

# SONS ARISE!

Conferences  
and Intensives

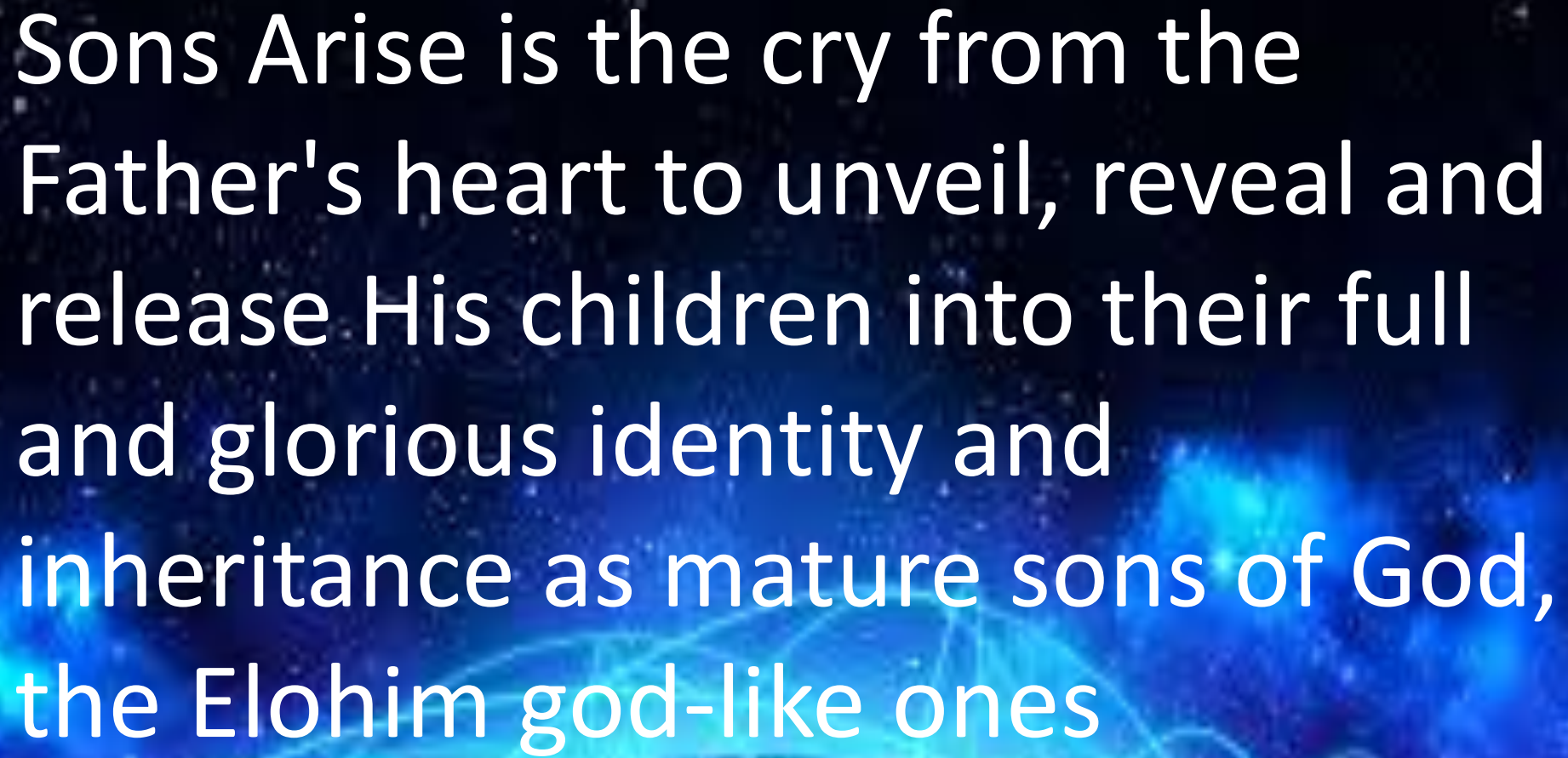
[www.freedomarc.org/sonsarise](http://www.freedomarc.org/sonsarise)

# Welcome



Freedom  
Apostolic Ministries

Sons Arise is the cry from the Father's heart to unveil, reveal and release His children into their full and glorious identity and inheritance as mature sons of God, the Elohim god-like ones



# Sons Arise

- Mindfulness and meditation helps us access different states and levels of consciousness
- Destressing from life by living life from a state of rest
- Developing creative and intuitive thinking

# Sons Arise

- Last year, neuroscientists used a classic branch of maths in a totally new way to peer into the structure of our brains.
- What they discovered is that the brain is full of multi-dimensional geometrical structures operating in as many as 11 dimensions.

# Sons Arise

- We are used to thinking of the world from a 3-D perspective, so this may sound odd, but the results of this study could be the next major step in understanding the fabric of the human brain - the most complex structure we know of.

# Sons Arise

- The team used algebraic topology, a branch of mathematics used to describe the properties of objects and spaces regardless of how they change shape.

## Sons Arise

- They found that groups of neurons connect into 'cliques', and that the number of neurons in a clique would lead to its size as a high-dimensional geometric object (a mathematical dimensional concept, not a space-time one).

# Sons Arise

- "There are tens of millions of these objects even in a small speck of the brain, up through seven dimensions. In some networks, we even found structures with up to 11 dimensions."

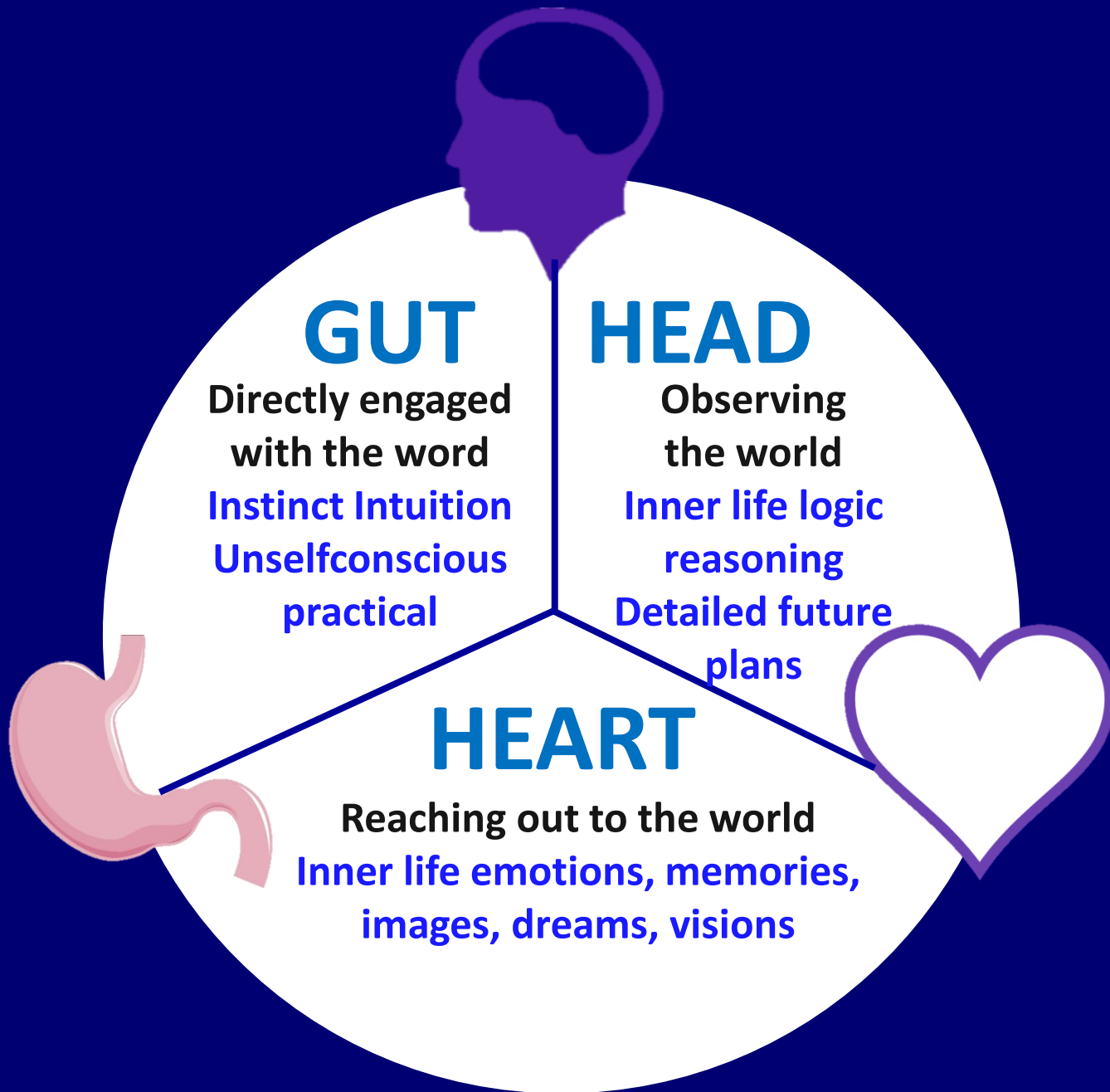


# Sons Arise



# Sons Arise

- Do you know you have three brains?
- Your HEAD brain, your HEART brain, and your GUT brain.
- The three brains are like an orchestra, with billions of neurons cooperating to produce a harmonic symphony – harnessing together an ever-changing network of neurons that work in synchrony.



# Sons Arise

- The head brain analyses information and applies logic.
- The heart brain senses the world through emotion and feelings.
- The gut brain is used for understanding our identity and who we are in the world.
- The gut brain also helps us learn self-preservation by teaching us to follow our instinct – the “gut feelings” we all experience at times

# Sons Arise

- All three brains have massive networks of neurons and very distinct roles. It explains the clash between what we think and what we often feel.
- Only by understanding and unifying the three brains can we arrive at a point where we make better decisions by choosing better realities

# Sons Arise

- Coherent Heart “Coherence is the state when the heart, mind and emotions are in energetic alignment and cooperation,” AT REST
- Incoherent Heart is the opposite where heart, mind and emotions are in disharmony – WORRY, ANXIETY, FEAR

# Sons Arise

- Son the battle is for the consciousness the reality that the mind lives in.
- My desire is to renew the minds of My children so their full potential as sons will be manifested.

# Sons Arise

- My desire is to remove the conformity to the limitations of the DIY world and religious systems that they are trapped in.
- The language of the spirit is desire directed thought which has the power to create reality.



# Sons Arise

- No one can be limitless if the source of their desire is disconnected from the eternal source of enlightenment which can only be found in the Perichoretic relationship of I AM.

# Sons Arise

- When My children only draw from the possibilities that can be seen from the DIY source of intellect or from within their present realities they will always be limited to the spirituality of the earth.

# Sons Arise

- The earthbound consciousness is limited to the boundaries of the mind of man but those who are untethered and free to live in the realms of heaven have access to the mind of Christ in the eternal now as the true source of limitlessness.

# Sons Arise

- The restrictions of religion have also disconnected My children from their true potential by tethering them to a system of false beliefs and laws.
- Reconnecting the mind to the omniscience of I AM, to a flow of nonlinear truth will unlock the power of the consciousness of sonship.

# Sons Arise

- The mind has the potential of creative thought to shape reality so that creation can become free from its bondage to decay into the freedom of love's light expressed by My sons who have arisen to take their places in heavenly kingdom government

# Sons Arise

- The minds of those disconnected by lost identity and religion can only perpetuate the limited possibilities of the natural mind
- Only those whose minds are connected to the divine have ever brought real change because their consciousness's danced with eternal possibilities.

# Sons Arise

- The natural mind however deep it goes can draw from nothing more than the soulish creative possibilities. It is and always will be limited.
- Most technological advances were men's attempt to recreate what was once possible through the power of the mind.

# Sons Arise

- These constructs within our minds and consciousness frame our world and what we believe and how we interact
- We see the world and God through the lens of our own understanding
- That distorted view is false expectations appearing real – FEAR



# Sons Arise

- Meditation helps us to be at rest being mindful able to connect our consciousness to a deeper and higher level of reality
- Meditation raises our awareness and our consciousness levels
- What levels and how?

# Sons Arise

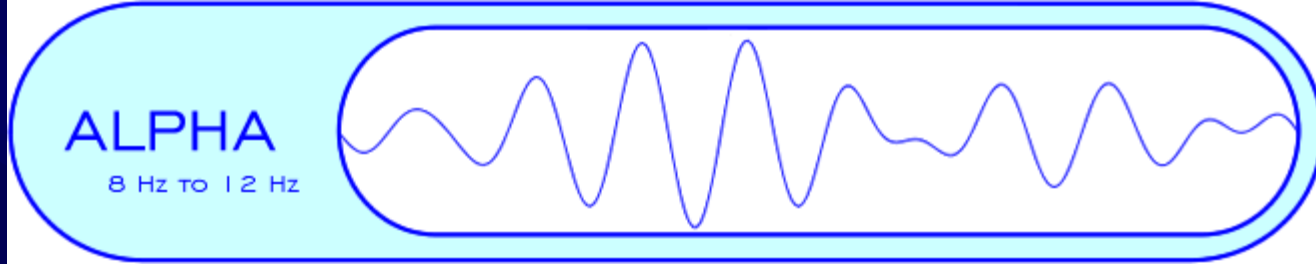
- Our mind functions at different wavelengths and engages different levels or states of consciousness
- Beta waves – normal awake state problem solving mode
- Alpha waves – slower accessing intuition and creativity within
- Theta waves – spiritual access beyond the soul

# Sons Arise

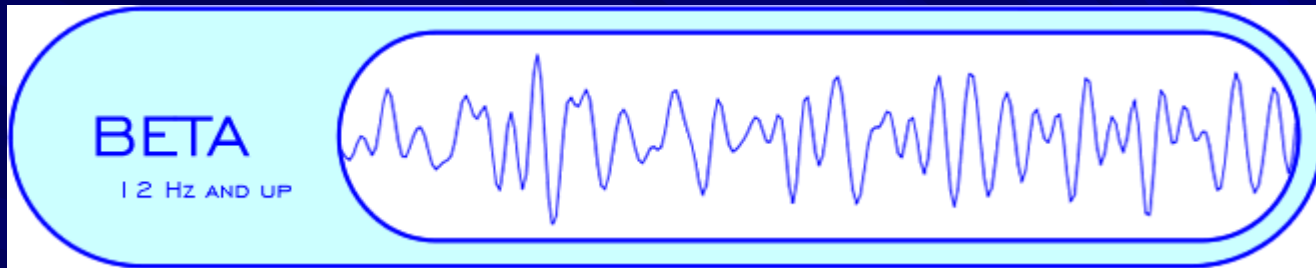
- Delta waves – deep sleep state with being at rest and peace with no dreams
- The monostatic brain accesses only one state of consciousness at a time
- We need to learn to tune into each state concurrently and have a life of increased capacity and capabilities

# Sons Arise

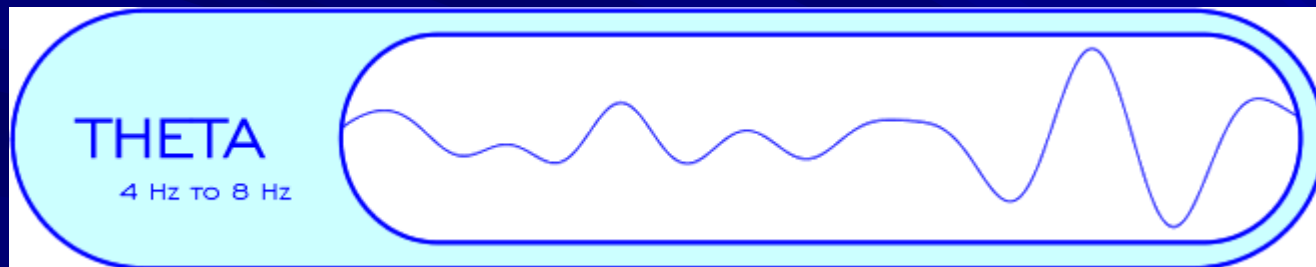
- Our brain is vibrating at different frequencies with different wavelengths.
- We can learn to focus our brain waves to be more effective through meditation and mindfulness techniques



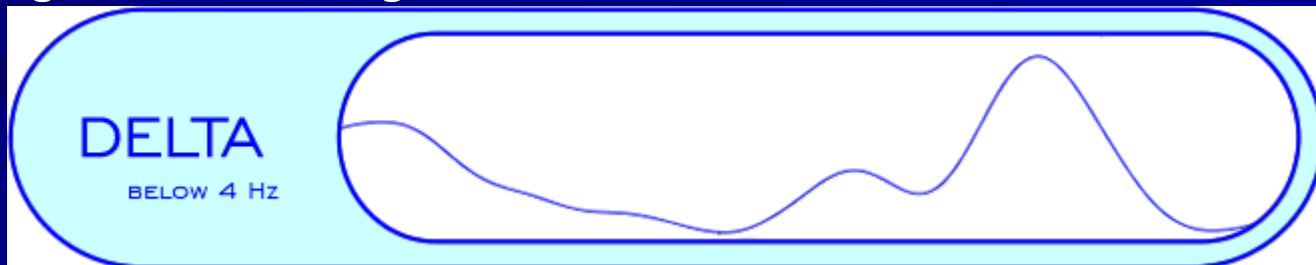
Alpha brainwaves move towards deep relaxation, imagination and intuitive thinking



Beta brainwaves are engaged when the brain is aroused or processing activities



Theta brainwaves can indicate drowsiness, daydreaming, the first stage of sleep or 'indirect' imagination/thinking



Delta brainwaves can reveal deep sleep or slow-wave 'background' thinking.

# Sons Arise

- The brain has the capacity to operate on more than one frequency range at any given time.
- In fact all four rates can occur at once, yet at varying amplitudes. A good analogy would be to relate each brainwave state to a string on a violin.
- All four strings make notes, yet one or more strings can dominate the overall sound at a greater volume.

# Sons Arise

- Meditation and Mindfulness is learning how to focus our thinking and access different states of consciousness
- Coming into a state of rest which is living in full love, joy and peace
- Having a lifestyle of rest not stress

# Sons Arise

- Matt 11:28 “Come to Me, all who are weary and heavy-laden, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For My yoke is easy and My burden is light.”



# Sons Arise

- Come to Jesus and take on His yoke and be connected to learn from Jesus the Truth
- Being gentle and humble in heart
- Finding rest for our souls
- Being mindful living in a state of perpetual rest

# Sons Arise

- Psa 23:1 The Lord is my shepherd, I shall not want. 2 He makes me lie down in green pastures; He leads me beside quiet waters. 3 **He restores my soul**; He guides me in the paths of righteousness for His name's sake.

# Sons Arise

- Relationship – rest in God's provision
- Lie down cease activity by quiet waters which is a place of peace
- Brings the restoration of our soul
- Helps guides and directs our daily lives to be blessed and successful
- Living Loved, Loving Living, Living Loving

# Sons Arise

- 7 Step Meditation Rest Exercise
- Love – feeling compassion
- Joy – feeling thankful and grateful
- Peace – Forgiveness and blessing
- Surrender- Being living sacrifices
- Engaging destiny – having clear vision
- Framing life - creating reality
- Living in blessing and empowerment

# Sons Arise

- Begin with YHVH being in us
- Rhythm of life is the breath of life
- God breathed into Adam and God continues to breathe into us
- Breathe out YOD
- Breathe in HEI
- Breathe out VAV
- Breathe in HEI

# Sons Arise

- We begin with YHVH in us and we end with being in YHVH. Cycle as the end and beginning meet
- When we step into the name of YHVH we are royal priests of the order of Melchizedek
- We live in the power of His name



Rest  
Meditation  
Mindfulness  
preparation



Rest  
Meditation  
Mindfulness  
Preparation





# Sons Arise

- Close your eyes, think about and focus on your breathing and begin to slow down to the rhythm of YOD HEI VAV HEI
- Breathe in deeply the breath of God and exhale slowly YOD
- Breathe in deeply HEI and exhale slowly VAV
- Breathe in deeply HEI - repeat

# Sons Arise

- 1. First love – Living Loved
- Keep breathing slowly now focus your thoughts on God who is love
- Think of being loved, cared for, accepted, affirmed by your loving heavenly Father. Feel God's compassion and comfort

# Sons Arise

- Focus your thoughts on the door within your spirit the gateway of first love
- Choose to open that door and invite Father, Son and Spirit into your spirit.
- As They put their arms around you start to sink into a state of deep rest

# Sons Arise

- Feel love flow into your spirit.
- Feel love flowing deeper and deeper filling your spirit with love's very essence.
- You feel filled to overflowing with Love

# Sons Arise

- You begin to feel cocooned safe resting in God's arms of love.
- Now choose to surrender the control of your life to the Father
- Choose to take Jesus' yoke on your shoulders and feel joined to Him as a son and coheir

# Sons Arise

- Feel love like a river flow out through your spirit gates into your soul.
- Feel that love begin to saturate your soul
- Love touching each of your soul gates
- Conscience, imagination, reason, mind, emotions, will and choice
- Now surrender to love and rest

# Sons Arise

- Now choose to let love flow through your body touching each inner part
- Now feel love flow over your body from your head flowing down your neck and shoulders to your chest all the way to the tip of your toes.

# Sons Arise

- Now intentionally release that love like a flowing river through you creating an atmosphere of love around you
- Direct the flow of love out to the different areas of your life; family, work, friends, Ekklesia, community.



# Sons Arise

- Love overshadows your life like a flowing river from your innermost being
- You are in a state of bliss living loved
- You are resting in a deep sense of love

# Sons Arise

- 2. Joy Gratitude thankfulness - Loving living
- Continue to relax and begin to think of someone or something you are thankful for. Release your gratitude
- Thank God for His love, thank Jesus for dying for you etc.
- Feel joy fill you and saturate you

# Sons Arise

- Feel that joy fill your soul
- Feel that joy flowing over your body from your head to your toes
- Release your gratitude as a flow of joy from the inside out
- Fill the atmosphere around you with joy

# Sons Arise

- 3. Peace Forgiveness - Living Loving - Search my heart God
- Think of anyone or anything that has disturbed you, frustrated you, annoyed you, upset you, hurt you.
- Now picture them and consciously choose to forgive and release them.
- Visualise that person, say to them I forgive and release you and bless you.

# Sons Arise

- Hear them say I receive your forgiveness. Repeat if necessary.
- Now think of anyone you may have hurt, upset or annoyed and ask them to forgive you and hear them say, I forgive, release and bless you.

# Sons Arise

- Feel peace filling you taking you deeper into rest
- Feel the peace flow slowly over your body from your head to your toes
- Release forgiveness like a flowing river out into the world create an atmosphere of forgiveness around you

# Sons Arise

- 4. Surrender – Living sacrifices
- Feeling at rest, safe and secure  
consciously choose to surrender  
your free will to God's will
- Choose to present yourself as a  
living sacrifice
- See yourself lying on the altar

# Sons Arise

- Ask the Father to search your heart and reveal any anxious thoughts or iniquitous ways
- Ask the Father to deal with anything that will hinder you fulfilling your destiny today
- Ask the Father to reveal the desires of His heart to you



# Sons Arise

- Turn your heart towards seeking first the kingdom of God
- Tell the Father that you only want to do what you see Him doing
- Allow the Father to transform you renew your mind and conform you to sonship

# Sons Arise

- 5. Engaging your destiny Resting in surrender with love, joy and peace
- Focus your thinking on your day and receive a scroll with your destiny for today
- Think of today as an opportunity and a pleasure

# Sons Arise

- Think of your scroll sense any specific mandates for what the Father is doing in you, around you and through you today choose to place it in your heart
- Choose only to do what you see the Father doing
- His will is nourishment to your soul feel His strength fill you

# Sons Arise

- Think about your day and rest.  
Choose to accept your destiny  
relax and feel the joy and pleasure  
of the Father's heart
- Your destiny today is filled with  
love, joy and peace.
- Look at your day from rest

# Sons Arise

- Feel desire rise in your heart overflowing with love, joy and peace bringing fulfilment in rest
- Visualise being blessed to be fruitful, successful and fulfilled at home, work everywhere you go grace and mercy go before you

# Sons Arise

- 6. Framing your life in peace
- Focus on the scroll in your heart and think about sitting at rest on your mountain throne feel the love, joy and peace
- See the possibilities for you to be fruitful today and choose that reality to manifest around you today

# Sons Arise

- Let the desires of the Father's heart for you fill you with passion and excitement
- Begin to frame your day from the desire of your scroll and the reality you have chosen with the favour and blessing of God, declare success, call for the alignment of heaven and earth

# Sons Arise

- Think about your day and begin to see what you need and see the reality of blessing
- Begin to call forth the provision for today
- Declare that you have all that you need to fulfil all that you are called to do today.
- Call forth connections with the angelic realm and cloud of witnesses



# Sons Arise

- Release the sound and frequency of rest out into creation that will attract fruitfulness
- Feel peace and contentment rise up in your heart
- Release that peace like a river into the atmosphere around you.

# Sons Arise

- 7. Blessing and empowerment
- Step into YHVH the Lion Ox Eagle Man
- Feel the pleasure of the Father's heart for you and for destiny today
- Hear the Father's words of affirmation "You are my beloved son or daughter in whom I am well pleased and in whom my soul delights

# Sons Arise

- Hear the Father say I bless you My son to be fruitful today. I empower you to prosper and succeed today to increase, overcome and rule
- Feel the light of love energising you, feel the energy and power of God's presence pulsating within you

# Sons Arise

- You are in YHVH and YHVH is in you.  
Your identity and position is of the heavenly Order of Melchizedek
- You are joined to the Lord and one spirit with Him
- You are a house of God and a gateway of heaven into the earth

# Sons Arise

- Feel and sense the abundance of life within you
- Be at rest fulfilled and contented being filled with love, joy and peace
- Release the flow of abundant life as a river flowing from your innermost being into the world around you

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