

Reprogram to be Christ Like Minded - Part 1

Written by EssJee

Monday, 14 June 2010 16:19 - Last Updated Thursday, 24 June 2010 15:17

R.C.L.M – Program

Reprogram to be Christ Like Minded

I have the mind of Christ; therefore I can know the thoughts of my Lord that He may instruct me.

Put together by E.Rautenbach, from Stand for Your Marriage.org, inspired by the Holy Spirit.

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~~Alpha waves - range between 7-12 HZ~~

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{audio}<http://www.scripturemusic.com/Media/MP3/c3%20thereforebeimitatorsofgod.mp3>{/audio}

In the Alpha state one becomes aware of the "inner bodily sensations".

Generally there is a heightened feeling of well being.

This non-focused body awareness is the key that unlocks the body-mind unlimited capability to heal itself! In this state we also begin to access the wealth of creativity that lies potent in our non-focused awareness.

The Alpha waves of the brain can also be compared to the window frequency known as the Schuman Resonance, which is the resonant frequency of the earth's electromagnetic field

Beta waves - range between 13-40 HZ

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{audio}http://www.scripturemusic.com/Media/MP3/PT%20John1(3).mp3{/audio}

The Beta state is associated with heightened mental activity, peak concentration, and visual acuity. Beta activity is "fast" activity and can often be associated with states of anxiety. Stimulating music has been found to produce beta waves, which prepare you for quick response to external events.

Theta waves - range between 4-7 HZ

{audio}http://www.scripturemusic.com/Media/MP3/SS%20Ps%2059%5B9-10%5D.mp3{/audio}

Theta waves can accompany feelings of emotional stress, but they can also be a sign of deep meditation.

Theta waves are furthermore produced in periods of REM dream sleep.

Delta waves - range between 0-4 HZ

{audio}http://www.scripturemusic.com/Media/MP3/SR%20Psalm%2023.mp3{/audio}

Delta waves only occur during periods of deep sleep.

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The "Alpha healing-state" will often spontaneously improve the low frequency deep sleep which triggers the release of Growth Hormone beneficial for healing and regeneration

.Programmed from passed experiences, or triggers; This could be anything from watching porn or any past experience have formed a memory neuron in your mind and every time you see something similar or experience something, your brain searches that cabinet and bring that in front of your thoughts. The enemy usually use this to try to torment you over and over again.

{youtube}cD5Ms4Hxn7c{/youtube}{youtube}qp8ehb1B4-Q&feature{/youtube}

{youtube}FHG8x4K5r2l&feature{/youtube}

{youtube}EYe502oiw2l&feature{/youtube}{youtube}a82Ci_v4pfA&feature{/youtube}

Thats why it's so important for us to learn our minds to dwell only what is good honourable and worthy to praise. To set our minds on the things above and not on the things on earth. The Key in Re Programming your thoughts are in repetition and to use most of your communication sources. For example; your eyes, ears and mouth. That is why porn is so effective; its very visual and its make use of all communication resources. The most important aspect in Re Programming your mind is to ask the Holy Spirit to lead you with this. To be successful to

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develop a mind of Christ, you will need patience and diligences. The process never ends and will go on until we meet Christ face to face. The goal is for you to train your brain to distinguish between good and bad and to take every thought captive to the obedience of Christ.

Our mission is to form new neuron membranes that inturn will start to change our way of thinking. Like that old saying goes; the one you feed will be strong. It's more less the same with the spirit versus our flesh. The more we start to focus our heart and mind on Jesus, the less our flesh will have control over us. We will start to fulfil the desires of the spirit and not the flesh. We will be sprit minded, that great's life and not carnal that ends in death. The more we let the word dwell in our hearts, the more our faith will grow in the Lord and the more Hope we will have, because we start to abide in Jesus and His love and not the world and his hatred.

John 14:15 If ye love me, keep my commandments. 16 And I will pray the Father, he shall give you another Comforter, that he may abide with you for ever.... 23 Jesus answered and said unto him, If a man love me, he will keep my words: and my Father will love him, and we will come unto him, and make our abode with him. 20 At that day ye shall know that I am in my Father, and ye in me, and I in you."

In short the process can be summed up in these four points;

- Your thoughts determine your words.
- Your words determine your actions.
- Your actions determine your behaviour.
- Your behaviour determines your Character.

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

Practical Exercise – Phase One

This exercise is easy. We combined music and Scripture and pictures in our mini movie.

Instructions to you;

When you start to watch the clip, read out loud the scriptures and dance and do whatever.

Use:

Very Important :*Do this for at least one week, when you awake in the morning and just before you go to sleep in the evenings* .

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Video 1

{youtube}99zovINIGqQ{/youtube}