

Foundations of HeartSync Ministry

Healing Through Synchronizing Broken and Divided Hearts

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The HeartSync Ministry Vision is to promote and participate in the primary mission statement of Christ to “heal the brokenhearted” (Luke 4:17-18a), whereby He gives us (undivided hearts) singleness of heart and action (Jer.32:39) to the end that we are then able to “love the Lord our God with all our heart and with all our soul and with all our mind” (Matt. 22:37). HeartSync Ministry does this by intentionally synchronizing with the various aspects of the heart and bringing them into full relationship with God.

The Primary Mission Statement of Jesus (Luke 4: 17-18a, Isaiah 61:1-2)

The scroll of the prophet Isaiah was handed to him. Unrolling it, he found the place where it is written: "The Spirit of the Lord is on me, because he has anointed me to preach good news to the poor. (Luke 4:17-18a). He has sent me to bind up the brokenhearted, to proclaim freedom for the captives and release from the darkness for the prisoners, to proclaim the year of the Lord's favor...(Isaiah 61:1-2).

The Basic Problem of the Human Heart with a Promise:

- I will give them an undivided heart and put a new spirit in them: I will remove from them their heart of stone and give them a heart of flesh. Ezekiel 11:19
- I will give them (undivided hearts) singleness of heart and action, so that they will always fear me for their own good and the good of their children after them. Jer.32:39
- When (a man) asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord; he is a double-minded man, unstable in all he does. James 1:6-7
- Teach me your way, O Lord, and I will walk in your truth; give me an undivided heart that I may fear your name. I will praise you, O Lord my god, with all my heart; I will glorify your name forever. (Ps 86: 11-12)
- The Lord is close to the brokenhearted and saves those who are crushed in spirit. (Psalms 34: 18)
- He heals the brokenhearted and binds up their wounds. (Ps 147: 3)

The Whole Point:

(Matt 22:37-40) Jesus replied: “‘Love the Lord your God with all your heart and with all your soul and with all your mind.’ “This is the first and greatest commandment. And the second is like it: ‘Love your neighbor as yourself.’ All the Law and the Prophets hang on these two commandments.”

“Brokenhearted” defined:

Any persistent separation between and within the heart, soul, mind and spirit of a person (an emotional and spiritual captivity hindering the resolution of conflicted beliefs, as well as the effects of pain and trauma), which prevents joyful connection with God and others.

(1980’s & 1990’s) 3 Basic Roles of the Broken or Divided Heart in Dissociation:

- A Part of the Mind that does daily **Function** and distances from painful emotion
- A Part of the Mind that holds unresolved negative **Emotion** (and that can be divided into subsets of child parts in order to manage pain and trauma)
- A Part of the Mind that serves as a gatekeeper between the first two
- Many individuals would exhibit a 4th Part of the heart and mind that seemed to be able to connect best with God

(Late 1990’s) Reconciliation Between Parts and Praying for the Release of Trauma

(2000) Understanding Core Parts in Dissociation (Dr. Tom Hawkins)¹

- Years of observation with dissociative clients resulted in recognizing a form of separation closer to the “core” or heart of a person.
- Similar in function to the basic roles of the heart, but seen in the expression of the personality in daily life.
- Different from the pronounced dissociation seen with alters in DID
- Core Parts seem very much like the heart of the person, but can exhibit very different views of reality.

(2005-2006) Exploring the Universality of Core Parts:

- The awareness of Core Parts and their respective roles in severe DID eventually led to my informal research that Core Parts (and their roles) are present in all lower level desynchronization.

KEY:

- **I now believe that Core Parts and their roles are part of our creative design and are universal to the general population (i.e., We ALL have Core Parts, regardless of where we fall on the brokenhearted continuum).**
 - **This is of great significance to the world of inner healing. Since all people have core parts, we can intentionally engage them to bring them into wholehearted loving relationship with God.**

¹ The ideas regarding Core Parts and their roles correspond well to those described in “Restoring Shattered Lives” seminar by Dr. Tom Hawkins (2006, pp88-92). Dr. Hawkins eventually adopted the term “Primary Parts” to describe the most core parts of the self.

The Core Complex

The Core Parts that operate closest to daily life and so are most likely to be seen first are:

A. The Original Self:

- The heart or essence of the self
- Has the capacity to connect most strongly with God

B. The Function Part of the heart:

- Does the daily functioning of life
- Believes that knowing certain information about one's history is incompatible with survival and/or functioning

C. The Emotion Part of the heart:

- Most closely connected to the pain, trauma, and unresolved negative emotion.
- It is now understood that that with overwhelming trauma, further division results in painful memories, ego states, or alter personalities as extensions of the Emotion Core.

D. The Guardian Part of the heart

- Believes the Emotion & Function parts of the heart must be kept apart or the Function part will be too overwhelmed to do daily functioning.
 - So is devoted to keeping them apart
- The 3 Core Parts along with the Original Self make up the “**Core Complex**” which is central to and is the more solid core of the greater heart, soul, mind, complex.
 - With insufficient capacity and overwhelming trauma, any of the Core Parts can divide further to create other Core Parts, or “extensions.”
 - The Core Parts seem very much like the heart of the person, but individually can hold very different views of reality.

Brain Science and Synchronizing Core Parts to God and Brain Science (2008):

- The Universality of Core Parts was further reinforced by recognizing that the Core Parts expressed in the personality correspond roughly to specific brain areas, as described by Dr. Jim Wilder. I now use the term **desynchronization** in referring to the lack of sufficient connection between the Core Parts.²
- During this realization: **The Lord spoke and said, “Make sure that you synchronize the Core Parts to me, and to each other.”**

² Many of the foundational principles of Wilder's approach can be found in James Friesen, James Wilder, et al., *The Life Model: Living from the Heart Jesus Gave You*, Shepherds House, 1999, revised and updated 2007; and James Wilder, *Joy Bonds*, available at <https://deeperwalkinternational.org/streaming-service/>.

- 10 years of my informal research and several thousand case examples has yielded the following results in an initial HeartSync experience³:
 - Nearly 75-80% of people connect best with God through the Function aspect of the heart and mind.
 - 20-25% of people connect best with God through the Emotion aspect of their heart and mind.
 - Nearly 0% of Guardians are connected to God!
 - It is initially rare for more than 2 Core Parts to be in relationship with God.

³ Please note that these estimated figures taught in the Basic HeartSync Seminar from 2010-2018 have been adjusted to more accurately reflect what I am seeing in the general population. Now that there are sufficient numbers of HeartSync Prayer Ministers working across various populations, a formal research project could yield more accurate percentages.

THE HEARTSYNC MINISTRY MODEL

Following the resurrection, ascension, and Pentecost, Jesus ensures the continuation of his ministry to heal the brokenhearted through the agent of the Holy Spirit:

- John 14:16-17a; I will ask the father, and He will give you another Counselor to be with you forever—the Spirit of truth.
- John 16:8; He will convict unto sin and righteousness...
- John 14:26b; He will teach you all things and remind you of everything I have said...
- John 16:13a; But when he, the Spirit of truth, comes, he will guide you into all truth.
- John 8:32; Then you will know the truth, and the truth will set you free.
- The Holy Spirit can communicate to us in a number of ways: a still small voice (often speaking a scripture), a word of knowledge, as well as dreams and visions (sometimes with a simple picture, or a word).

Steps to the HeartSync Ministry Approach:

1. Confession: being clean before coming to the Throne of Grace
2. Covering Prayer: Boldly approaching the Throne of Grace, asking the Lord to restrain and rebuke all spiritual forces (both “demons” and “kosmos”)
3. Divine Encounter (an Experiential Connection with Jesus via the Holy Spirit).
4. Thanksgiving
5. Explore: explore and work with the Presenting Part to resolve existing conflicts and spiritual assignments.
6. Expand: expand the 5 Bar Moment by progressively inviting all the other Core Parts into the relationship with Jesus—working to resolve conflicts and spiritual assignments until all of the heart is in loving relationship with God.

CENTER STAGE MINISTRY

(The Center of Conscious Awareness with the Lord in the Divine Encounter):

Once a Divine Encounter has been established with one of the Core Parts, or an extension of a Core Part, through “exploring and expanding,” **with agreement of the will for each step**, each of the Core Parts (or “extensions” such as emotion parts in painful memories, ego states, or alter personalities) enter this place of site-specific ministry to address:

- Conflicts and beliefs keeping them separated from Jesus
- Conflicts that keep them separated from each other (using the reconciliation protocol as needed).

- Conflicts almost always involve Guardian, or a division of the most Core Guardian (later identified as “Hidden Guardians.”
- Working with Guardians is the best way to facilitate synchronization.
- Removal of spiritual assignments (both “demons” and “kosmos”)
- Prayer to release the effects of Pain and Trauma (which prohibits synchronization within the entire heart, soul, mind, spirit complex, as well as with God and others)
- Prayer for Holy Spirit infilling of parts released from Pain and Trauma

The Importance of Core Parts to “Layers of Alters”:

- Severely brokenhearted people often have Core Parts that when they were overwhelmed with trauma, fractured and created subdivided parts, or “extensions” created through a single traumatic or related thematic events.

KEY:

- **Synchronizing the Core Complex to God while resolving the Core conflicts often allows ministry received through the Core parts to flow to the extended Emotion parts.**
- **The rate of healing increases EXPONENTIALLY.**

SUPER BONUS KEY:

- **Synchronizing the three Core Parts with God and the Original Self often results in an amazing spiritual connection with one’s God given identity and in corresponding spiritual experiences.**

The Benediction:

May God himself, the God of peace, sanctify you through and through.
 May your whole spirit, soul and body be kept blameless at the coming of our Lord Jesus Christ. The one who calls you is faithful and he will do it.

(1 Thess. 5:23-24)