

Escaping the Matrix

Workshop

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Conference Leaders

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Session 1, Introduction to the Matrix, Greg Boyd

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. 1 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 participate 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 Thes 1:6; 1 Pet 1:8).
- You have been given a spirit of power, love and self-control (2 Tim. 1:7).
- You have been given ABUNDANT LIFE (Jn 10:10).
- THIS IS WHO WE TRUELY ARE!

2. We don't consistently experience this.

II. What IS the Matrix?

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

1. God's Design: To have us conformed to Jesus Christ (Rom. 8:29; 1 Jn 3:2)/

experience abundant life

2. 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.

4. Original Sin

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 = the Matrix.

5. We are BOMBARDED with lies from birth

III. The Structure of the Matrix

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

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

a) We do not think with information/ we think by *re-presenting reality*...

Three primary modalities: Visual/ Auditory/ Kinesthetic

b) YOU RE-PRESENT reality your mind = make present again.

2. How does this work?

a) The brain:

10 Billion Neurons/ 10 Trillion synaptic connections

b) Neuron

c) Neural-Network

d) It has an EMOTIONAL COMPONENT that gives MEANING to stimuli

e) THIS is what we experience as real on inside.

f) Electrical Chemical Firings Responding to Triggers

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

3. All of reality is like this: present experience/ memories/ anticipations

- a) Our only sense of reality is the electrical-chemical firings – experience in concrete 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).

4. It's not about information. It's about representation – with meaning.

- 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

5. So, what is the Matrix?

- The Matrix = 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).

IV. Taking the RED PILL

- YOU do not 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 new” 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 REAL, and get it to line up with TRUE

“You shall KNOW the truth and the truth shall set you free “(Jn 8:32)

1) Take Responsibility For Your Inner World

- 2) Don't ask WHY, Ask HOW.** How do I do (internally) fear/ depression/ addiction
- a) Traditional therapy asks WHY → blame. To escape the matrix, ask HOW → change.
 - b) Its YOUR BRAIN, your sense of reality – you can change it.

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

- Truth about God
- Truth about YOU – Reverse fall by installing truths about God.

- a) Don't just intellectually know the truth.... KNOW THE TRUTH. See, hear, and sense it in your head.

b) Run mental videos of who you are 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 participate 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 have been filled with a Spirit-inspired glorious joy that is beyond expression (1 Thess 1:6; 1 Pet 1:8).
- You have been given a spirit of power, love and self-control (2 Tim. 1:7).
- You have been given ABUNDANT LIFE (Jn 10:10).

“Renewing Your Mind’ Through Obedient Thinking”

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

“I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, *which is* your reasonable service. And be not conformed to this world: but ***be ye transformed by the renewing of your mind***, that ye may prove what *is* that good, and acceptable, and perfect, will of God.”
Romans 12:1-2

“And be ***renewed in the spirit of your mind***; And that ye ***put on the new man***, which after God is created in righteousness and true holiness.”
Ephesians 4:23-24

“Finally, brethren, whatsoever things are true, whatsoever things *are* honest, whatsoever things *are* just, whatsoever things *are* pure, whatsoever things *are* lovely, whatsoever things *are* of good report; if *there be* any virtue, and if *there be* any praise,
think on these things.”
Philippians 4:8

“Now ***set your heart*** and your soul
to seek the LORD your God...”
I Chronicles 22:19

“Jesus saith unto them, Have ye understood all these things? They say unto him, Yea, Lord. Then said he unto them, Therefore every scribe *which is* instructed unto the kingdom of heaven is like unto a man *that is* an householder, ***which bringeth forth out of his treasure things new and old.***”
Matthew 13:51-52

Session 2, Anchoring & State Management, Mike Davis

“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: its 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 “...everyman 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:

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 align with Christ and His _____ how am I thinking within? What is my inner self talk like? (Answer that question by actually thinking/talking to your self 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 align 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 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.

The Bible also demonstrates 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**" all that 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 is a great tool 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 –

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 feigners 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 your self 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 your 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 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.

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 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 wealth building 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**

King David's Triggering of a Resource State from the Past to *Apply* to a Present Need –

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." (**1 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?

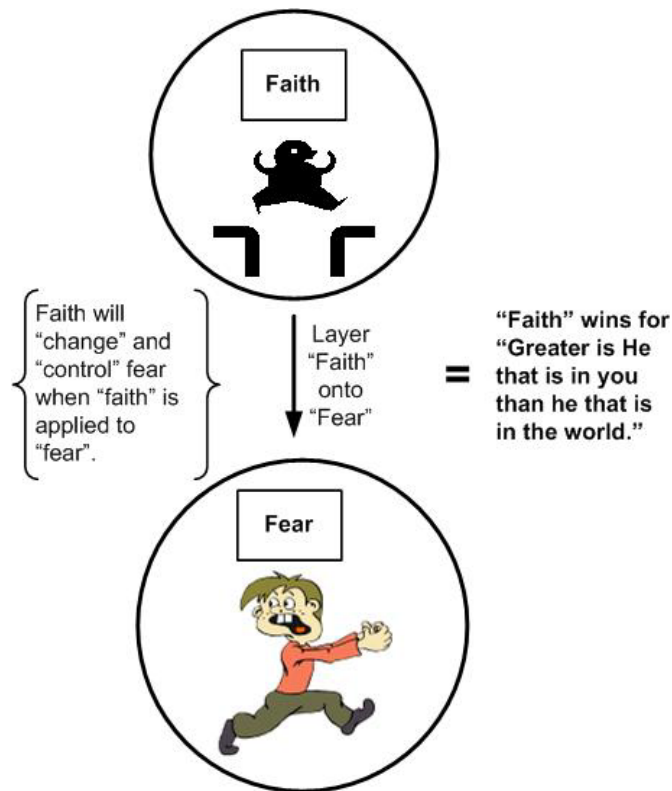
Now, added to his state of courage from killing the lions and bears, was a higher level resource that empowered his courage even more – Goliath had defied God's armies. David knew that his state of courage was empowered by knowing that he was serving the living God as compared to the heathen Goliath 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.

Session 3, Applying Your Faith – How to apply God’s Word and your faith to your “Strong holds/ Bitter Roots,” Bob Bodenhamer

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 1
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?

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 two methods for doing that: 1) Applying our faith to a Bitter Root, and, 2) Giving the Bitter Root to Jesus (later).

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 strong holds*.”

What is a “Bitter Roots”? What is a “strong hold”? Earlier Mike wrote:

“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 “strong holds” 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:

1. Bitter Roots block our relationship with the Lord.
2. Bitter Roots cause us “trouble” (Greek *enochleo* – to crowd in, to annoy, to trouble).
3. 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*. This is spelled out beautifully in Pastor Greg and Al’s book, *Escaping the Matrix*.

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 Strong Hold. All patterns that elicit change base themselves on the form of this pattern.

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.

2) Amplify and anchor:

Juice up the resource state and establish an anchor for it by touch, sight, sound, word, etc.

3) Apply to the “Bitter Roots”.

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.

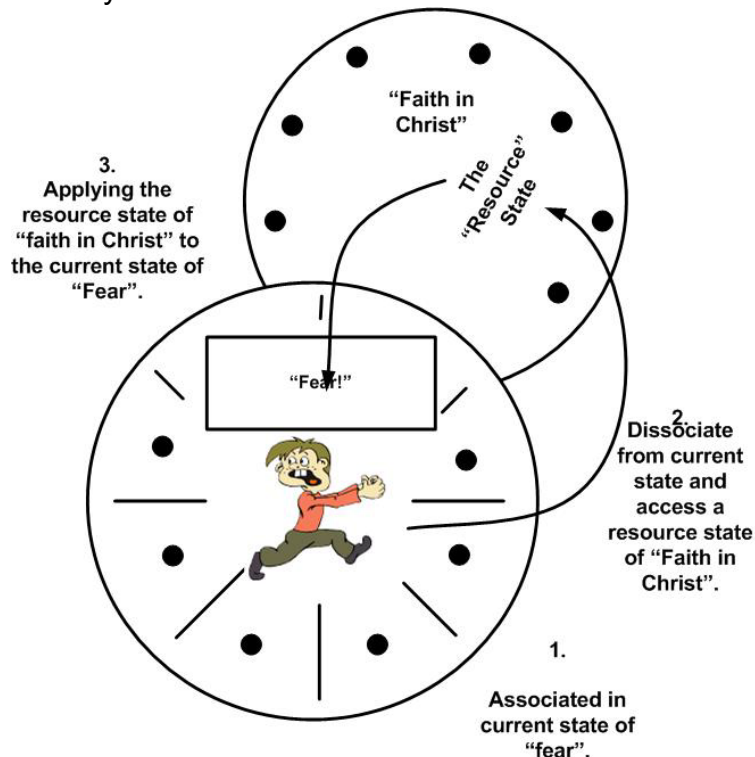
4) Appropriate to your life by putting into your future (Future Pacing).

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?

Figure 2



III. How to Stop Bullets with a “NO”! (and more) – Negating Satan’s Lies and Affirming God’s Truth, Mike Davis

Toward the end of the movie The Matrix when Neo realizes that he has control within the Matrix he is able to stop the bullets of the enemy with a mere “No:”

In the Bible we are told that the enemy of our souls fires fiery darts at us, at our hearts and minds (**Ephesians 6:16**). These fiery darts are in the form of thoughts, beliefs, and images that are contrary to God’s Truth. Like Neo we can “say no” to these toxic thoughts and beliefs that seek to keep us from believing the truth of God and living the abundant life we have in Christ.

In **Titus 2:11, 12** in the NIV we read:

“For the grace of God that brings salvation has appeared to all men. It teaches us to SAY NO to ungodliness and worldly passions and to live self-controlled, upright and godly lives in this present age”

As believers in Jesus Christ we are empowered by God to “SAY NO!” to all thoughts, beliefs ideas, and feelings that are contrary to God’s will. The Words translated as “say no” is actually one word in Greek and means to “say no”, to deny, to reject, to disown, to denounce.

We can get rid of and eliminate toxic thoughts and beliefs in our lives by rejecting them, by disowning them, and denouncing them, by negating them and saying “NO” to them. This is also confirmed for us in **Hebrews 3:18** where it states

“And to whom swore he that he should not enter into His rest but to them that **believed not?**”

The words “believed not” are translated from a Greek word that means “**to refuse belief and obedience**”.

Through the power of **negation** God has given us the power to say “no” to the thoughts and feelings that seek to keep us from being who we are in Christ.

But not only are we empowered to negate toxic thoughts, beliefs and emotions but we are also empowered by God to affirm and establish His truth in our lives.

“For no matter how many promises God has made they are “Yes!” in Christ and so through Him the “Amen” is spoken by **us** to the glory of God” (**II Corinthians 1:20**)

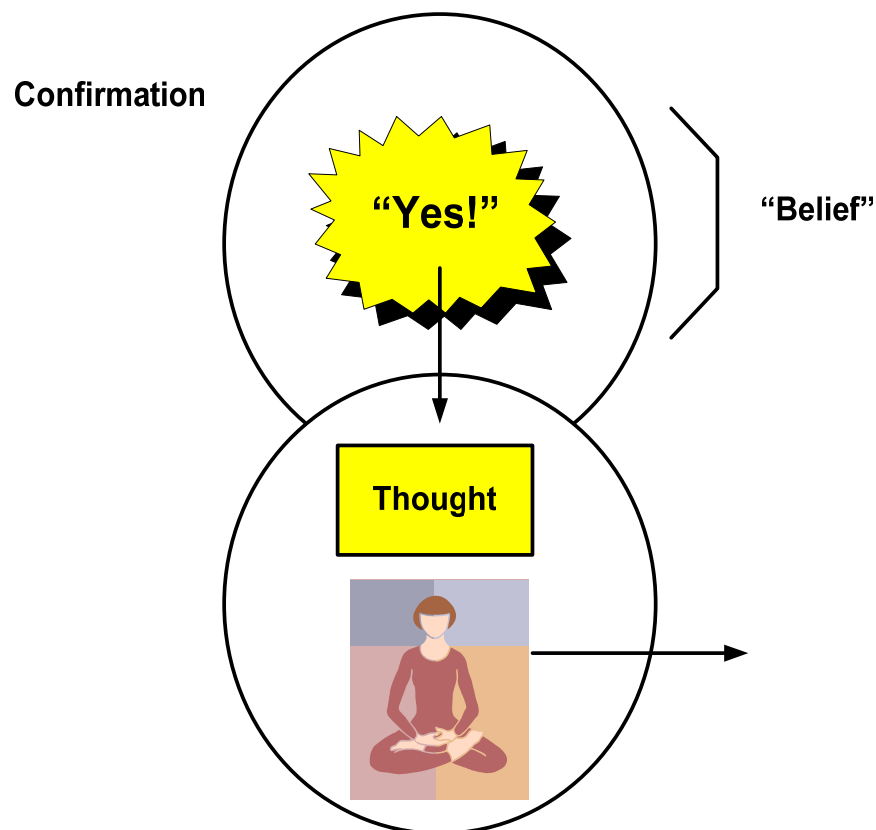
Every promise God has made to us is yes in Christ, i.e., it is fulfilled in Him. To God's "Yes" we utter "Amen!" Biblically speaking "Amen!" means, "yes, it is so," or, "let it be true," or "let it be so". Amen serves as a confirmation and affirmation of something spoken. According to one commentator by pronouncing "amen", **the listener associates himself with what has been uttered. He makes it his own and is ready to conform to it. "Amen is used where one person confirms the words of another" (encyclopedia of Jewish concepts p. 46).**

To say "Amen" to God's word is to believe his word, to express and apply faith to his word, to establish it in your heart as your truth and reality.

Through the twin powers of negation and affirmation we have power over what we allow in our hearts and minds and what we do not allow.

Through negation we can stop and eliminate toxic thoughts and beliefs and by affirmation we can embrace and establish God's Truth in our hearts and lives.

Figure 3
Meta-Stating a Thought Into a Belief



Once you have discovered some **limiting beliefs** (Access those beliefs that you are convinced are contrary to God's will in your life.) that you want to get out of your head and neurology so that they no longer operate as your **programming**, you can use this pattern for changing limiting beliefs. It will give you a clear, quick, and effective way to deframe the old unenhancing beliefs and to install the empowering beliefs that support your commitment to the Lord's will in your life.

Preparation: Ecology for this pattern has to occur before we begin the pattern. Make sure you have a top-notch idea that you want to confirm. Make sure it is the Lord's will for you to say no to this old toxic belief and say yes to the new belief that is in the Lord's will for you.

What enhancing, empowering and Godly belief would you really like to have running in your mind and emotions? What toxic belief stands in your way?

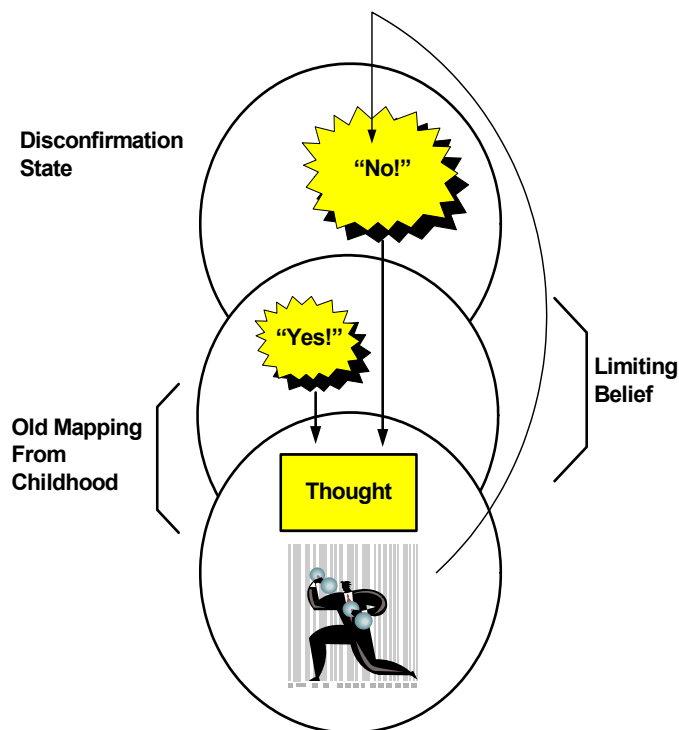
How does this belief sabotage you or undermine your effectiveness as a Christian?

Have you had enough of it? Or do you need more pain?

What Holy Spirit empowered belief would you like to have in its place?

Say "no" to a limiting "Belief" enables us to de-commission old programs.

Figure 4
Meta-Stating and De-commissioning Toxic Beliefs



Session 4, How to Stop Bullets with a NO-How to Say NO and mean it!, Mike Davis

1) Access, Amplify, and Anchor a Strong State of Saying “No!”

Think of something that every fiber of your being can say “NO!” to fully and completely. Identify a context of which you feel a strong, powerful, and definitive “No!”

- Access this “No” state as discreetly as possible.
- Anchor each with a gesturing of your hands and arms that shoves away from you, and your “space,” that idea or thought.
- Upon accessing this “No!” each time, *amplify* it by layering it with appropriate Scripture (“I can do all things through Christ which strengtheneth me.” **Phil. 4:13**) so that it feels stronger and stronger in your neurology and continue to do so until every fiber of your being wants to shout out with all of the energy that you can muster, “No!”

2) Enjoy and Relish Your Power to Stubbornly Refuse:

When you get all of that definitive energy pumped up so that it energizes you thoroughly in mind-and-body, take a moment to *enjoy* this power of refusal, disconfirmation, rejection, and stubbornness. *Relish* this power of self-determination to have the final word about what you will and what you will not admit entrance into your mental and emotional space.

3) Meta-State and Apply This Disconfirmation on a Toxic Frame,

Holding all of these feelings of “No!” constant, begin to direct them to every idea, thought, activity, etc. that you want to utter a final and definitive “No!” to. Bring this neurological “No!” to bear upon various toxic ideas, beliefs, behaviors, and habits and as this “No!” becomes a *meta-no* to the state that you will no longer tolerate, repeat the “No!” until you feel it pushing away the un-enhancing state... do so until this neurological “No!” becomes a matter-of-fact “No.” “No, of course, not. Are you crazy? Why would I want *that*?”

There are some really sick Games. There are some really sick ideas, thoughts, beliefs, and frames. Is there any idea, experience that you would like to refuse right now? Feel that “No!” about that.

Part B – The Confirmation Game

The Confirmation Of Meta-Yes!-Ing Making God’s Truth Your Truth

“**Yes!**” allows us to welcome in, appreciate, and affirm the good things of God in our lives so that they become more and more a part of our inner world of mind, emotion, state, etc. People who had this beat out of them as kids tend to have a hard time feeling positive, cheerful, affirmative, excited, and passionate.

How to Play:

1) Access a state of “**Yes!**”

What can you say “**Yes**” to totally and completely? Think of something you can absolutely say “**Yes!**” to in the most powerful way. Now access the state for an empowering “**Yes.**”

2) Amplify and Anchor.

- Continue to juice up your YES until you begin to drool. Be an Isaiah who said “Yes” to God’s call: “Also I heard the voice of the Lord, saying, Whom shall I send, and who will go for us? Then said I, Here *am* I; send me” (Isaiah 6:8)
- Feel that Yes . Experience it in all of the sensory systems: visually, auditorially, and kinesthetically. How do you gesture Yes? What does Yes! smell like, taste like, sound like? Experiment with seven different tonalities of Yes! Utter a series of three yeses, each with a rising crescendo of intensity and emphasis, “**Yes, Yes!, YES!**”

3) Apply this powerful neurological “**YES!**” to the new idea.

There are some great ideas, beliefs, and Biblical truths. Which one would you like to say “**YES!**” to right now? Bring it to bear upon the idea that you want to confirm.

4) Confirm the confirmation by using confirmation questions:

- Do you really want that truth in your heart?
- Would you want it in your body?
- Would you like it in every muscle of your body?
- Would you like it as your way of being in the world?
- Would it enhance your life?
- Would it make you a better person?

5) Threaten the layers of “**Yes**” with a “**No.**”

- I think I’ll take this away from you, okay?
- You have too many doubts and questions to really want this, right?

The Pauline Belief Change Pattern –

L. Michael Hall, Ph.D.

A *belief* functions as a frame-of-reference and therefore governs our thinking. In this, a belief occurs at a higher level than just a "thought." This explains how we can think things that we don't believe. I can *think* the thought and represent it with sights, sounds, and sensations "when the priest pushes the pen into the voodoo doll and puts a hex on it, the person receiving the curse will die." But I don't *believe* it.

How then does a *belief* differ from a mere *thought*? A belief involves a *confirmation* or "Yes!" to or about the thought. Disbelief involves a *disconfirmation* or "No!" to or about the thought.

Most people know and recognize the thought, "God sent his only begotten Son, Jesus of Nazareth, into our world with a message of love and grace. He died and arose from the dead. God forgives and reconciles any person who accepts and trusts him." On the screen of their mind, they may even have rich VAK representations with lots of words taken directly from the Gospels. But do they "believe" it? Have they said their own personal and intimate "Yes!" to that thought?

How To Change the Beliefs of Pharisees

Imagine, for a moment, trying to change the rigid, dogmatic, and legalistically drive *belief systems* of a Pharisee? Now wouldn't those beliefs really seem difficult to change? Yet many Pharisees did come to believe in Jesus – Nicodemus, Saul, etc.

Consider the story of one Pharisee and his explanation about how his old fanatical beliefs changed. I (MH) came across this one linguistically, discussed it with Bob, and we discovered (to our surprise and delight) that we have here, written right into the text of the scriptures, a *belief-change pattern*.

Reason for Confidence

"We are the true circumcision... who put no confidence in the flesh. Though I myself have reason for confidence in the flesh also. If any other man thinks he has reason for confidence in the flesh, I have more: circumcised on the eighth day, of the people of Israel, of the tribe of Benjamin, a Hebrew born of Hebrews..." (**Phil. 3:2-6**).

Consider the phrase "reason for confidence." This first cued me to the presence of a meta-level structure (or meta-state) here. The primary state Paul speaks about involves *confidence*. What do you feel confidence about? Access that state of confidence so that you can re-experience it... and as you do notice where you

mind goes (what it does) when you think about your "reasons for confidence." The external reasons rise up inside you as thoughts-feelings at a higher logical level.

In this text, Paul used what once existed outside of him at the primary level (his past history, racial status, parents, persecutor, etc.) as his "reasons for confidence." The more he thought about these reasons, the stronger his confidence would grow. Think about your reasons... think about them some more... repeat this... It amplifies your confidence, does it not?

Now think about something that you know about yourself and do so with confidence--something that you like and toward which you can say, "Yes, that describes me!" For instance, you may definitely know yourself as a kind person. You have confidence about that. You have "reasons for confidence." Notice how you represent this *durable knowledge*. Describe where you put your pictures and sounds, the quality of your visual images and sounds. The kind of words you use, tone of voice, etc. We'll call this your *durable self representation*.

Now Meta-State Your Meta-State

"But whatever gain I had, I counted as loss for the sake of Christ. Indeed I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord. For his sake I have suffered the loss of all things, and count them as refuse, in order that I may gain Christ..." (**Phil. 3:7-8**).

For a thought experiment, I would like you to think about something that you confidently believe about yourself, but wish you did not. For instance, "I know that I blow up and say ugly things when I get stressed." "I know that I cave in and feel self-pity when things don't go my way." Pick a confidence you have, notice all the "reasons for confidence" that come to you (memories, statements of others, etc.)

Next, think of something that you *know* about yourself...*kind of*. You think of yourself as X, but then again you have doubts, questions, you do not feel sure... Where do you put that picture or sound? What tone of voice? How do you know you doubt it?

Would you like to blow that old Confidence and all your reasons out of the water? Would you like it to shatter so that it stop operating like a self-fulfilling prophecy inside you? Then try this Pauline Belief Change Pattern:

- 1) First, access the Confidence (the primary state), then
- 2) Move your thoughts-feelings (T-F) to the next higher level as you think about all your "reasons for confidence"...
- 3) Now move to the next higher level and say, "All of those reasons amount to

nothing! Nothing at all!" Just say it. You don't have to believe it at this point, just say it congruently and firmly. Say, "It all amounts to mental garbage!" See it as garbage... as junk...

Now to use a fairly coarse representation and really gross yourself out – see it as human waste, "refuse," "dung" as the KJV puts it. Represent it as shit.

What happens? When you *count it as dung* – say it and see all of the lower level states as human waste, how does that affect that old confidence? Doesn't it just blow it out of the water – or to continue to run with this coarse metaphor, doesn't it just *flush it all down the toilet?! Now.*

With this experience, now read again Paul's words about counting all of that "confidence in the flesh" (in fulfilling the law) and having earned righteousness) counting it as loss... counting it as dung. When you outframe the lower states in that way –they will begin to deframe, de-construct, and shatter to pieces. They can't cohere when you count them as loss.

The Christian Belief Change Pattern

Take your old confidences and outframe them by counting them as loss. Now you will have an openness ready for a new structure. So, fill it in with new constructs.

"...and be found in him, not having my own righteousness, based on law, but that which is through faith in Christ, the righteousness from God that depends on faith, that I may know him and the power of his resurrection..."
(Phil. 3:9-11).

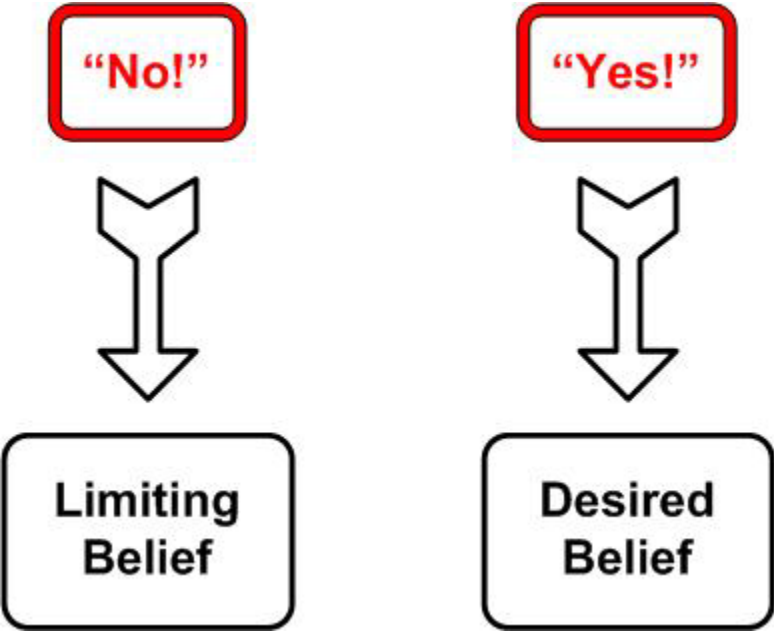
Some new beliefs, in this case, the belief that by trusting in Jesus God *gives* the gift of righteousness, cannot become a solid part of our mind-emotions until the old belief ("I get my salvation the old fashion way, I earn it!") gets de-constructed. Paul did that by reframing it as a pile of manure! Can you smell legalism as that? Doesn't that shed a new smell on that subject? Doesn't that wipe-out the Pharisee in you?

Now access a state of *confidence in God's way of righteousness*: see Jesus as his new covenant mediator and access all of the "reasons for confidence" you can think about for this. Now move to a higher logic level to those "reasons" for that confidence and esteem it as of *surpassing worth*. What does that do for you? What state of spirituality does that induce in you?

[A word about "dung." While our sanitized 20th century consciousness tends to avoid such words as "refuse" and "dung" such words occur in some very surprising contexts in the Bible. This passage represents one, notice these: "Behold, I will rebuke your offspring, and spread dung upon

your faces, the dung of your offerings..." (**Malachi 2:3**). Isaiah's judgment on Moab involved becoming "trodden down in a dung-pit" "And he will spread out his hands in the midst of it as a swimmer spreads his hands out to swim..." **Isaiah 25:10-12.**]

Figure 5



Session 5, How to Take a “Bitter Roots” to Jesus, Bob Bodenhamer

The Power of Language Words Ultimately Determine the Experience –

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.

- 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.

**Session 6, The Drop-Down Through Pattern – Meta-Stating by
Dropping-Down Through Painful Experiences, Mike Davis**
(from Sunday Evening Addiction Workshop)

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

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

Are there any emotions or experiences that undermine your success that you would like to eliminate?

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) Confirm the Emptiness

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.]

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 through 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?”

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 mindc 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.

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