



RESTORATION OF ALL THINGS

Lindy Strong



THOUGHTS ARE
ENERGY



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!

Thoughts are Energy

- 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.
- ***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

Thoughts are Energy

- 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.

Thoughts are Energy

- 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**
- ***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.***

Thoughts are Energy

- Harvard Medical School's Mind-Body Institute research show that:
- **75% - 98%** of mental, physical and behavioural illness comes from
- **one's thought life.**

Thoughts are Energy

- 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

Thoughts are Energy

- The result of this will:
- Throw your body into stress
- Change the relationship
- Change the outcome of the event

Thoughts are Energy

- What is The Number One Source of Illness and Disease?
- 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.

Thoughts are Energy

- 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.**

Thoughts are Energy

- ***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

Thoughts are Energy

- 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

Thoughts are Energy

- 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 behavior 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

Thoughts are Energy

- 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.

Thoughts are Energy

- Back to Neuroscience: - We have previously established that 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.

Thoughts are Energy

- 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.

Thoughts are Energy

- Lets 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

Thoughts are Energy

- Bearing in mind that whilst 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.

Thoughts are Energy

- Your intention is another form of 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



Thoughts are Energy

- 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

Thoughts are Energy

- The best way to predict your futures is to create it
- How do we do that?
- By rewiring our brain

Thoughts are Energy

- 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.

Thoughts are Energy

- 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.

Thoughts are Energy

- I want you to 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

Thoughts are Energy

- 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.

Thoughts are Energy

- 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.

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



- Lets 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



JUST LET
IT FLOW...

Thoughts are Energy

The Father knows our thoughts impact our well being:

So He gave us the following instruction:-

PHILIPPIANS 4:8
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, if there be any praise
THINK ON THESE THINGS



EMOTIONS ARE
ENERGY



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.

Emotions are Energy

- 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.

Emotions are Energy

- 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.

Activation



Emotions are Energy

- I want you to think about something that has happened recently that has caused a negative emotion within you
- I want you to 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

Emotions are Energy

- Now I want you to 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?

Emotions are Energy

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

The Energy of Unforgiveness

Unforgiveness is
emotional *bondage* that
consumes minds with
memories of *offenses*,
distorts emotions with
revenge, and fills hearts
with churning *unrest*.

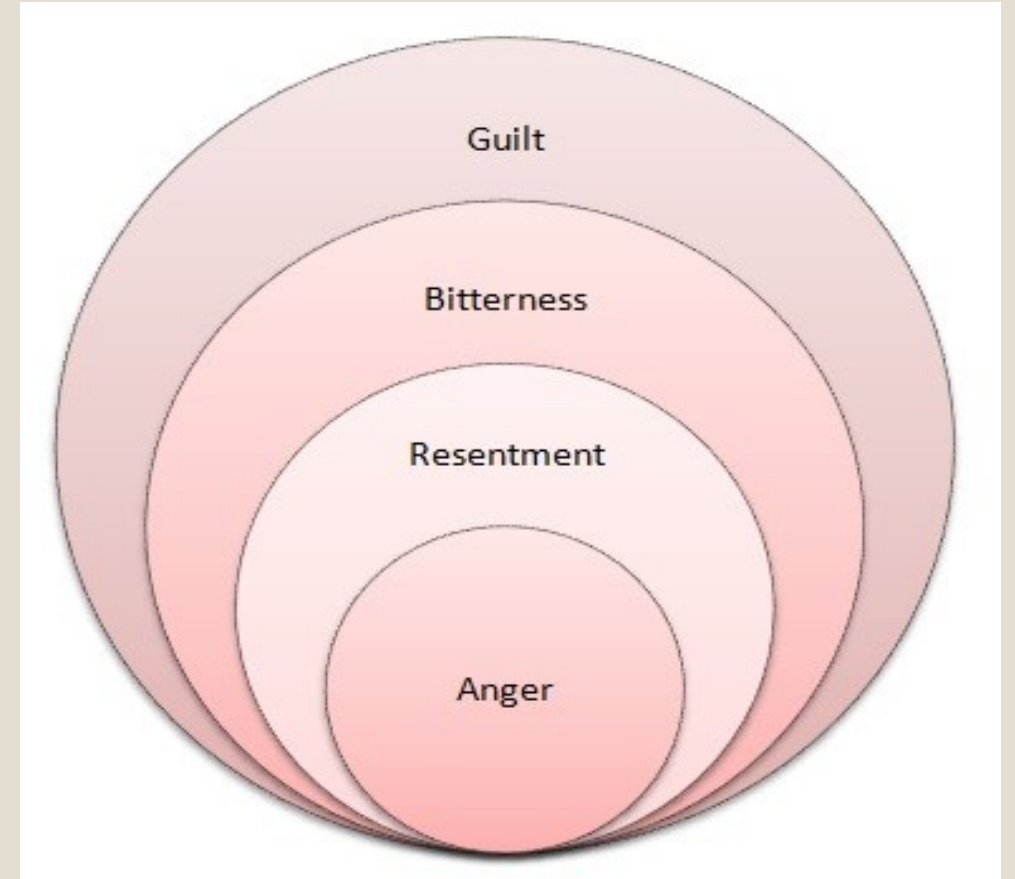
Charles Stanley

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.



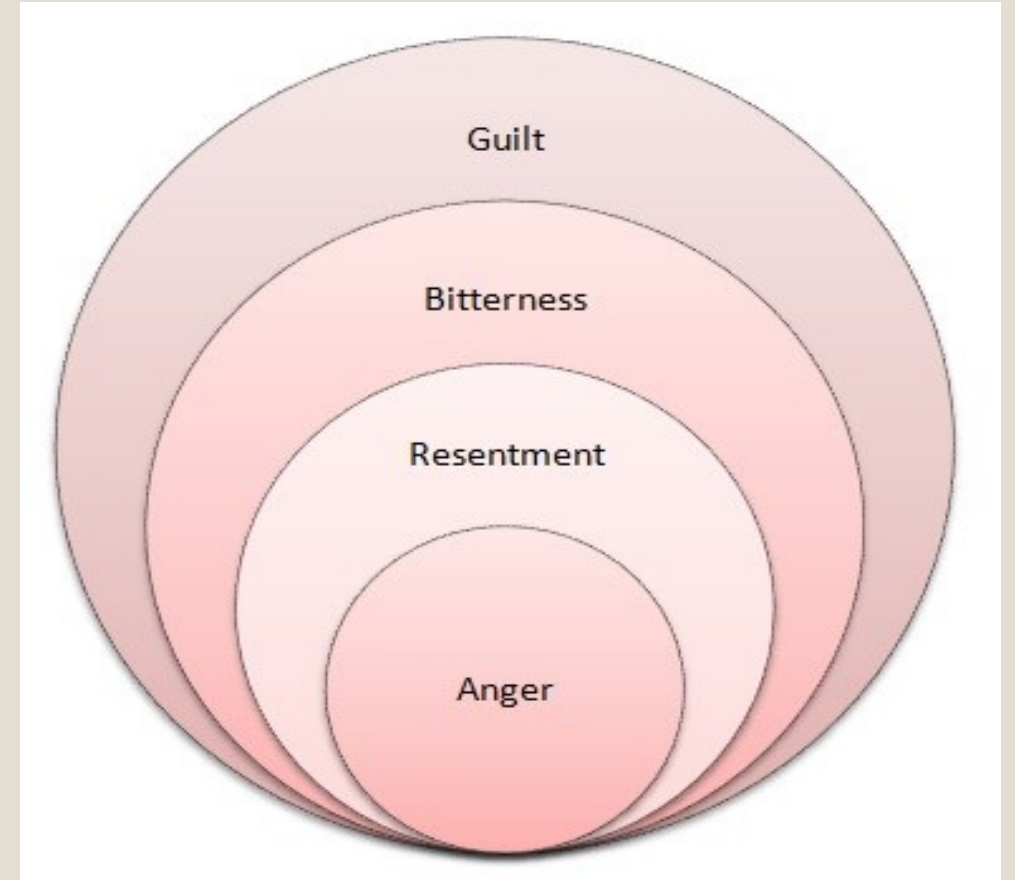
The Energy of Unforgiveness

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



The Energy of Unforgiveness

- Unforgiveness is such a damaging occurrence in our culture that the Father has had us pioneer a Forgiveness Therapy.
- Forgiveness Therapy is a secular therapy delivered by believers
- If you want more information see our Forgiveness Therapy Website:
- www.forgivenesstherapy.org
- If you want to become a Forgiveness Therapy Centre, lets talk.
- We are currently training up a group in Weymouth, Dorset and Four groups in India

The Energy of Unforgiveness

- 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 reprogramme your DNA.
- We expect to roll it out soon and start running more group therapy sessions with it.



HEART ENERGY

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.

Heart Energy

- 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”.

The Heart-Brain Relationship



- The heart has its own complex nervous system: the “heart brain.”
- The heart sends far more information to the brain than the brain sends to the heart.
- Heart signals especially affect the brain centers involved in strategic thinking, reaction times and self-regulation.

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.**

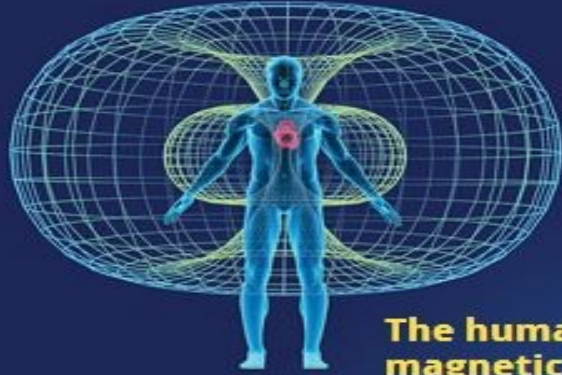
Heart Energy

- Are we surprised that the heart has its own unique intelligence?
- Or that it can think, feel and remember?
- ***As a man thinks in his heart so is he. (Prov 23:7)***
- Once again science catching up with scripture.

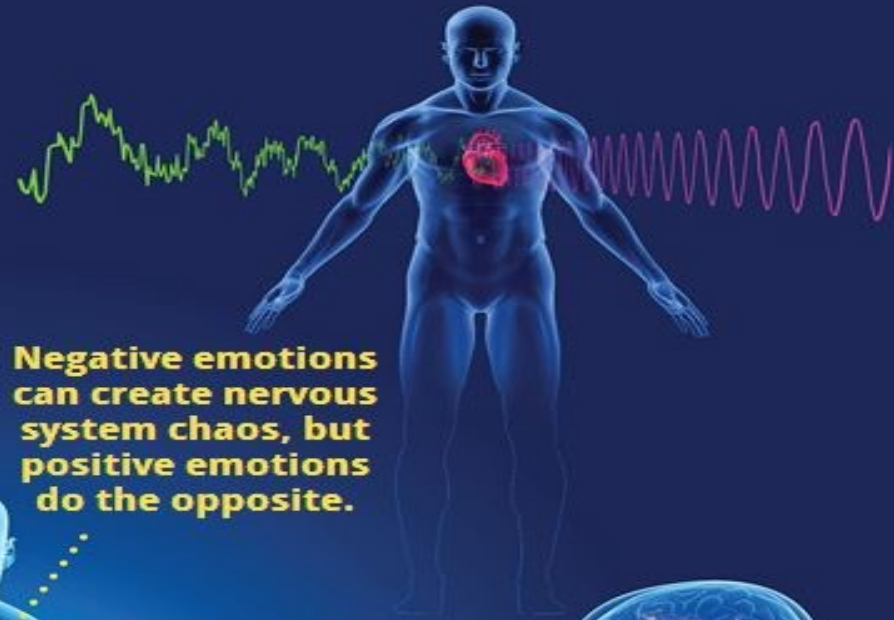
Heart Energy

- 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.

Did you know?



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



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



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



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



Positive emotions create physiological benefits in your body.

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



Heart Energy

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.

Heart Energy

- 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 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.
- Lets activate that now
- Lets give thanks to the Lord, and show him our appreciation, and
- Focus on how good He is!

Heart Energy

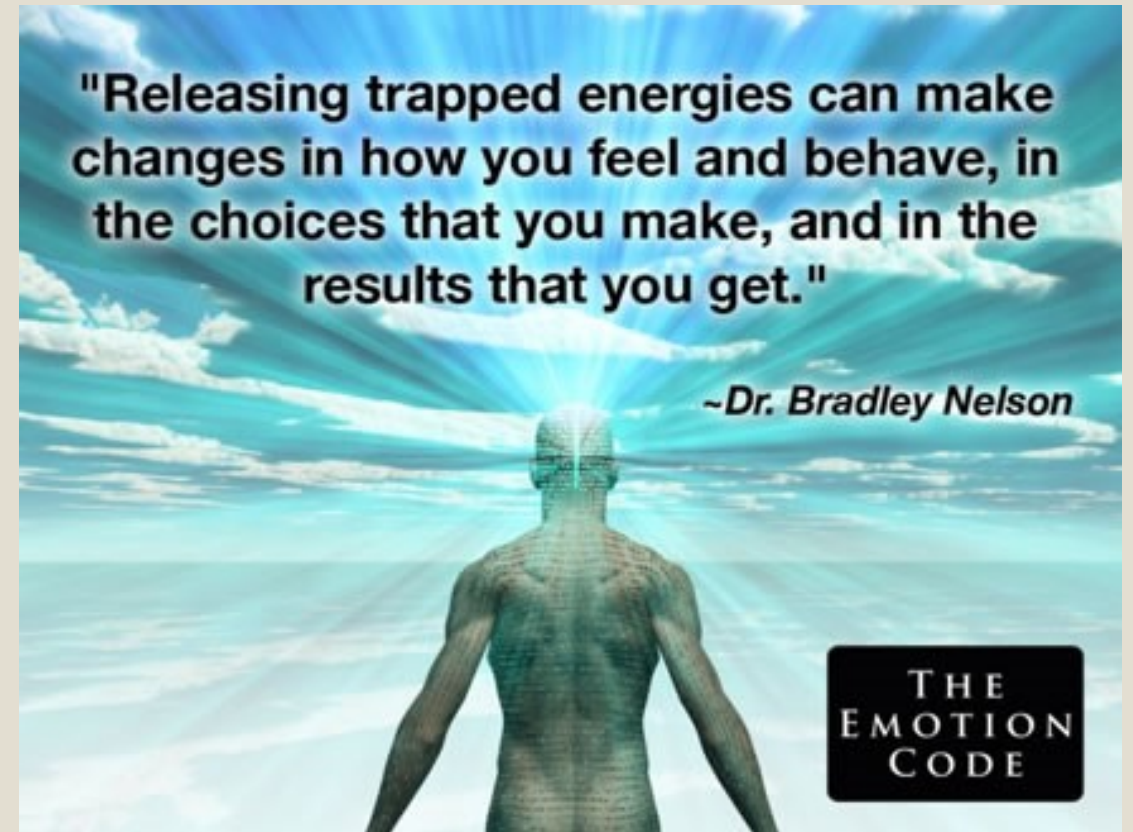
- The same beneficial effect occurs in your own body when you are on the receiving end of love and appreciation
- Lets activate that now
- Lets make space for the Father to shower us with love and affirmation



TRAPPED
EMOTIONAL
ENERGY

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.



Trapped Emotions

- If you want to know more about trapped emotions:
- This is a good book:

FUTURE MEDICINE

"Dr. Nelson has an uncanny ability to make the complex simple, and to teach anyone these amazingly profound healing methods... *The Emotion Code* has had a profound effect on myself, my family and my patients ..." - Gwen Legler, MSW, Arlington, WA

THE EMOTION CODE



How to Release Your Trapped Emotions
for Abundant Health, Love and Happiness

DR. BRADLEY NELSON

Trapped Emotions

- 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

- 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.

Trapped Emotions

- 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

Trapped Emotions

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.

Trapped Emotions

- 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.

An iceberg floating in a blue ocean under a blue sky with scattered white clouds. The top of the iceberg is above the water line, and the much larger, jagged base is submerged below. A horizontal line separates the water from the sky. The word "conscious" is written in white text above the water line, and "sub-conscious" is written in white text below the water line.

conscious

sub-conscious

Trapped Emotions

- 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.

Trapped Emotions

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.

Trapped Emotions

- 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.

Trapped Emotions

- 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.

Trapped Emotions

- 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 from being healed because the purpose of that memory in the subconscious is to protect the person from that same hurt happening again.

Trapped Emotions

Future medicine will be based on controlling energy in the body

-Professor William Tiller, Stanford University

Taken from the Emotion Code

Common Physical Problems caused by Trapped Emotions

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

Trapped Emotions

- 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
- Lets do an exercise now to reveal any trapped emotion.

Activation



Trapped Emotions

- *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?

Trapped Emotions

- *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

Trapped Emotions

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

Trapped Emotions

- *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

Trapped Emotions

- *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*

Trapped Emotions

- *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 it's healing capacity*

Trapped Emotions

- *Now I activate my intention to release the trapped emotion*

- *from the part of your body* _____
- *and in its place I receive the frequency of pure light and love*



STRATEGY
FOR
IMMORTALITY

Strategy for Immortality

- So What are some of the things that cause us to remain in a place of mortality?
- Not dyeing 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.***

Strategy for Immortality

- 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



RESTORATION OF ALL THINGS

Lindy Strong