

**THE BODY, THE BRAIN
& BREAKTHROUGH**


**“How God Designed the Body and Brain to Make us
Emotional/Relational Beings”**

1

Is Brain Science Biblical?

Yes and No.

No - The specifics of brain science are not taught in the Bible. You won't find joy center and amygdala in the text.




2

Is Brain Science Biblical?

Yes and No.

Yes - God designed the brain and God authored the Bible. Thus, they align and are not at odds.




3

Is Brain Science Biblical?

Yes and No.

Yes - Specific insights learned from brain science have brought elements of Scripture more clearly into the light.




4

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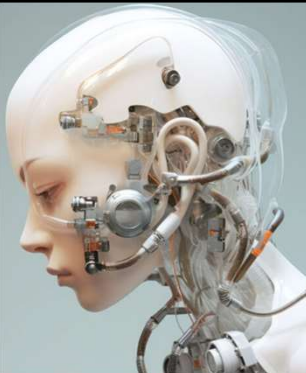
<i>Shalom</i>	<i>Hesed</i>
Joy	Agape
Trust	Maturity
Fear	Love

5

Mind v. Brain - The Mystery

Is the brain a machine run by a ghost?

- Dualism: Christian theology traditionally sees "me" as something beyond my brain. Thus, my mind is separate from my body.



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Mind v. Brain - The Mystery

- **Dualistic Experiences**
 - Near death experiences suggest a soul leaving the body at death.
 - Astral projection in the occult seems to permit the soul to leave the body.




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Mind v. Brain - The Mystery


The body in the Age to come

- A new body means a new brain.
- What if our new body comes with a brain that does not need to mature? What if it is "hardwired" for maturity?



8

My sense of **identity** develops in the brain.



9

My sense of **identity** develops in the brain.


At birth the identity center of the brain is almost completely unformed.


 A photograph of a human brain on the left and a baby crawling on the right. The baby is wearing a light blue long-sleeved shirt and is looking towards the camera with an open mouth.

10

My sense of identity develops in the brain.

The identity center forms through relational interaction.


 A photograph of a human brain on the left and a baby crawling on the right. The baby is wearing a light blue long-sleeved shirt and is looking towards the camera with an open mouth.

11

My sense of identity develops in the brain.

Lots of joy and lots of recovery from overwhelm creates an "integrated" sense of self.


 A photograph of a human brain on the left and a baby crawling on the right. The baby is wearing a light blue long-sleeved shirt and is looking towards the camera with an open mouth.

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Brain Development

Our entire emotional regulatory system develops through training after birth.

13

Brain Development

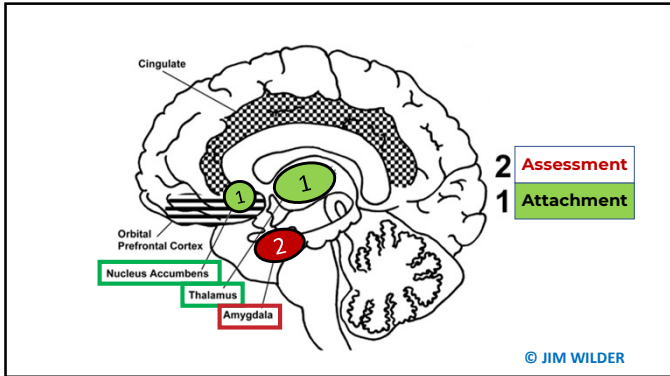
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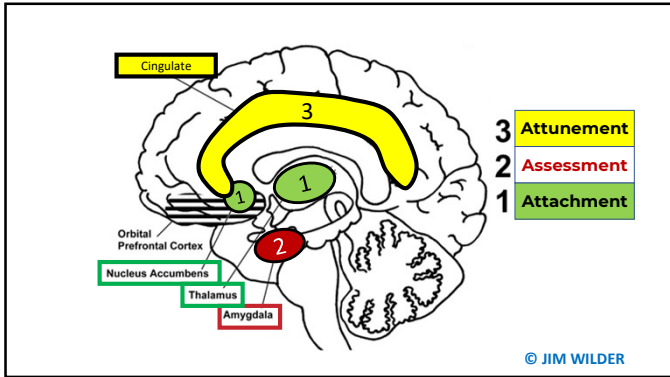
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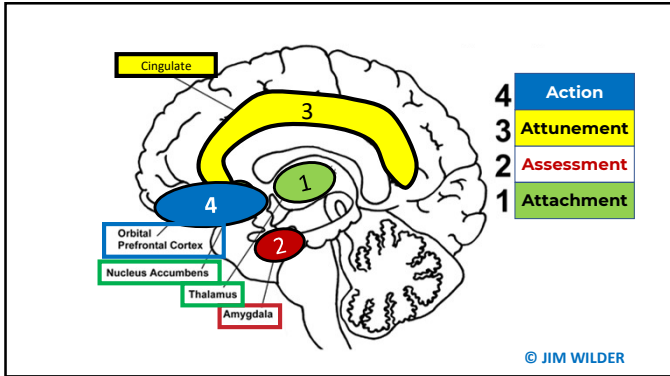
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18

Brain Development

Our entire emotional regulatory system develops through training after birth.

At birth our **ability to regulate** emotions is undeveloped.

At birth our **emotional capacity** is undeveloped.

At birth our **identity** is undeveloped.

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Brain Development

Regulation

Capacity

Identity



20

Brain Development

The development of our identity, **capacity** and ability to regulate is driven by three core factors.

1. Joy
2. A Trauma
3. B Trauma

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Lack of joy leads to an **underdeveloped identity center**.

22

Brain Development

The development of our identity, capacity and ability to regulate is driven by three core factors.

1. Joy
2. A Trauma
3. B Trauma

Lack of joy leads to an **underdeveloped identity center**.

High joy leads to a **well-developed identity center**, which increases the stability of our identity and our capacity to regulate emotions.

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Brain Development

The development of our identity, capacity and ability to regulate is driven by three core factors.

1. Joy
2. A Trauma
3. B Trauma

A Trauma means that we **miss out** on the experiences that develop the skills and habits that grow a strong command center.

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Brain Development

The development of our identity, capacity and ability to regulate is driven by three core factors.

- 1. Joy
- 2. A Trauma
- 3. **B Trauma**

B Trauma means that we experience **emotional overwhelm** that stunts our maturity development.

25

Every emotion is experienced by the body.

Emotions are God's Alarm system



26

Every emotion is experienced by the body.

Emotions are God's Alarm system

We feel emotions because activity in the brain triggers a response in the body.



27

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Infants cannot regulate. Someone else has to do it for them.

We feel emotions because activity in the brain triggers a response in the body.

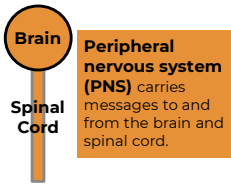
Children learn to regulate by getting help.

Regulation keeps emotions from getting overwhelming.

Adults have learned to self-regulate and are able to help others.

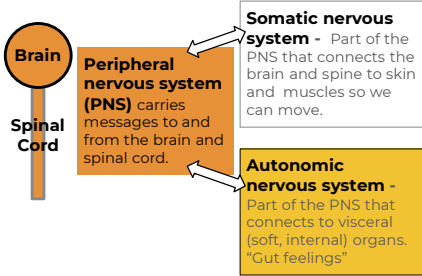
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The Body And The Brain Are Always Connected.

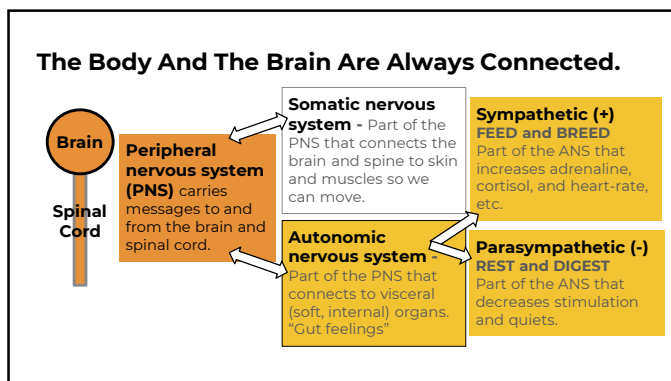


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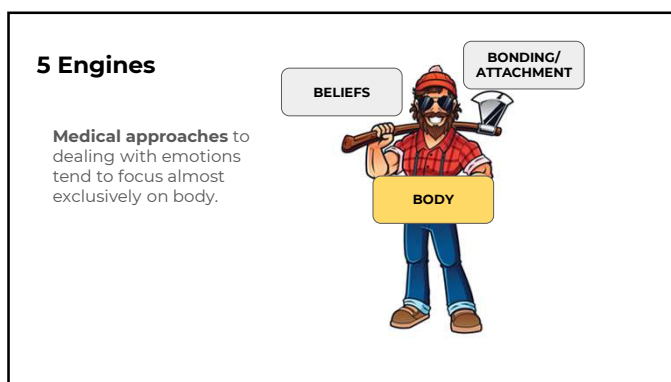
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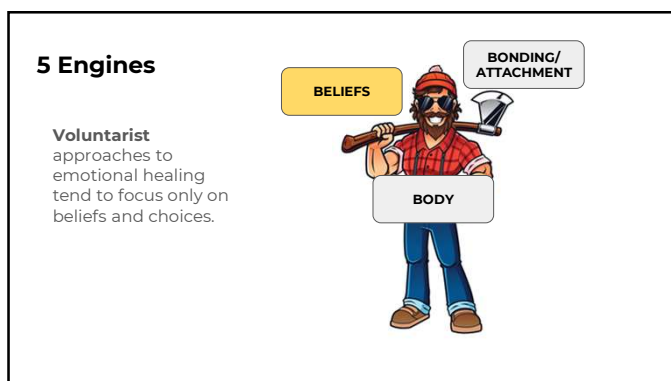
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5 Engines

Maturity development
focuses on issues related to attachment. Joy bonds and fear bonds influence our beliefs and our body.

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5 Engines

Spiritual Warfare
deals with wicked spirits to eliminate their influence on the three physical engines.

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5 Engines

Inner Healing and walking in the Spirit focus on the role of the Holy Spirit in dealing with emotions.

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