loosen up the frames before using this pattern. We don’t want to lead a person to associate into some extremely painful experience when there are easier ways of doing it. I (BB) have found with this pattern that it provides a great “cleaning up” pattern for finalizing your work.

3) Track the person’s states all the way down.

If you have an excellent memory, make a visual image of a ladder and state in your mind and to them, each state. If not, then jot down on a notepad each state the person drops-down into. Sometimes there will be as few as 5 and sometimes as many as 20 or 30.

4) When to end.

If the person still has some “negative” emotions after you have taken him or her through the process, then simply repeat the process. That is, recycle through those feelings as you did with the first negative feeling. You may have to do this two or three times. Do it until the person does not experience a negative feeling.