

New *Renaissance*

"It's our time to Shine!"

Experience Vibrant Health through
Healing Your Emotions

KARI BROWNING

- * Seminars on Releasing Toxic Emotions
- * Releasing Toxic Emotions Appointments
- * Online Releasing Toxic Emotions (RTE) Certification Course
- * Wellness Intensives
- * Wellness Retreats
- * Personal Mentoring

www.newrenaissance.us

208.640.9292 | kari@newrenaissance.us



A vibrant, multi-colored nebula in space, featuring a bright star on the left side. The nebula is composed of various colors including blue, green, yellow, orange, and red, with a bright white star on the left side. The background is dark with scattered stars.

Session One

Releasing Toxic Emotions

“May God Himself, the God who makes everything holy and whole, make you holy and whole, put you together – spirit, soul, and body – and keep you fit for the coming of our Master, Jesus Christ.

*The one who called you is completely dependable.
If He said it, He will do it!”*



If Jesus came to heal the brokenhearted and set the captives free, why are so many in the Church sick, addicted, and even committing suicide?

*1,700 Pastors Leave the Ministry Every Month
in the United States*

70% Pastors Fight Depression

71% Burned Out

*80% Believe Ministry Has Negatively Affected
Their Families*

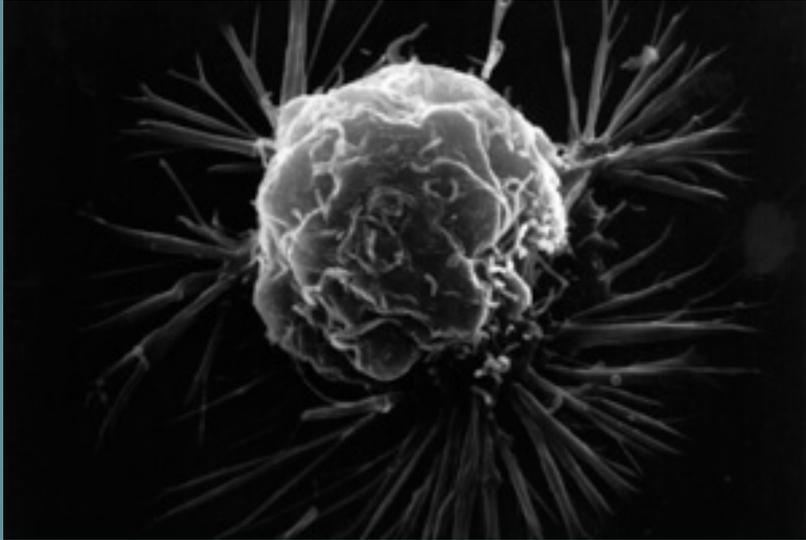




Healing
A Holistic Approach

Healing – “To Make Whole”

Holistic healing is the art and science of healing that addresses the whole person – spirit, soul, and body.



*Cause of Disease –
Malfunctioning Cells*

Deficiency and Toxicity



flowing treatment energy natural hazardous smoke hazard safety symbol science people power stream design warning poison toxicity risk nature chemistry medicine factory contamination container industrial
polluted garbage substance lab protective danger
pollution dangerous plant environmental explosion equipment
industry powder ecology waste gas
tube nobody laboratory research ecology waste gas
chemical environmental
dust pipe spray dump environment
fumes color water harmful
metal explode technology health disaster dirty
nobody laboratory research ecology waste gas
substance lab protective danger
pollution dangerous plant environmental explosion equipment
industry powder ecology waste gas
chemical environmental
dust pipe spray dump environment
fumes color water harmful
metal explode technology health disaster dirty





*Beloved, I pray that you may
prosper in all things and be in
health, just as your soul prospers.*

(3 John 1:2)

Above all else,
guard your heart,
for everything
you do flows
from it.

Proverbs 4:23



Healing our Hearts

Hard Heart

Angry Heart

Hopeless Heart

Fearful Heart

Broken Heart

Healing our Hardened Heart



“Do not harden your hearts....” (Hebrews 3:15)

“I will take out your stony hearts and give you new hearts of love.” (Ezekiel 36:26)



Healing our Angry Heart

Unresolved Hurts

Unhealed Wounds

Injustice - Favoritism

Bitterness and Resentment

Shame - Hurt - Fear

*“Do not allow a root of bitterness to come up and
cause trouble and defile many...” (Hebrews 12:15)*



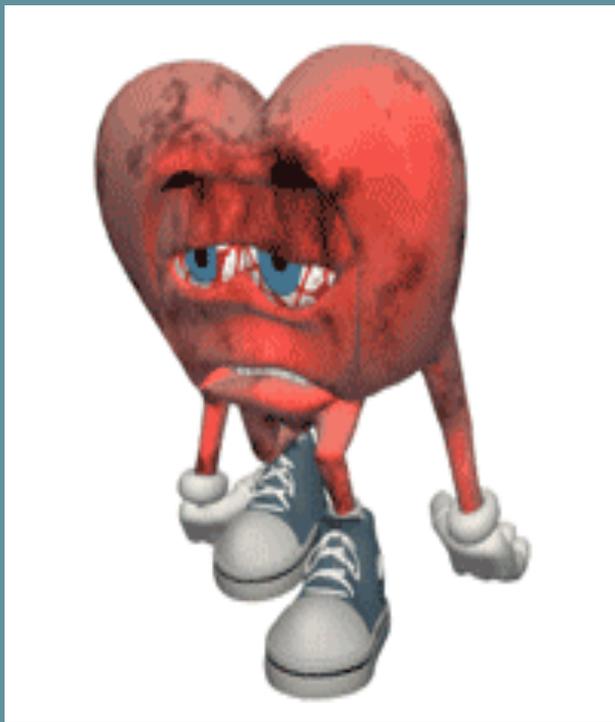
*Healing our Hopeless Heart
Depression and Despair*

Apathy

Numbness

“Hope deferred makes the heart sick.”

(Proverbs 13:12)



Healing our Fearful Heart

Fear of Abandonment

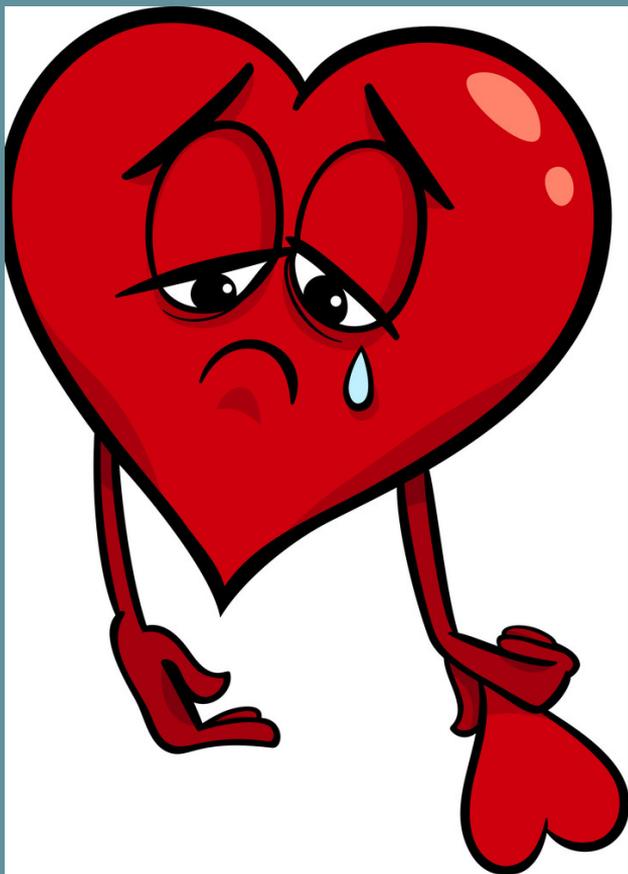
Fear of Rejection

Fear of Humiliation

Shock - Terror

“Perfect love casts out fear.”

(1 John 4:18)



Healing our Broken Heart

Abuse or Neglect

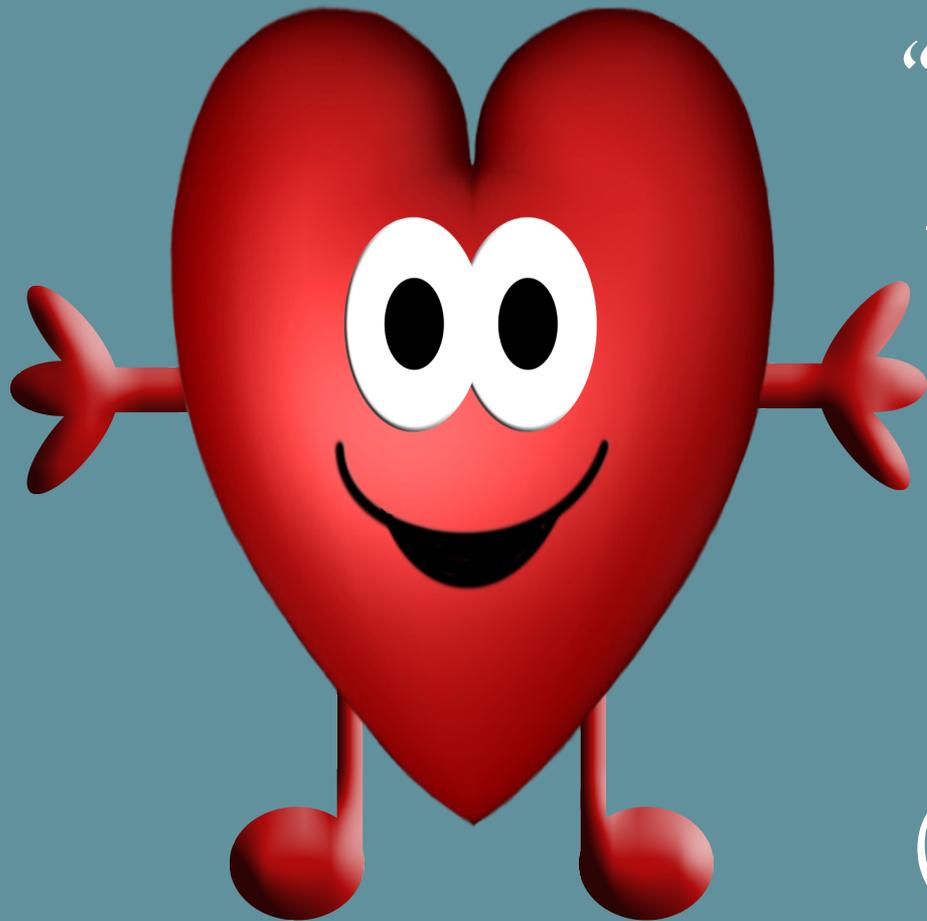
Betrayal

Rejection

Abandonment

*“He heals the
brokenhearted...”*

(Psalms 147:3)



*“A happy heart is good
medicine and a joyful
mind causes healing,
But a broken spirit
dries up the bones.”
(Proverbs 17:22, Amp.)*

Causes of Wounding

Generational Trauma

Prenatal Trauma

Birth Trauma – Lack of Attachment

Adverse Childhood Experiences

A traumatic event is an incident that causes physical, emotional, spiritual, or psychological harm.

Effects of Unresolved Trauma:

Addictions

Inability to have fun or enjoy life

Insecurity - Pride

Negative outlook on life - Irritability and Moodiness

Anger (Fear, Shame , Hurt)

Discouragement - Depression - Despair

Driven - Perfectionist - Narcissist - People Pleaser

Auto-immune Diseases - Eating Disorders

Inability to give and receive Love

Physical and Mental Illness



*Early
Childhood
Trauma*

Every year, 3 million children are reported for abuse and neglect in the United States

1 in 4 Girls Sexually Abused

1 in 10 Abuse Victims Commit

Suicide - 3 in 10 Become Alcoholics

One-half will abuse their own children



Early Childhood Trauma

Abuse (Physical, Sexual, Emotional)

Abandonment or Neglect

*Witnessing Domestic Violence or Other Family Member
Abused*

Parents Divorce

Parent in Prison

Natural Disasters: Flood – Fire – Earthquake – Tornado

War

Attack by an Animal

Witnessing Violence

Kidnapping

Bullying

Surgery, Accident, or Serious Illness

Homelessness

Complex Trauma: Multiple Traumatic Events

SCARED SICK

The ROLE of
CHILDHOOD TRAUMA
in ADULT DISEASE

ROBIN
KARR-MORSE
with
MEREDITH
S. WILEY



“Studies have proven that stress and fear experienced in-utero and in infancy and early childhood lie at the root of numerous diseases and emotional problems.

Childhood trauma triggers toxic stress responses that can pave the way to chronic illnesses.”

Effects of Trauma

Difficulty sleeping, eating, digesting, eliminating or focusing

Heightened startle response and hyper-alertness

Agitation and over-arousal

Under-arousal, Withdrawal, or Disassociation

Shame - Avoidance of Eye Contact/Poor Self Image

Inability to trust

Regress to earlier developmental stages

Inattentiveness (ADD)

Hyperactive (ADHD)

Nightmares

Learning Disabilities

Anger



We are the Fatherless

www.newrenaissance.us

Long Term Effects of Trauma

Depression (3x more likely in adults who were abused)

Personality Disorders

- *Borderline/Paranoid/Antisocial

- *Bipolar

- *Obsessive-Compulsive

Suicide

Self Medicate – Addictions

Eating Disorders

Health Issues



EARLY CHILDHOOD TRAUMA | ACE TEST

*Study conducted in 1998 by Center of Disease Control and
Kaiser Permanente*

Largest, most important public health study

17,000 Surveyed

*Stunning link between childhood trauma and the chronic
diseases people develop as adults, as well as social and emotional
problems.*

ACE QUESTIONNAIRE

If the answer to any of these questions is "YES" write down ONE

While you were growing up, during your first 18 years of life :

1. Did a parent or other adult in the household OFTEN...
 - *Swear at you, insult you, put you down or humiliate you? OR*
 - *Act in a way that made you afraid that you might be physically hurt?*
2. Did a parent or other adult in the household OFTEN...
 - *Push, grab, slap, or throw something at you? OR*
 - *Ever hit you so hard that you had marks or were injured?*
3. Did a parent or person at least 5 years older than you EVER...
 - *Touch or fondle you or have you touch their body in a sexual way? OR*
 - *Try to or actually have oral, anal or vaginal sex with you?*
4. Did you OFTEN feel that...
 - *No one in your family loved you or thought you were important or special? OR*
 - *Your family didn't look out for each other, feel close to each other, or support each other?*

5. Did you **OFTEN** feel that...
 - *You didn't have enough to eat, had to wear dirty clothes and had no one to protect you? OR*
 - *Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?*
6. Were your parents **EVER** separated or divorced?
7. Was your mother or stepmother **OFTEN**...
 - *Pushed, grabbed, slapped or had something thrown at her? OR*
 - *SOMETIMES OR OFTEN kicked, bitten, hit with a fist or hit with something hard? OR*
 - *EVER repeated hit over at least a few minutes or threatened with a gun or knife?*
8. Did you live with anyone who was a problem drinker or alcoholic or who used street drugs?
9. Was a household member depressed or mentally ill or did a household member attempt suicide?
10. Did a household member go to prison?

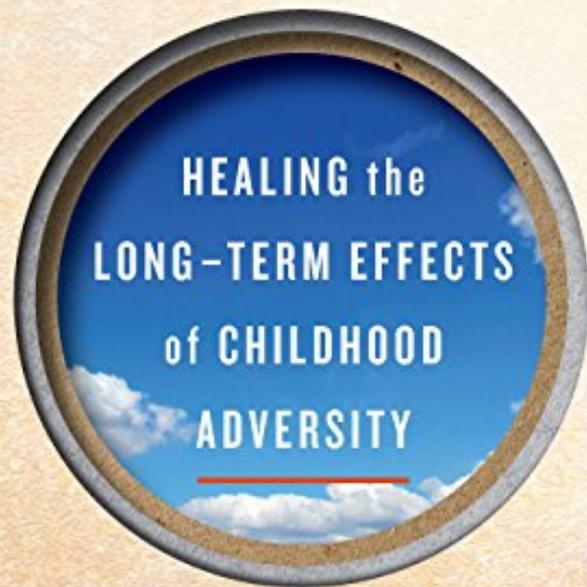
Now add up your “YES” answers | This is your ACE score!



Nadine Harris Burke

www.newrenaissance.us

the
deepest well



NADINE BURKE HARRIS, M.D.





Your body stores every incident that has ever happened to you, including your feelings and emotions.

“The body remembers. Stuffed until an event, a sound, a sight, a touch, a word or a person awakens them.”



PARENTAL WOUNDS

www.newrenaissance.us



Antwon Fisher

www.newrenaissance.us



*“See, I will send the prophet
Elijah to you before the great
and dreadful day of the Lord
comes. He will turn the hearts of
the parents to their children and
the hearts of the children to
their parents; or else I will come
and strike the land with a
curse.”*

(Malachai 4:5-6)

***“It is easier to build strong
children than to repair broken
adults”
~ Frederick Douglass***



Tapping



Heart Hugs



When a hug lasts 20 seconds, there is a therapeutic effect on the body and mind.

It produces a hormone called "oxytocin," which is known as the love hormone.

This hormone has many benefits in our physical and mental health.

It helps us to relax, to feel safe, and calm our fears and anxiety.

Psalms 22:9

*You made me
trust while
on my mother's
breasts.*



*“One generation of deeply loving
parents would change the brain
of the next generation and with
that, the world.”*

~ Dr. Charles Raison





ADDICTION ISSUES

www.newrenaissance.us



*“Not why the addiction,
But why the pain.”*

~ Dr. Gabor Mate



We're all
addicted to
something
that takes the
pain away.



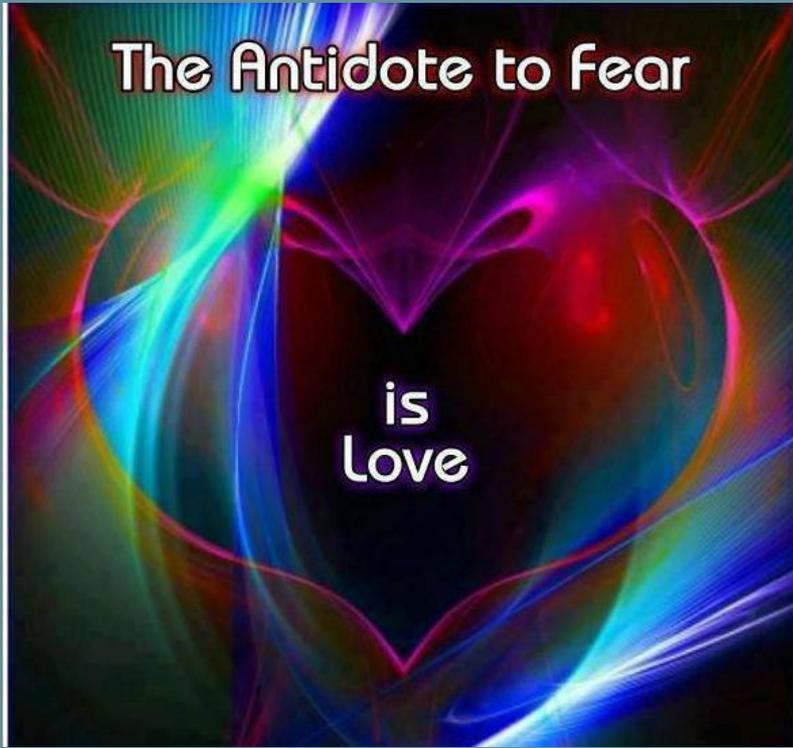
*“Everything you think you know about addiction
is wrong” ~ Johan Hari*



A vibrant, multi-colored nebula in space, featuring a bright star on the left side. The nebula is composed of various colors including blue, green, yellow, orange, and red, with a bright white star on the left side. The background is dark with scattered stars.

**MOVING FROM THE HOUSE OF FEAR
TO THE HOUSE OF LOVE**

www.newrenaissance.us





Be love.
Be light.

*“So this is my prayer:
that your love will
flourish and that you
will not only love
much but well...”*

(Philippians 1:9)





Melissa

Geranium

Frankincense

Rosewood

Sandalwood

Angelica

Lemon

Jasmine

Roman Chamomile

Bergamot

Ylang Ylang

Palmarosa

Helichrysum

Rose

(Sesame Seed Oil)

“It’s safe to express my feelings”

“I choose to release the pain”

“I choose to let go of hurt”

“I choose to let go of sadness”

“I choose to let go of anger”

“I am choosing to be comforted” (“I am comforted”)

“I am choosing to heal” (“I am healing”)

“I am choosing to forgive” (“I am forgiving”)

“I am choosing to be peaceful” (“I am peaceful”)

“I am choosing to love” (“I am loving”)



All Men are Broken

www.newrenaissance.us