

Restoration of all things - Lindy Strong

Energy Healing

Kingdom Living

Before we start let me lay down some basics, that we are all familiar with I am sure, of how Kingdom works:

1. It's not about what we do, but who we are
2. It's all about who or what governs and dictates our time
3. It's all about Who or What we look to for Health
4. It's all about Who or What we look at for Wealth and Provision

Kingdom Living is all about the tree of life and not the tree of knowledge

Life is not an exam for written or oral answers

Life is an exam we live with our lives – spirit to Spirit no head to mouth

For Example: The Father does not ask if we know that Kindness is a fruit of the Spirit

The Father asks how we have lived to manifest Kindness, a free fruit available to us if we choose to pick it from the Tree of Life

“Future medicine will be the medicine of frequencies”! - Albert Einstein

“Future medicine will be based on controlling energy in the body” - Professor William Tiller, Stanford University

What does energy healing include?

- Light
- Sound
- Vibrations
- Food
- Essential Oils
- Crystals
- Words
- Thoughts
- Emotions
- Trapped Emotions
- Heart
- Tuning Forks & Crystal Bowls

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Why energy healing?

Our birthright is Immortality

Quite simply put, man was created immortal

Sin ushered in mortality

Jesus came to reset the record

Therefore in His death we have immortality

When we die with Him, we are raised with Him to immortality

Our minds need to be renewed and we need to come into agreement with the truth

2 Tim 1:9-10 according to the power of God, who has saved us and called us with a holy calling, not according to our works, but according to His own purpose and grace which was given to us in Christ Jesus before time began, but has now been revealed by the appearing of our Saviour Jesus Christ, who has abolished death and brought life and immortality to light through the gospel

1 Cor 15:51-54 Behold, I tell you a mystery: We shall not all sleep, but we shall all be changed - in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible has put on incorruption, and this mortal has put on immortality, then shall be brought to pass the saying that is written: "Death is swallowed up in victory."

This is not about the rapture!

The book of Revelation has trumpets going off all over the place

Just because you have not heard it, does not mean it has not sounded

Romans 2:5-7 But in accordance with your hardness and your impenitent heart you are treasuring up for yourself wrath in the day of wrath and revelation of the righteous judgment of God, who "will render to each one according to his deeds":

Eternal life to those who by patient continuance in doing good seek for glory, honour, and immortality

There is a difference between 'eternal life' and 'immortality'

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2 Cor 5:1-10 *For we know that if the earthly tent we live in is destroyed, we have a building from God, an eternal house in heaven, not built by human hands.*

Meanwhile we groan, longing to be clothed instead with our heavenly dwelling, because when we are clothed, we will not be found naked. For while we are in this tent, we groan and are burdened, because we do not wish to be unclothed but to be clothed instead with our heavenly dwelling, so that what is mortal may be swallowed up by life.

Now the one who has fashioned us for this very purpose is God, who has given us the Spirit as a deposit, guaranteeing what is to come.

Matt 17:1-2 *After six days Jesus took with him Peter, James and John the brother of James, and led them up a high mountain by themselves. 2 There he was transfigured before them. His face shone like the sun, and his clothes became as white as the light.*

Jesus was modelling his heavenly dwelling

Matt 17:9 *As they were coming down the mountain, Jesus instructed them, "Don't tell anyone what you have seen, until the Son of Man has been raised from the dead."*

It became available to us after the resurrection

Why energy healing? Because it is one of the tools the Father is revealing in the earth today to help us physically step into Immortality.

There are other tools that will be covered in the section called the Strategy for Immortality

We totally understand the need for food to nourish our bodies and supply the energy for life.

However, when we get ill, we start to look for other solutions:

- A sovereign move of Jesus to heal us
- A visit to the doctor for chemicals

Every pharmaceutical drug has effects

Not a single pharmaceutical drug is natural.

It is not possible to patent anything that exists in nature. They will not invest the money in something they cannot patent.

Pharmaceutical drugs do not produce coherent frequencies and can distort our frequency

We ignore the provision that exists in nature for our healing

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Revelation 22:1-2 Then the angel showed me the river of the water of life, as clear as crystal, flowing from the throne of God and of the Lamb down the middle of the great street of the city. On each side of the river stood the tree of life, bearing twelve crops of fruit, yielding its fruit every month. And the leaves of the tree are for the healing of the nations.

The pharmaceutical companies have done a great job of reprogramming our thinking around health

They are not creating cures.

They are creating customers.

What is Energy?

If you recall your school days, you will be reminded of the basic scientific fact: Everything is Energy.

Energy can neither be created nor destroyed.

In other words, the total sum of energy that exists in the universe today is exactly the same as when the universe was created.

God is Energy

Gen 1:2 The earth was without form and void; and darkness was on the face of the deep. And the Spirit of God was hovering over the face of the waters.

At its simplest, energy is defined as 'the capacity of a force to perform work, or produce an effect'.

When God created the universe, His energy was released into it.

When God created us, His energy was released into us.

He placed that life force of energy within us

And therefore we have the capacity to use that life energy for life or for death.

Deut 30:19 This day I call the heavens and the earth as witnesses against you that I have set before you life and death, blessings and curses. Now choose life...

Spiritual people recognise the pure energy force within the universe. They just don't know *who* that energy is:

"There is force in the universe, which, if we permit it, will flow through us and produce miraculous results" - Mahatma Ghandi.

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His energy is the energy in which all things exist

His energy is the energy by which all things are held together.

Acts 17:28 For in Him we live, and move, and have our being;

He is the life force energy of the universe

Activation:



We are going to step into Him, His life force energy.

Feel His energy surround you

Feel yourself being swallowed up by life

Drink that life, feel it in every part of your body

Feel the clothing of your heavenly dwelling

Feel the mortality being swallowed up by immortality

The Human Energy Field

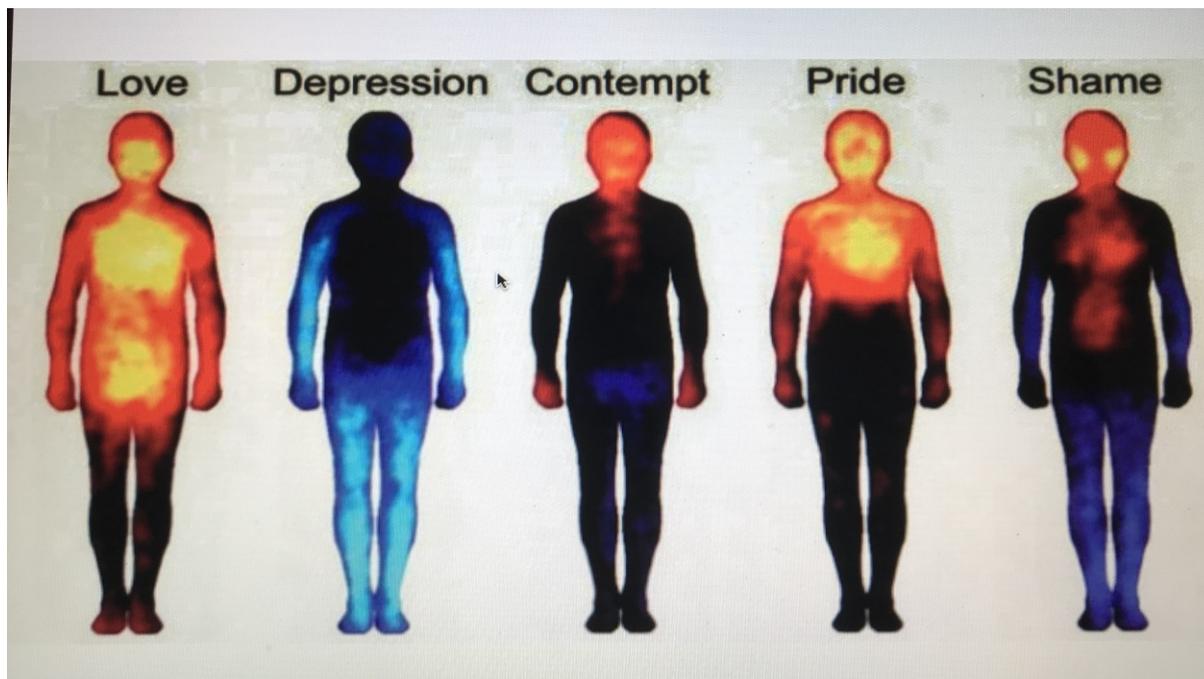
A few decades ago science denied the existence of any form of human energy.

With the advances in technology, specifically with the device called the SQUID (superconducting quantum interference device) magnetometer, tiny magnetic fields have been detected from biochemical and physiological activities within the body.

Using this device scientists have learned that all the tissues and organs of the body produce specific vibrations.

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This picture gives an indication of what our emotions could look like:



Over the last 10 years this has become so universally accepted that even the United States federal government has come out in publicly agreeing:

Almost all health issues originate from one problem – STRESS.

When we talk about stress, we are not talking about *circumstantial* issues that we usually think about as stress. It is *physiological* stress that results in illness and disease.

Physiological stress, simply put, is when our nervous system is out of balance.

- Where there is negative energy where once there was positive energy.
- Where stress has caused an imbalance within a certain area of the body.

By receiving the correct energy vibrations, we can bring energy balance back into our body

DNA & Our Thinking

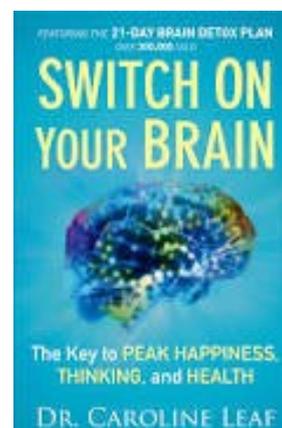
The following section has several quotes directly from this book, which also contains a 21-day detox plan.

Switch On Your Brain

The Key to Peak Happiness, Thinking and Health

by Dr. Caroline Leaf.

<http://a-fwd.to/1YIWYef>



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To quote Caroline Leaf (communication pathologist and audiologist who has worked in the field of neuroscience since 1985),

All thinking activity is real and can be seen on brain imaging.

Just the mind activity from engaging with the last few sentences generates electromagnetic, electrochemical and quantum action in your neurons

It causes:

- Magnetic fields that can be measured
- Electrical impulses that can be tracked
- Chemical effects that can be seen and measured
- Photons to be activated that can be captured on computer screens
- Energy activity that can be explained using quantum physics
- Vibrations in the membranes of the neurons that can be picked up by instrumentation

This combined activity sets up an intricate and organized sequence of actions of neurotransmitters, proteins and energy that forms a signal.

Your thinking has just created a powerful signal that is going to change the landscape of your brain.

This signal you have just created passes through the membrane of the cell, travels to the cell's nucleus and enters the chromosome, activating a strand of DNA.

The DNA is zipped up like a cocoon until it is activated or unzipped by the signal.

As it is opened and the code is read, RNA (a type of protein that almost acts like a photocopier) makes a photocopy of the code, which serves as a guide or architectural plan to build the proteins within the cell.

As these proteins you have just caused to be built by your thought process hold the information you have just received through a thought or memory, you have created substance.

Prov 23:7 As a man thinks in his heart so is he

Heb 11:1 Faith is the substance of things hoped for, the evidence of things not seen.

A study by the Institute of HeartMath showed:

Thinking and feeling anger, fear and frustration caused DNA to respond by tightening up and becoming shorter and switching off many DNA codes, causing a shut down in our body

However, this was also shown to be reversed by feelings of:

- Love
- Joy
- Peace
- Appreciation
- Gratitude

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Researchers also found that HIV positive patients who had positive thoughts and feelings had 300,000 times more resistance to the disease than those without positive feelings

Conclusion: When we choose to engage toxic thoughts (unforgiveness, bitterness, anger, resentment, irritation etc.) we change our DNA which changes our brain wiring.

The good news:

- A positive attitude and good choices around thinking had the result of rewiring everything back to the original healthy positive state.

Rom 12:2 *Do not conform to the pattern of this world, but be transformed by the renewing of your mind*

Through our thoughts we can be our own micro surgeons as we make choices that will change the circuits in our brains

We are designed to do our own brain surgery and rewire our brains by the choice of our thinking.

The DNA of Heaven

Thinking God's thoughts will reset our DNA to His DNA.

Start to take captive your thoughts and reprogram your DNA



8x10 Printable from TheFlourishingAbode.com

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For me, the following information has helped me make sense of what I have been living for so long and helped me teach others how they can live there too:

It is science catching up again with the keys of freedom the Father has already given us

To quote Joe Dispenza, a leading neuroscientist:

“The body does not know the difference between the experience and the memory of the experience”.

Or put differently:

The body does not know the difference between the physical experience or a thought experience (imagined experience).

Because our brain does not know the difference between what we are imagining and what we are experiencing, when we mentally rehearse things we install a new neurological hardware.

We need to ensure that what we are rehearsing is positive and life giving

Neuroscience says: As we do that we move our brain function from being stuck in the past and we use our brain function to create a map of the future

Jesus says: As we do this we begin to release the life force within us (the authority of sonship) to create our future.

Activation: Let's rewire.



Think about your favourite place.

- Remember the last time you were there.
- Remember the feelings of joy and contentment you felt.
- Rest in those feelings.
- As we go deeper into the memory we will recognise that those feelings are as real in the memory of the event as they were in physical event

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Now we are going to expand this activation.

Our imagination is not a second class citizen

Faith is a substance, and it is first generated with our spirit in our imagination

Our imagination generates a substance

- Embrace the Peace
- Feel the Love of the Father
- Allow Holy Spirit to take your imagination and fuel your thoughts and show you whatever He wants to show you. Ask Him what you want to know
- Engage your spirit to work with your imagination to generate the substance to reset your thinking and your DNA

Light & Sound

The Father has been speaking to me about light and sound for over 5 years and as a result we have developed a therapy called **Identity Therapy** around what He has been showing us to do with light and sound

These are not going to be the focus today, I just want to touch on them to open that realm for you guys to explore

Light is Colour

John 1: 1,3-4 *In the beginning was the Word... Through him all things were made; without him nothing was made that has been made. In him was life, and that life was the light of all mankind.*

So God (the Word) created everything.

Let's go back to the beginning of time:

Gen 1: 1-3 *In the beginning God created the heavens and the earth. Now the earth was formless and empty, darkness was over the surface of the deep, and the Spirit of God was hovering over the waters. And God said, "Let there be light," and there was light.*

Light is the Energy of Life

It was reported in the Telegraph on 26 April 2016 that researchers in ovarian biology at Northwestern University, Chicago discovered human life begins with a flash of light.

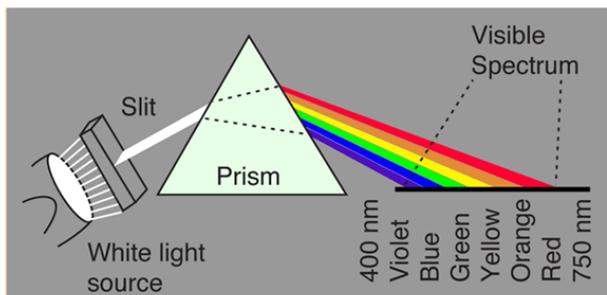
An explosion of tiny sparks emits from a human egg at the exact moment of conception.

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We are created by light

- We are created by light as light beings
- Jesus is the light of the world. All light comes from Him.
- Light is a fundamental part of who we are and how we function
- We need light to remain healthy

Light is made up of various colours



Chromopathy: Colour Therapy.

Chromo-, means *colour*
and *-pathy*, means *the technique of treatment*.

Through chromopathy, many ancient and chronic diseases can be treated.

- It's an alternative medicine method.
- It uses light, in the form of colours, to balance energy lacking in a person's body.

Ancient Egyptians and the Greeks used colour and light for healing.

In Europe in the Middle Ages, Cathedrals had booths made of coloured glass where people would go to pray and be healed.

We see a remnant of this in the stained glass windows

Light is an Energy

Light is part of the electromagnetic spectrum, which ranges from radio waves to gamma rays.

- Electromagnetic radiation waves, as their names suggest are fluctuations of electric and magnetic fields, which can transport energy from one location to another.
- That energy, as colour, can transport into our bodies and heal the deficiency, thereby healing the body

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Activation:



Ask Holy Spirit if there is a colour you are deficient in

Is this deficiency effecting a physical condition?

Now we are going to receive that colour.

- Jesus is the light, and the refracted light.
- Receive the colour you need
- Visualise that colour being flooded into your being

Remember,

- As our imagination is able to generate the substance of faith
- Our imagination is able to generate many other substances
- In this instance, our imagination is going to generate the substance of the colour that we need
- Engage your spirit to work with your imagination to generate the substance to reset your body and your DNA

Sound is an Energy

Any sound, whatever it may be, is caused by something vibrating.

- Sometimes it is audible, and other times not.
- Creation was created by frequency when God brooded over the earth

Joshua 6:16, 20 The seventh time around, when the priests sounded the trumpet blast, Joshua commanded the army, "Shout! For the Lord has given you the city!" ...

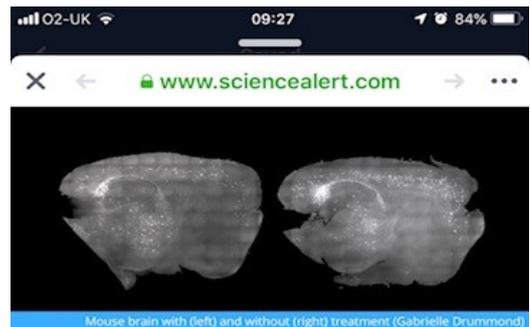
When the trumpets sounded, the army shouted, and at the sound of the trumpet, when the men gave a loud shout, the wall collapsed; so everyone charged straight in, and they took the city.

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Light & Sound

- Light and Sound are both vibrations
- Vibrations that impact the makeup of the body

See article from www.sciencealert.com (right).



HEALTH

Scientists 'Clear' Alzheimer's Plaque From Mice Using Only Light And Sound

MIKE MCRAE 15 MAR 2019

Clumps of harmful proteins that interfere with brain functions have been partially cleared in mice using nothing but light and sound.

Research led by MIT has found strobe lights and a low pitched buzz can be used to recreate brain waves lost in the disease, which in turn remove plaque and improve cognitive function in mice engineered to display Alzheimer's-like behaviour.

Sound is an Energy

Zephaniah 3:17

*The Lord your God is with you,
the Mighty Warrior who saves.*

*He will take great delight in you;
in his love he will no longer rebuke you,
but will rejoice over you with singing.*

- When He sings over us, it resets our frequency.

Activation:



When He sings over us, it resets our frequency.

Let's take some time now and allow Him to sing over us!

Feel the vibrations of Him singing over you

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Vibrational Energy

The Rife story

Dr. Royal Raymond Rife discovered one of the most ground breaking medical tools in the last hundred years.

He invented the world's best optical microscope and subsequently discovered that the microbes in cancer cells could be totally devitalized by radio frequencies which left patients unharmed.

Due to financial and political interests, his discoveries were driven underground and much of his work was destroyed.



In 1934, the University of Southern California appointed a Special Medical Research Committee to bring 16 terminal cancer patients from Pasadena County Hospital to Rife's San Diego Laboratory and clinic for treatment.

The team included doctors and pathologists assigned to examine the patients, if still alive, in 90 days.

After the 3 months of treatment, the Committee concluded that 14 of the patients had been completely cured. The treatment was then adjusted and the remaining 2 also were cured within the next 4 weeks.

On November 20, 1931, forty-four of the nation's most respected medical authorities honoured Royal Rife with a banquet billed as "The End To All Diseases" at the Pasadena estate of Dr Milbank Johnson. But by 1939, almost all of these distinguished doctors and scientists were denying that they had ever met Rife.

This complete reversal was the result of pressure from the drug companies on them. 'Pressure' is a very nice way of saying it.

On the eve of a press conference to announce the results of the 1934 study on Rife's cancer therapy, Dr Milbank Johnson, former president of the Southern California AMA, was fatally poisoned and his papers "lost".

Also, after a failed attempt by Morris Fishbein to buy the rights to Rife's healing instrument for the medical drug industry, Rife's labs were destroyed by arson and sabotage.

Dr. Nemes, who had duplicated some of the work of Rife, was killed in a mysterious fire which destroyed all his research papers.

A similar fire also destroyed the Burnett Lab, which was validating Rife's work.

Royal Rife himself was killed in 1971 by an "accidental" lethal dose of Valium and alcohol at Grossmont Hospital.

Thankfully some of Rife's records were subsequently discovered

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Today, there are 2 not for profit organisations researching cancer solutions.

The *Independent Cancer Research Foundation, Inc.* being one and they published the *Truth about Cancer Series* and the *Cancer Tutor* website:

www.cancertutor.com

The other is *The American Anti-Cancer Institute*

www.americanaci.org

These resources are being made available so that people who are suffering from cancer and other diseases are able to benefit free of charge from these discoveries

And can pursue their own discovery with in-home research into the effects of high radio frequencies by buying and using these machines in their own homes

I myself have bought a Rife Machine for my own personal use at home to try out

It comes with a very extensive handbook covering ailments from A-Z and their corresponding frequencies.

Dr. Rife's work culminated with The Smithsonian Institution publishing the following quote in their 1944 annual report:

"Disease organisms such those of tuberculosis, cancer, sarcoma, typhoid, and others may be observed to succumb when exposed to certain lethal frequencies peculiar to each individual organism, and directed upon them by rays conveying a wide range of waves."

I am in touch with a man in the USA who is a Vietnam Veteran.

He brought himself back from stage 4 Prostate Cancer when he was sent away from the hospital to die.

He now raises money and buys machines for other veterans who are sent away with no hope.

All but one of the people he has worked with are still alive today.

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Crystals

Ezekiel 28:11-17

11 The word of the Lord came to me: 12 "Son of man, take up a lament concerning the king of Tyre and say to him: 'This is what the Sovereign Lord says: You were the seal of perfection, full of wisdom and perfect in beauty.

*13 You were in Eden,
the garden of God;
every precious stone adorned you:
carnelian, chrysolite and emerald,
topaz, onyx and jasper,
lapis lazuli, turquoise and beryl.*

*Your settings and mountings were made of gold;
on the day you were created they were prepared.*

*14 You were anointed as a guardian cherub,
for so I ordained you.*

*You were on the holy mount of God;
you walked among the fiery stones.*

*15 You were blameless in your ways
from the day you were created
till wickedness was found in you.*

*16 Through your widespread trade
you were filled with violence,
and you sinned.*

*So I drove you in disgrace from the mount of God,
and I expelled you, guardian cherub,
from among the fiery stones.*

*17 Your heart became proud
on account of your beauty,
and you corrupted your wisdom
because of your splendor.*

*So I threw you to the earth;
I made a spectacle of you before kings.*

God is explaining how He created Satan as a guardian Cherub

- He anointed Him
- He placed him (Satan) in the Garden of Eden
- He (Satan) was the seal of perfection, full of wisdom and perfect in beauty.
- Every precious stone adorned him.

When God created perfection

He adorned it with every precious stone.

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Exodus 28:15-21

*Fashion a breastpiece for making decisions – the work of skilled hands.
Make it like the ephod: of gold, and of blue, purple and scarlet yarn, and of finely twisted linen.
It is to be square – a span long and a span wide – and folded double.*

*Then mount four rows of precious stones on it.
The first row shall be carnelian, chrysolite and beryl;
the second row shall be turquoise, lapis lazuli and emerald;
the third row shall be jacinth, agate and amethyst;
the fourth row shall be topaz, onyx and jasper.*

Mount them in gold filigree settings.

There are to be twelve stones, one for each of the names of the sons of Israel, each engraved like a seal with the name of one of the twelve tribes.

Lapis Lazuli

Today let's just look at one crystal: Lapis Lazuli

Some scholars hold that the 10 commandments were written on Lapis Lazuli.



What are its properties?

- encourages self-awareness,
- allows self-expression and reveals inner truth, providing qualities of honesty, compassion and morality to the personality.
- stimulates objectivity, clarity and encourages creativity.
- assists to confront and speak one's truth
- and inspires confidence.
- bonds relationships, aiding in expression of feelings and emotions.
- boosts the immune system.
- purifies blood, lowers blood pressure, cooling and soothing areas of inflammation.
- alleviates insomnia and vertigo, and overcomes depression.
- benefits the respiratory and nervous systems and the throat, vocal chords, and thyroid.
- cleanses organs, bone marrow and thymus

The Throne Room

Revelation 4:1-6

After this I looked, and there before me was a door standing open in heaven. And the voice I had first heard speaking to me like a trumpet said, "Come up here, and I will show you what must take place

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after this.” 2 At once I was in the Spirit, and there before me was a throne in heaven with someone sitting on it. 3 And the one who sat there had the appearance of jasper and ruby. A rainbow that shone like an emerald encircled the throne.

4 Surrounding the throne were twenty-four other thrones, and seated on them were twenty-four elders. They were dressed in white and had crowns of gold on their heads. 5 From the throne came flashes of lightning, rumblings and peals of thunder. In front of the throne, seven lamps were blazing. These are the seven spirits[a] of God. 6 Also in front of the throne there was what looked like a sea of glass, clear as crystal.

In the throne room are all the gemstones...
And a sea of crystals!

Foundations of the city

Revelation 21:9-21

One of the seven angels who had the seven bowls full of the seven last plagues came and said to me, “Come, I will show you the bride, the wife of the Lamb.”¹⁰ And he carried me away in the Spirit to a mountain great and high, and showed me the Holy City, Jerusalem, coming down out of heaven from God. ¹¹ It shone with the glory of God, and its brilliance was like that of a very precious jewel, like a jasper, clear as crystal. ¹² It had a great, high wall with twelve gates, and with twelve angels at the gates. On the gates were written the names of the twelve tribes of Israel. ¹³ There were three gates on the east, three on the north, three on the south and three on the west. ¹⁴ The wall of the city had twelve foundations, and on them were the names of the twelve apostles of the Lamb.

¹⁵ The angel who talked with me had a measuring rod of gold to measure the city, its gates and its walls. ¹⁶ The city was laid out like a square, as long as it was wide. He measured the city with the rod and found it to be 12,000 stadia in length, and as wide and high as it is long. ¹⁷ The angel measured the wall using human measurement, and it was 144 cubits thick. ¹⁸ The wall was made of jasper, and the city of pure gold, as pure as glass.

¹⁹ The foundations of the city walls were decorated with every kind of precious stone. The first foundation was jasper, the second sapphire, the third agate, the fourth emerald, ²⁰ the fifth onyx, the sixth ruby, the seventh chrysolite, the eighth beryl, the ninth topaz, the tenth turquoise, the eleventh jacinth, and the twelfth amethyst. ²¹ The twelve gates were twelve pearls, each gate made of a single pearl. The great street of the city was of gold, as pure as transparent glass.

Here we see the gem stones again...

Not just mentioned, but described as foundations

All though the Bible: Old Testament, New Testament, Throne Room of Heaven and now the New Jerusalem, we see the gem stones

Can they possibly be important?

Are we overlooking a necessary part of our heritage?

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Activation:

Keep your eyes open, because your eyes are the gateway to the soul.

Focus on the crystal in the image on the right.

In the middle of that crystal is pure love.

Look at that, and engage with the pure love that is within that heart.

Draw that love into the very core of your being.

You are born into a covenant with the tree of knowledge. You are educated in that covenant. Break the covenant that you have with the tree of knowledge.



Recognise the Father's agenda for you as you draw the pure love from the middle of that crystal. Recognise that His agenda for you is:

- health
- wholeness
- freedom
- destiny
- authority
- fullness
- identity

He wants 100% the best for you, and your covenant with knowledge has been a filter through which you have seen His love all your life. That filter has produced a conditional love. The Father is saying "let it go".

"Let go of everything you know. Let go of everything you look to for health, wealth, happiness, contentment. Look to Me. I am your provider, sustainer, health-giver; I am your destiny-releaser; I am your joy-giver; I am your strengthener. I am your identity. I am your authority.

"Drink of My love. Receive My love. Allow that love to go in through your eyes, into your bloodstream and move around your body. Feel that love going around your body, unzipping your DNA, rewiring your DNA.

"Feel that love washing away all inferiority, all limitation and every lie that you have believed of who you are. Let it wash it all away. Feel that love moving through the neurological pathways in your brain, cleansing every deposit from the tree of knowledge and replacing it with life. Replacing it with the love of the Tree of Life."

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Pull on it. Drink it. Feel its vibration within you.

See the vibration in the stone.

Pull it in through your eyes; feel it in your body: the vibration of pure love.

Allow it to vibrate in all your organs.

If you get a pulsating in your organs or in various places in your body: keep drawing on it. He is recalibrating the frequency of that organ or body part with His pure love and He is shifting and healing you. Pull on that frequency; focus on that organ; with the intention of your heart, maximise whatever He wants to do in that organ.

If He is bringing to mind memories of things that are undealt with, let them go. Forgive, bless, release, let it go. He wants to completely heal that place in your body that is vibrating right now.

...

Pull that love into every broken piece of your heart.

He came to bind up the broken hearted. If there is fragmentation, He wants to make you whole. He is saying "Let Me heal that child; let Me heal that teenager, that adolescent."

...

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Crystal Bowls



Crystal singing bowls are made from silica sand which is pure quartz in nature.

The sand is dropped into a centrifugal force spinning mould, and at the proper instant, in the centre of that mould, there is an electric arc torch that is ignited to several thousand degrees centigrade.

Singing bowls have been used for centuries for healing and meditation purposes.

They create a range of sounds to restore the normal vibratory frequencies of diseased and out-of-harmony parts of the body, mind and soul.

Essential oils

Essential oils are another form of frequency and energy.

“For a number of years during my clinical practice, I researched the use of electrical energy for the purpose of reversing the disease process. I kept feeling that there had to be a more natural way of increasing a person’s electrical frequency, which led to the discovery of the electrical frequency of oils.” (Dr Gary Young – Founder of *Young Living Oils*)



Essential oils have the highest frequencies of any measured natural substance.

Pure grade essential oils range in frequency from 52 to 580 MHz (latest finding with *Idaho Blue Spruce*).

A healthy body, from head to foot, typically has a frequency ranging from 62 to 78 MHz, while disease begins at 57 MHz.

“Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil....” (James 5:14)

They were anointed for spiritual purposes

They were anointed for physical healing

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The Real Meaning of 'Anointing'

The Hebrew word for anointing means to rub or massage a person with oil.

- This meant using healing oils of the Bible, not vegetable oil
- To bless that person on a physical and spiritual basis.
- True anointing is another lost art and science. Jesus' feet were anointed with oil several times in the Bible with spikenard (see Luke 7:36-50 and John 12:1-8).



Did you know essential oils can support wellness?

Did you know that the Levite priests were in charge of diagnosing and healing disease through prayer and anointing with oils?

Did you know that essential oils were used by the apostles?

Along the bank of the river, on this side and that, will grow all kinds of trees used for food; their leaves will not wither, and their fruit will not fail. They will bear fruit every month, because their water flows from the sanctuary. Their fruit will be for food, and their leaves for medicine.

Ezekiel 47:12 (KJV) and Revelation 22

- God spoke and the plants came into existence.
- His breath and life are in the plants
- We eat plants for our sustenance and well being
- The leaves are for our medicine. They carry natural frequencies that were created to resonate with and restore our frequency.
- Either through oils or natural supplements
- The plants are His gift to us

We are now told there are connections in our feet to other organs of the body (see diagram on next page).

Personally I thought this was complete nonsense until I had my first raindrop treatment.

The feet are significant:

- It's a sign of reverence
- Is it also a confirmation that the feet impact the entire body?

Then took Mary a pound of ointment of spikenard, very costly, and anointed the feet of Jesus, and wiped his feet with her hair: and the house was filled with the odour of the ointment. John 12:3 (KJV).



Vita Flex Feet Chart



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The Limbic System

I learned the most fascinating fact the other day...there is one part of our brain which has not evolved since the days of the cavemen. In fact, it sounds as though it may in fact have “devolved”. The limbic system.

It will have been sharply developed by our ancestors, as they relied very heavily on the sense of smell

- They were very instinctive and could actually smell the change of the weather days ahead of time.
- The limbic system is referred to as the “old brain” as the structure and composition has not changed from primitive times.
- This is probably due to the fact that we now chose to use other mechanisms to replace the functioning of the limbic system.

Using the sense of smell as a healing tool is extremely powerful as it bypasses the intellect. Smell can trigger memories that our subconscious cannot hide. The tool that I use to trigger smell memories is essential oils.

Our sense of smell is directly connected to the brain.

When we inhale, scent molecules travel along the same route (the limbic system) as our behaviours, emotions, mood, and memories.

Our eyes, ears, tongue, and sense of touch are all wired so that their messages pass to the brain via the reasoning cortex first.

The nose, however, is wired differently. It connects directly with the limbic brain such that one's response to an aroma is going to be emotional before it can be rational.

So inhaled oils go directly into our emotional brain and bypass our reasoning.

- Therefore, because oils inhaled directly affect the emotional seat in our brains where traumatic memories are often stored
- and because oils can release cellular memories stored anywhere in the body,
- they can be of great value in helping us clear ourselves from the unconscious, hidden emotional patterns.

These patterns can control our lives and hold us back from the full manifestation of our potential and the ability to walk in our destiny.

Consequently, essential oils are fantastic at triggering and releasing emotions when we learn how to work with them, and make them work for us.

We will activate this principle at the end of the next section

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Words are Energy

There have been experiments done where plants in schools were either praised or bullied.



- The bullied ones were stunted in growth and in some cases died.
- The ones praised thrived and grew well.

A Japanese scientist, Masaru Emoto, in his book *The Hidden Messages in Water*, highlights the following:

- water droplets would form widely different crystal patterns depending on what they were exposed to before they were frozen.
- the words *I love you*, would result in beautiful ice crystals
- whilst the words *I hate you* would result in distorted crystals.

Consider that our bodies are 70% water

Now consider how important it is to keep our words about ourselves positive instead of negative.

Prov 18:21 *Death and life are in the power of the tongue*

It is equally important to keep our thoughts about ourselves positive, but more on that later.

The word of God is creative and will accomplish what it was sent for and what it contains:

Is 55:10-11 *As the rain and the snow come down from heaven, and do not return to it without watering the earth and making it bud and flourish, so that it yields seed for the sower and bread for the eater, So is my word that goes out from my mouth: It will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it.*

We are created in God's image, and have authority over our lives and our bodies:

"The words I speak will not return to me empty, but will accomplish what I desire and achieve the purpose for which I sent it."

Be very careful what words you release from your mouth over your life, health and wealth.

What words do you speak over yourself that are creative energy that impact your health and well-being?



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Research now show that our DNA actually changes shape according to our words

There is evidence for a whole new type of medicine in which DNA can be influenced and reprogrammed by words and frequencies alone.

Activation:

Let's just take a moment to look at things we may need to deal with.

We are going to use Essential Oils for this activation.

We are going to use a drop of Memory Release Oil to help facilitate this session.

We are going to place a drop of oil in your hand and rub in a clockwise direction.

A clockwise motion is used is because the strands of DNA that form our cellular intelligence turn in a clockwise manner.

So when we use a clockwise motion to apply the oils, the tiny molecules in each drop will enter our body spinning in the same direction as our DNA and can more effectively deliver their amazing benefits.

Drop the oils, rub and inhale.

As you inhale ask Holy Spirit to show you words that have created obstacles and hindrances in your life

- Recognise the energy you have released through those words
- Break the power of those words and destroy the negative energy
- Make a choice for a different outcome in future



Thoughts are Energy

Thought energy has no boundary.

Your thoughts are not confined to a certain location.



We would like to think that our private thoughts are in fact private.

News flash: they are not!

Each of us is like a radio station, constantly broadcasting the energy of our thoughts which emanate from us touching those around us for good or for ill.

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Luke 5:22 *Jesus knew what they were thinking and asked, "Why are you thinking these things in your hearts?"*

Your thoughts are immensely powerful

- We all have experienced that feeling of walking into a room and feeling uncomfortable as our receptors receive the negative thoughts of someone in the room towards us.
- Reputable laboratory experiments have repeatedly shown that thoughts can directly influence the rate of growth in plants, fungi and bacteria.
- Studies have proven that when the energy of thought is directed intentionally, it can impact someone else, regardless of whether they are nearby or all the way around the world.

Imagine how your own thoughts affect you.

- Everyone has some kind of internal conversation daily.
- What do you say to yourself?
- Is what you are saying to yourself life giving or critical

Phil 4:8-9 *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. 9 Whatever you have learned or received or heard from me, or seen in me—put it into practice. And the God of peace will be with you.*

Harvard Medical School's Mind-Body Institute research show that:

- 75% - 98% of mental, physical and behavioural illness comes from one's thought life.

As we entertain any negative thoughts about:

- A person
- The future
- An event
- A conversation we may have

The toxic thinking will actually change your brain wiring in a negative direction

The result of this will:

- Throw your body into stress
- Change the relationship
- Change the outcome of the event

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What is The Number One Source of Illness and Disease?

As mentioned earlier, over the last 10 years this has become so universally accepted that even the United States federal government has come out in publicly agreeing:

Almost all health issues originate from one problem – STRESS.

Prov 23:7 As a man thinks in his heart so is he.

We can create who we are, with our thoughts.

Science is now catching up with this.

We were told a leopard never changes his spots.

That is completely true, but **we are not leopards**.

We have the capacity to choose who we will be

Our wills are the most powerful thing that we possess.

- We choose what we think about
- We choose life and death
- We choose success or failure
- We choose joy or sadness
- We choose fulfilment or frustration

Our brain can either be a record of the past, or a blueprint for the future.

If our brain is a record of the past, we will be stuck in a cycle of repeated patterns of behaviour or illness.

- From the moment we start our day we will already be thinking in the past
- Each one of the memories in our brain will have an emotion attached to it because emotions are the end product of past experiences

According to Neuroscientist Joe Dispenza, neuroscience is discovering that 95% of who we are by the time we are 35 is:

- A memorized set of behaviours
- Emotional Reactions
- Unconscious Habits
- Hardwired Attitudes
- Beliefs and Perceptions

And we function like a computer program.

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Neuroscience: AS We have previously established, the body does not know the difference between the experience and the memory of the experience.

When we are in the cycle of our thoughts and emotions being played over and over again, it renders our entire state of being as living in the past.

Change is uncomfortable

- Being in the unknown is a scary place
- Often it feels safer to be in, say fear, Because at least then you know how to handle fear and that makes you feel safe.

Let's take fear as an example:

- Think about the emotional rush that comes with fear.
- We are created to feel.
- Feeling something negative will never be our first choice, but if the absence of a positive, we will settle for a negative.
- Think about the naughty child who will tolerate negative attention rather than no attention

Bearing in mind that while we still carry a measure of brokenness, it is unlikely that every one of our emotional needs are being met, which means we will be feeding on negative emotions.

So the question is:

- What rush of energy are you addicted to?
- Do you want to stay in that addiction of the past or move into the freedom of the future.

Your intention is another form on energy

- The power of intention, when exercised in a prayerful manner, raises your energy frequency by 15MHz.
- It is a directed form of thought energy.
- The intention of your heart, when coupled with your will, is exceptionally powerful.
- Because energy is intelligent, when activated by your will, it must obey and co-operate with your intention.

Activation:

Make a decision today that you want to move out of the addiction of the past into a freedom of the future.

Allow Holy Spirit to show you what emotions you are addicted to and how to break free.

Align your intentions and you will and enable them to undertake the change necessary



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The best way to predict your future is to create it.

How do we do that?

- By rewiring our brain

Every time we settle our body down and pull it back from the past and force it to stay in the present, we are telling our body that it is no longer in control.

When this happens we begin the process of freeing ourselves from living in the past and can begin the process of investing our energy into our future.

Where you place your attention is where you place your energy:

- When we allow ourselves to constantly replay and revisit past experiences and emotions, we are syphoning our energy from the present into the past
- When all our energy is being allocated to the past, there is none for the present, let alone the future.

Think about all the times you run scenarios over in your head.

- I want you to look at how exhausting that whole process is. It is a sap of our energy with absolutely no return on our investment.
- The reason we do that is because something has tapped into an area of pain and our subconscious wants to protect us
- So we rehearse what we are going to do as a protection
- This is not a positive or fruitful experience. It taps more and more into the pain the more energy we give it

Firstly the question is:

Are you investing your energy into your past or into your future?

- Where do you want to invest your energy?
- Decide what you want to change.
- We can change it by mentally rehearsing it.

2 Cor 10:5 We take captive every thought to make it obedient to Christ.

To demolish arguments and every pretension that sets itself up against the knowledge of God.

This needs to be our discipline. We need to control our thoughts rather than our thoughts controlling us.

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If the body does not know the difference between the experience and the memory of the experience, then it does not know the difference between what is real and our created reality.

Activation:



Let's rewire our brain

Allow Holy Spirit to take your hand and lead you down the imagination path of your future.

Allow Him to show you what He has for you

Allow Him to map out a future that you can get excited about

Choose to release your energy into that future map.

The Father knows our thoughts impact our well being, so He gave us the following instruction:

Philippians 4:8 ...whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable – if anything is excellent or praiseworthy – think about such things.

Emotions are Energy

- The emotions that we feel are made up of energy.
- This energy may be positive or negative and will have the corresponding effect on our bodies.
- This is evidenced when you see someone who's agitated infect a roomful of people.

Imagine you are calmly waiting for an appointment reading a magazine

- An irate client comes in through the door.
- He speaks to the receptionist in an irritated or agitated tone
- He paces up and down.
- His body language and tone gives his mood away
- But what is much more impactful is the invisible energy that he is releasing into the room
- Before long you will begin to feel the effect of that energy.

Just like the impact of tuning forks, when vibrations are released into a room, others begin to pick up that vibration and start to vibrate at that frequency.

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Activation:

Think about something that has happened recently that has caused a negative emotion within you

- Focus on that negative emotion and feel the impact it is having on your body
- Recognise the emotion....feel the tension in your body when we engage with the energy of that emotion



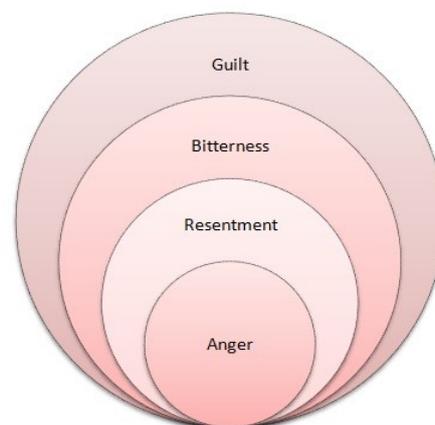
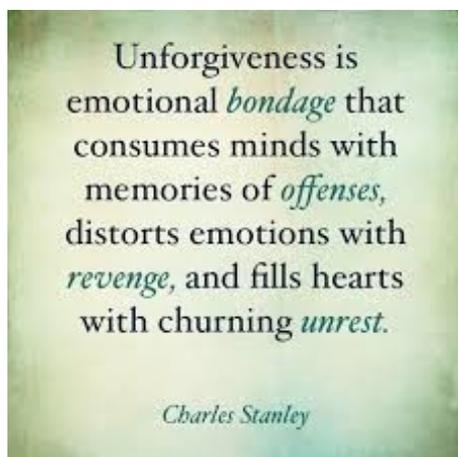
Now think about something that makes you happy or peaceful

- As you engage with that thought, I want you to recognise the energy that is released in your body as you engage with those positive emotions.

Can you see the benefit of the one and the destruction of the other?

- Recognise how one emotion is destructive
- Whilst the other is beneficial and uplifting
- Align your intention and your will to move away from destructive and toward constructive and productive
- Allow Holy Spirit to shift and change your mindsets to effect change.

The Energy of Unforgiveness



- Anger is the consequence of not forgiving.
- Very often our first response to pain is anger.
- We use the anger to hide the pain, and to be the avenue through which we release the pain and emotion.
- We choose anger because it is a natural response of protection.
- Subconsciously, we see aggression as a way to protect ourselves.
- Anger is the very tool that becomes our prison.

There are all sorts of energy and emotion associated with unforgiveness

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Forgiveness Therapy

Unforgiveness is such a damaging occurrence in our culture that the Father has had us pioneer 'Forgiveness Therapy'.

- Forgiveness Therapy is a secular therapy delivered by believers
- If you want more information see our Forgiveness Therapy Website: www.forgivenessstherapy.org
- If you want to become a Forgiveness Therapy Centre, let's talk.
- We are currently training up a group in Weymouth, Dorset and Four groups in India

Surviving to Thriving

We have just started our first trial of a new group therapy that we have developed called 'Surviving to Thriving'.

- It is based on all He has been teaching me about Energy Healing and how to reprogram your DNA.
- We expect to roll it out soon and start running more group therapy sessions with it.

Heart Energy

Science is now discovering that your heart generates 100 to 1000 times more power and electromagnetic energy than your brain, making it the most powerful organ in your body.

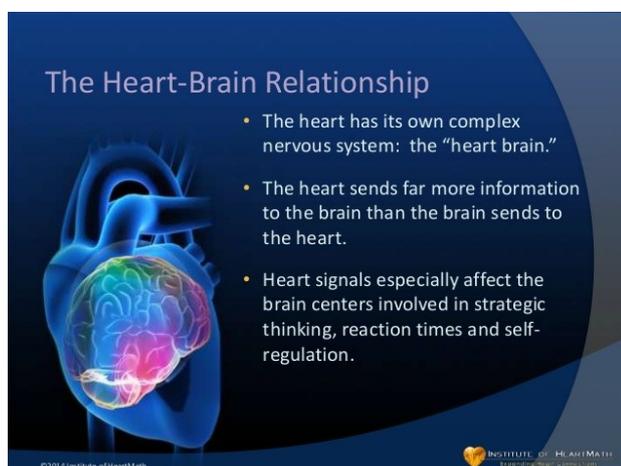
- Your heart is the core of who you really are.
- People who have had heart transplants report emotional responses that they did not have before.

Neuroscientists are making exciting discoveries.

They have found that the heart has its own independent nervous system, a complex system referred to as "the brain in the heart".

Are we surprised that the heart has its own unique intelligence?

Or that it can think, feel and remember?

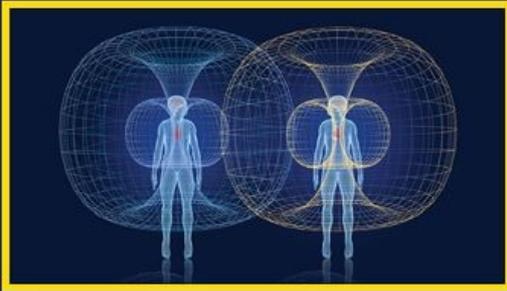


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As a man thinks in his heart so is he. (Prov 23:7).

Once again, science catching up with scripture.

Did you know?



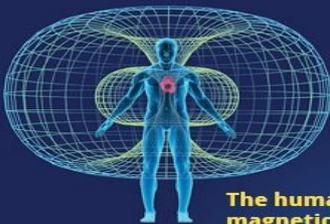
Your heart emits an electromagnetic field that changes according to your emotions.

Others can pick up the quality of your emotions through the electromagnetic energy radiating from your heart.

Heart-Brain Factoids

- The heart has a system of neurons that have both short- and long-term memory, and the signals they send to the brain can affect our emotional experiences.
- The heart sends more information to the brain than the brain sends to the heart.
- Coherent heart rhythms help the brain in creativity and innovative problem-solving.

Did you know?



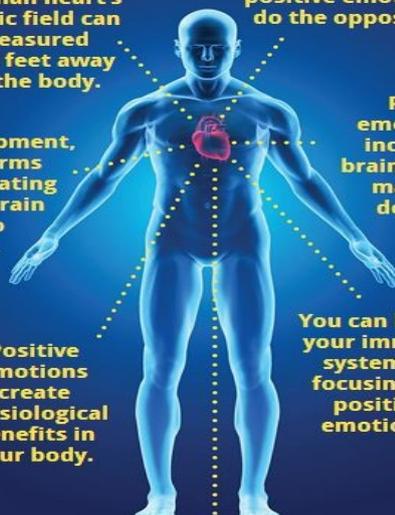
The human heart's magnetic field can be measured several feet away from the body.



In fetal development, the heart forms and starts beating before the brain begins to develop.



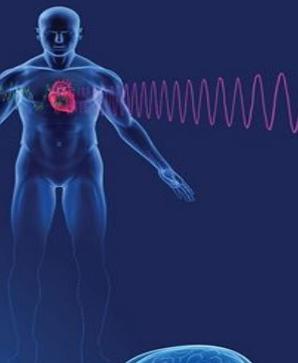
Positive emotions create physiological benefits in your body.



Negative emotions can create nervous system chaos, but positive emotions do the opposite.

Positive emotions can increase the brain's ability to make good decisions.

You can boost your immune system by focusing on positive emotions.



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The heart starts beating in an unborn foetus before the brain is formed.

- Scientists still don't know what exactly makes it start beating.
- The heartbeat is generated from within the heart itself
- It doesn't need connection to the brain to keep beating.

For more information on this see: www.heartmath.com

- HeartMath products, tools and techniques are based on over 25 years of scientific research conducted at the HeartMath Institute on the psychophysiology of stress, emotions, and the interactions between the heart and brain.

In times of crisis, the subconscious mind will sometimes create a wall of energy around your heart to protect it.

- Words like heartache or heartbreak are so called because of what occurs in the heart under strong emotional strain.
- In order to access any hidden emotions it is necessary to activate your will and reassure your subconscious that your heart it is safe to divulge the information

Activation:

Heart Energy

Medical research experiments have repeatedly shown that there are measurable positive effects on the body when we feel love and appreciation towards someone else.

- Let's activate that now
- Let's give thanks to the Lord, and show him our appreciation, and focus on how good He is!



The same beneficial effect occurs in your own body when you are on the receiving end of love and appreciation

- Let's activate that now
- Let's make space for the Father to shower us with love and affirmation.

...

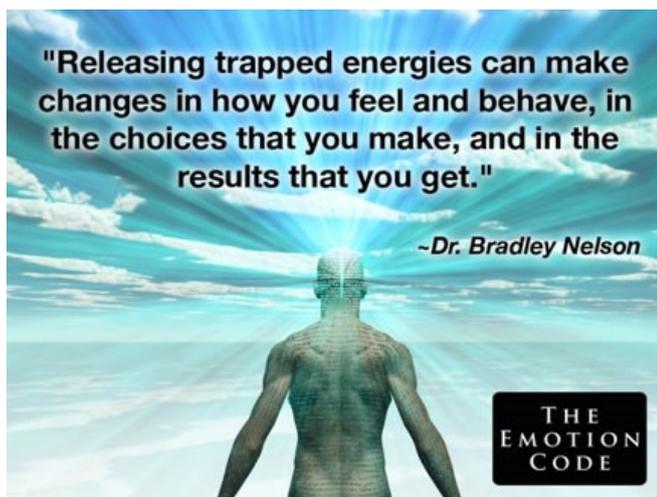
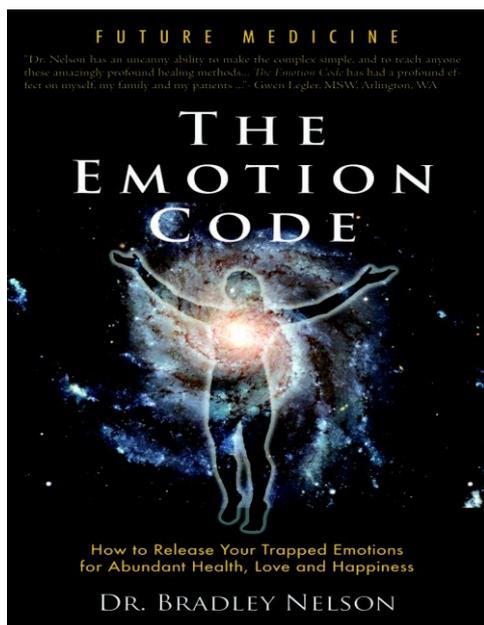
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Trapped Emotions

Sometimes, for reasons we cannot explain, our emotions do not process and leave the body.

Instead they remain trapped in the physical body.

If you want to know more about trapped emotions, this is a good book:



Kari Browning has also done a seminar here at Freedom and several people have trained in her course *Releasing Toxic Emotions* (RTE): <https://freedomarc.org/kari-browning>

Let's take anger as an example.

- Instead of moving past your angry moment,
- That negative emotional energy remains within your body
- Causing physical and emotional stress
- And being more literally 'emotional baggage' than people realise.

Trapped emotions can consist of well-defined energies that actually have shape and form, although not visible.

- Many ancient healing practices rely on the premise that disease is caused by an energy imbalance in the body.
- Trapped emotions create a distortion in the energy field of the body and they vibrate at a distorted frequency which begins to interrupt the healthy flow of energy in the body.

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As this continues longer term

- The organs in which the trapped emotion is sitting
- Will begin to be disrupted and distorted by the frequency of the emotion in question
- Until the organ itself begins to vibrate at the frequency of the trapped emotion
- And the impact is disease of the organ

We want to get to a place where we can ask our body if there is any trapped emotion we need to deal with

Before we get there we need to address the inbuilt protection systems we have in place.

It has been said many times that we humans use only about 10% of our brain.

- What that means is that the conscious mind only needs 10% of our brain to function.
- Think about all the things that we do that seem to come automatically, like walking talking, thinking, seeing, hearing, tasting breathing, planning.
- All of these are done without the conscious processing of the mind.



So what is the other 90% of our brain up to?

- This is what we refer to as the subconscious and is also looked upon as the hard drive of the brain.
- This constitutes the operating system of our bodies.
- It controls all the instructions to your digestive system, telling your cells how to create enzymes and proteins.
- It tells your heart how to keep beating and how to function etc etc.
- It is also where information is stored.
- Everything you have ever done has been logged in your subconscious memory.
- Every face, every voice, every song, every taste every touch every experience has been logged.
- Every virus, bacteria or fungus that has effected your body.
- Every injury, every thought, every feeling.
- The entire history of every cell has been archived.

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Brain surgery is often done while the patient is conscious.

- Dr Wilder Penfield discovered that under certain circumstances people who are undergoing brain surgery will have memories return to them when a certain area of the brain is stimulated.

The subconscious mind has a duty to protect the body, and as such will often choose to hide things and make them inaccessible.

The subconscious or unconscious mind will resist allowing trauma kinds of memory to be healed because the purpose of that memory in the subconscious is to protect the person from that same hurt happening again.

Common Physical Problems caused by Trapped Emotions			
♦ Acid Reflux	♦ Chronic Fatigue	♦ Heartburn (GERD)	♦ Low Back Pain
♦ Allergies	♦ Crohn's Disease	♦ Hip Pain	♦ Lupus
♦ Abdominal Pain	♦ Colitis	♦ Hypoglycemia	♦ Multiple Sclerosis
♦ Asthma	♦ Constipation	♦ Hypothyroid	♦ Neck pain
♦ Back Pain	♦ Diabetes	♦ Impotency	♦ Parkinson's disease
♦ Bell's Palsy	♦ Dyslexia	♦ Infertility	♦ Shoulder pain
♦ Cancer	♦ Eye Pain	♦ Irritable Bowel (IBS)	♦ Sinus problems
♦ Carpal Tunnel	♦ Fibromyalgia	♦ Joint Pain	♦ Tennis Elbow
♦ Chest Pain	♦ Headaches	♦ Knee Pain	♦ Vertigo

Taken from 'The Emotion Code' by Dr. Bradley Nelson.

- In order to access information it is necessary to align the intention of your heart and activate your will
- To reassure your subconscious that it is safe to deluge the information

Activation

Let's do an exercise now to reveal any trapped emotion.

- I activate my will today.
- I speak to my subconscious and I say that it is safe to divulge the relevant information pertaining to any trapped emotions in my body



Now ask your body if there is a trapped emotion: Y / N

Is it trapped due to my own DNA or Inherited DNA or both?

Where in the body is it trapped?

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I speak to my heart, and I say that it is safe to access any hidden emotions that pertain to the issue above.

Write down the primary emotion that comes to mind

Looking at what you have written,

[If you are working with non-believers you would leave out this next part.]

- Who do you need to forgive? Release Forgiveness
- What judgements do you need to repent of? Repent

I activate my will and instruct my subconscious that all known and unknown

- negative images,
- unhealthy beliefs,
- destructive cellular memories

be found and opened.

Write down the memories that come to the surface.

...

I activate my will and instruct my subconscious that all known and unknown physical issues related to the revealed emotions be found, opened and healed.

I receive the energy of light, life and pure love

I speak to all the negative frequencies vibrating in my body to be cancelled out

Allowing the neuro-immune system to resume its job of healing whatever is wrong in the body:

- I connect the energy of my intention to the energy of Pure Love which will magnify its healing capacity
- Now I activate my intention to release the trapped emotion _____
- from this part of my body _____
- and in its place I receive the frequency of pure light and love.

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Strategy for Immortality

So what are some of the things that cause us to remain in a place of mortality?

- Not dying with Him

Rom 6:8-9 Now if we died with Christ, we believe that we will also live with him. 9 For we know that since Christ was raised from the dead, he cannot die again; death no longer has mastery over him.

- Living by sight and not by faith. Pension
- Not living from your heavenly bank account
- Looking to man for anything

Relationship, Relationship, Relationship

Strategy for immortality:

- Clothe ourselves in our heavenly dwelling.
- Live in the LIGHT
- Give up our rights
- Give up everything you know
- Live in and from the Tree of Life

This material was prepared by Lindy Strong of Marketplace Ministries, 2a Burke Road, Totnes, Devon TQ9 5XL for *The Restoration of All Things* intensive held at the Freedom Centre, Barnstaple from 4th to 8th June 2019.