

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

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

(Philippians 1:9)

***Robert Chapman – “Apostle of Love”
(1802 – 1903)***



A vibrant, multi-colored nebula in space, featuring a bright star and a glowing crosshair. The nebula is composed of various colors including blue, green, yellow, orange, and red, with a bright star in the upper left corner. A glowing crosshair is centered on the star, with a vertical line extending downwards and a horizontal line extending to the right. The background is a dark, starry space.

Healing the Father Wound

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“For though you might have ten thousand instructors in Christ, yet you do not have many fathers....”

(1 Corinthians 4:15)

Causes of Wounding

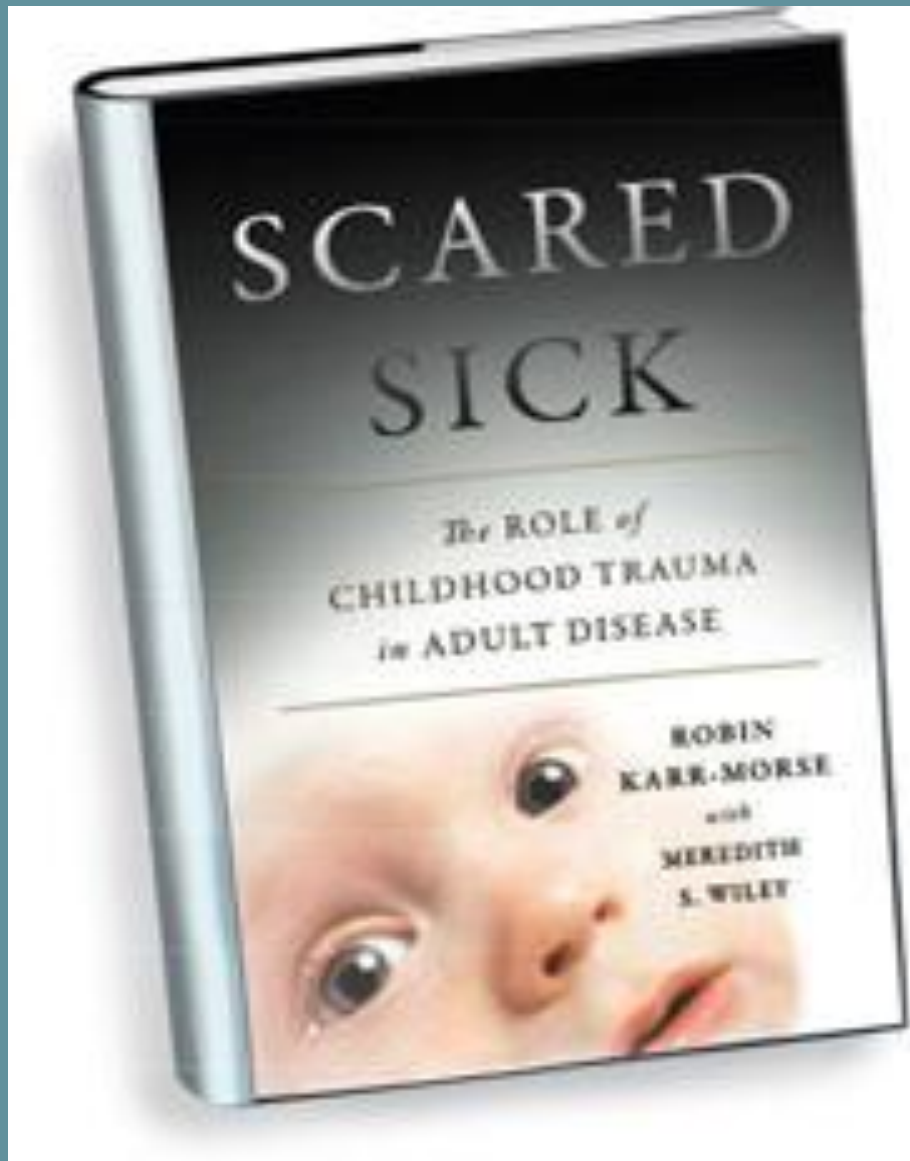
Generational Trauma

Prenatal Trauma

Birth Trauma – Lack of Attachment

Adverse Childhood Experiences

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



“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 Unresolved Trauma:

Addictions

Inability to have fun or enjoy life

Insecurity - Pride

Negative outlook on life - Irritability and Moodiness

Anger

Discouragement - Depression - Despair

Driven – Perfectionist - Narcissist - People Pleaser

Auto-immune Diseases – Eating Disorders

Inability to give and receive Love

Physical and Mental Illness

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

Children regress to earlier developmental stages

Inattentiveness (ADD)

Hyperactive (ADHD)

Nightmares

Learning Disabilities

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

Personality Disorders

***Borderline**

***Paranoid**

***Bipolar**

***Obsessive-Compulsive**

Suicide

Self Medicate



ADDICTION ISSUES

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**“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





We are the Fatherless

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We get 80% of our identity from our fathers.

Three out of four adolescent suicides occur in fatherless homes.

90% of runaways come from fatherless homes.

Twice as likely to drop out of school.

85% of all youth in prison come from fatherless homes.

75% of all youth in chemical abuse centers are from fatherless homes.



Abusive Father



If you have suffered verbal, emotional, sexual, or physical abuse by your earthly father:

You may see God as a bully. This is the God who carries a big stick and enjoys using it to control, threaten, and punish people. This God will punish us if we misbehave.

Abuse violates trust – hard time trusting God.

Creates guilt, shame, and unworthiness.



Performance Oriented Father

God is that inner voice that always says, "That's not quite good enough."

Some people imagine God with impossibly demanding expectations.

Results in striving, trying to win His approval.



Passive Father

Father is not able to demonstrate love or affection.

Father is physically present, but is emotionally absent.

God may be seen as unsympathetic, emotionally distant, and cold. People who see God in this way may ask: "How could God understand my problem? Why would God care about what I feel?"

Absentee Father

Death, Divorce, or Abandonment

Fear that God will abandon you too.

Those who fear abandonment by God may try hard to please God, hoping that God will not leave.

Fears of being abandoned or hurt will cause person to keep God at a distance.



Authoritarian Father



More interested in the love of law...rather than the law of love.

Religious - Use intimidation, fear and control. Shame-based churches reinforce this view of God.

Children see God as a harsh authoritarian figure to be feared and obeyed.



“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 fathers to their children and the hearts of the children to their fathers....”

(Malachai 4:5-6)

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

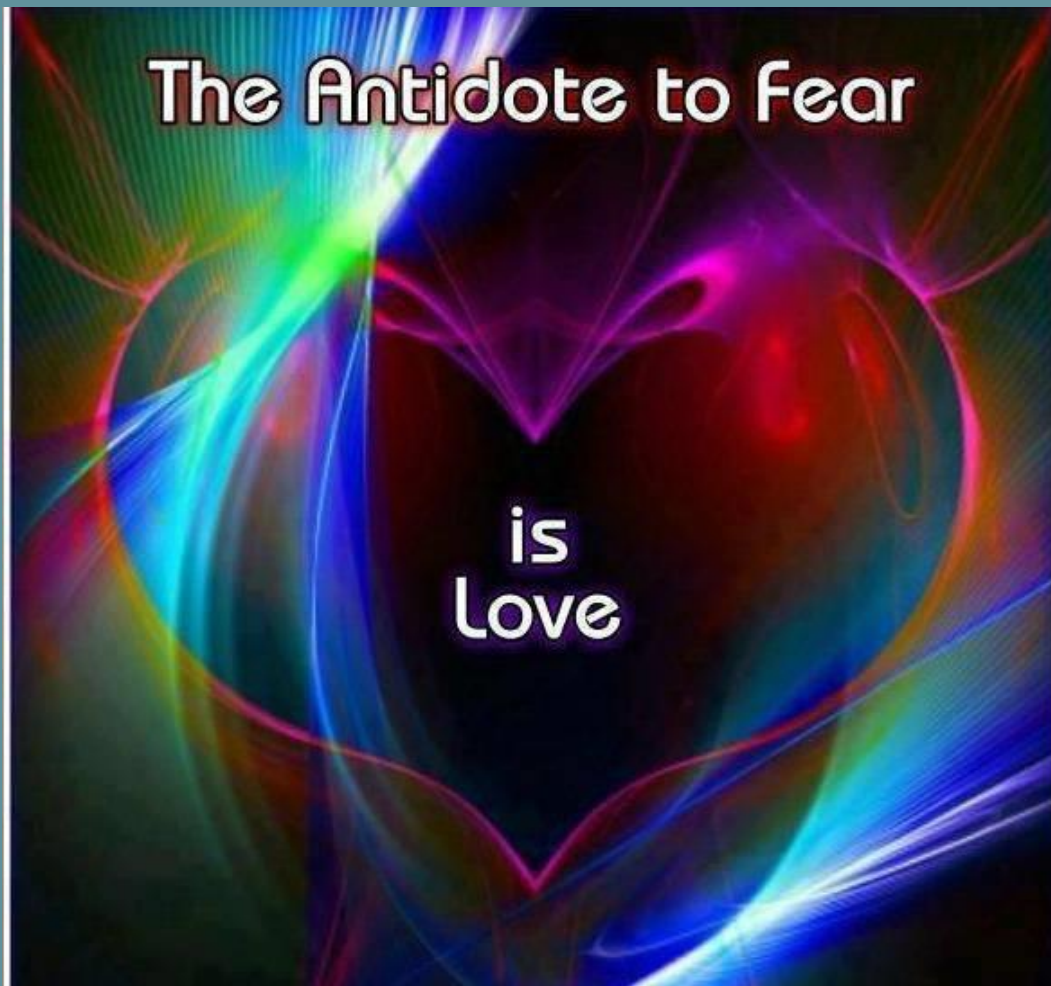
**Beloved, I pray that you may prosper in
all things and be in health, just as your
soul prospers.**

(3 John 1:2)

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

Proverbs 4:23







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

