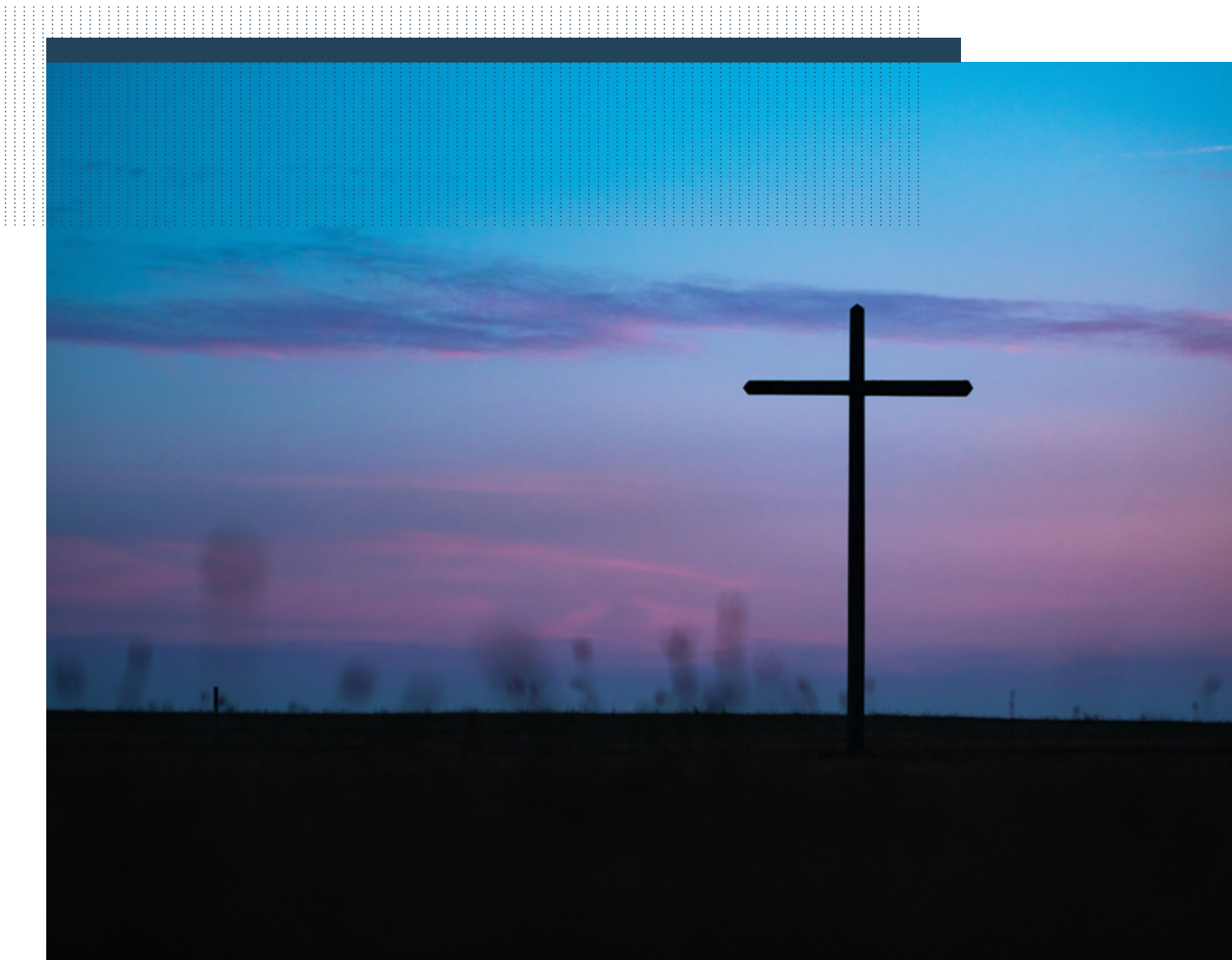




Practical NeuroTheology

These foundational concepts allow you to practically integrate God,
the Bible, & mind science to empower & accelerate your
PsychoSpiritual healing journey.



by: Karl Benzio, MD

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What I find resonates with people is starting with some basics and building from there.

1 True Healing



When I was at my lowest time in my life, I turned to JESUS. Since then, no matter what I am doing, I try to start with JESUS. And yes, I use all caps in writing His name because both He and His name are powerfully different than any before or after and should be exalted and set apart. So all caps is how, in my head and life space, when I write to honor JESUS. Now let's get started with JESUS and some of His key roles that apply particularly to our daily journey. He is the Great Physician and Wonderful Counselor. Put those professionals together and that is what a psychiatrist is. A medical doctor whose specialty is the brain and mind. And that makes JESUS the Perfect Psychiatrist! As we talk about healing, we always will be rooted in a couple key principles.

- a. Our ultimate eternal spiritual healing comes only through faith in JESUS as our personal savior and accepting His substitutionary death on the cross to pay for our sins. By God's grace alone, this allows us to be fully forgiven by God and accepted into God's family, a position we can never lose regardless of the sins we continue to commit.
- b. JESUS taught amazing principles for us to use to guide our thinking and decision-making so we can access a psychospiritual healing that I will expand on more in the following principles.

2 Prophecies

Staying with JESUS, why did the Perfect Psychiatrist come to Earth? The Bible reveals over 30 reasons, but let's look at what JESUS himself said. In John 10:10, JESUS says He came to give us abundant life - not material abundance, but psychological and spiritual abundance. And in Mark 2:17, JESUS says He came to heal the sick. Not only the physically sick, but the spiritually sick which manifests as psychological struggle, dysfunction, and distress. In Luke 4, JESUS reads Isaiah 61 from the scrolls, and proclaims He is the fulfillment of that prophesy. Isaiah 61 states JESUS will heal the broken-hearted, that is those with psychological struggles. He will set the captives free. Not legal captives, but rather those stuck in self-imposed prisons with walls built from their own psychological baggage and decisions which restrict their access to peace, joy, and freedom. The last part JESUS quoted from Isaiah 61 is to proclaim the year of the Lord's favor. "Lord's favor" was Jewish slang for the Year of Jubilee which occurs every 50th year and when amazing grace flows to struggling people. This is when all debts (think sin) are forgiven, slaves (bondage to sin) are set free, and all land/houses that were mortgaged to pay a debt were restored to the original family/owner (we are taken back from Satan and now children of God and is when debts



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were forgiven and indentured servants were given their freedom. JESUS, through His death and resurrection, would satisfy our spiritual debts allowing God to forgive us, thus freeing us from the slave market of sin and eternal damnation.

3 Set Free - Atonement

These two principles mesh together to show us that JESUS, the Perfect Psychiatrist, came to start a PsychoSpiritual Revolution. The Bible teaches in many passages that we are in a spiritual war and the battlefield is each person's mind. When JESUS entered the Earthly picture as fully man and fully God, society was in a heap of hurt, down for the count (rephrase?). Pestilence, oppression, tyranny, corruption, rampant poverty, addiction, promiscuity, infidelity, homosexuality, child sacrifice, euthanasia, abortion, hopelessness, despair, suicide, bullying, victimization, sex trafficking, child porn and trafficking, women as livestock or possessions (or less), and on and on. JESUS taught a radical countercultural message of love, peace, self-sacrifice, compassion, service, humility, forgiveness, patience, self-control, delayed gratification, and monotheism that was radically different than the esteemed Greek and Roman philosophers' ideologies, opinions, and philosophies of His time. JESUS then furthered His power by role-modeling His teachings, and as the Perfect Psychiatrist, He executed a Behavioral Health Revolution to overthrow Satan and his world system that held society captive as POW's in the spiritual war. JESUS finished His work with His death on the Cross and resurrection, defeating death and Satan. This opened a clear and easy path for all people to break their own chains of psychospiritual bondage and oppression, granting us access to psychospiritual freedom, joy, peace, fulfillment, and belonging as we walk into our God-designed calling and potential. JESUS revealed His Behavioral Health Revolution when He stated He was the fulfillment of the Year of Jubilee, The spiritual victory, with all these spoils, both in this world and eternity are God's gift to us when we accept JESUS' work and sacrifice for our sins and declare Him our personal Savior.



4 Continuing JESUS' Revolution



We, the Body of Christ, aka the Church, are called to continue what JESUS started. Of course, we need to continue the Behavioral Health Revolution that JESUS started. We are called to glorify God and love Him with all our heart, soul, mind, and strength. This love of God, that is the desire to honor, sacrifice for, show gratitude to, and serve, is expressed when we are consistent Godly decision-makers. That's what character or Christ-likeness really is. The ability to execute the Godly decision, regardless of the circumstances or adversity. Then we are salt, light, and doers of the word with influence on others, helping them see God more clearly and use God's instruction manual, the B.I.B.L.E. (Best Instruction Book for Living Everyday) to guide their escape from psychospiritual bondage to access freedom. We will talk about decision-making and the Church's role in a little bit, but don't skip ahead.

5 Psychiatry



I’ve used the term psychospiritual and psychiatry, so let’s start to unpack psychiatry. ‘Psyche’ is Greek, and a root word meaning the inner being, the deepest part of a person, a person’s innermost spirit. Furthermore, Psychology is the study of that deep inner part of a person. Psychiatry is the medical specialty studying a person’s inner being. A number of psychological and spiritual elements make up our inner person elements like our personality, thoughts, memories, emotions, feelings, desires, dreams, hopes, fears, values, vocabulary and especially our belief system. Out of this deep inner being/space flows our decisions, and thus, our life. In Proverbs 4:23, Solomon advises us, “Above all other charges, guard your heart with all vigilance for it determines the course of your life.” Or out of it flows the wellspring of life. A person’s wellspring can be either a toxic cesspool or a pristine life-giving wellspring. The wellspring quality is determined by our decisions. Simply put then, psychiatry is just the study of why we do what we do, why we make the decisions we make, and how to help, or treat, someone so they can be a better decision-maker. And a psychiatrist is the medical doctor with expertise to help people understand their minds better and become consistently better decision-makers.



6 Satan Diverts Our Learning

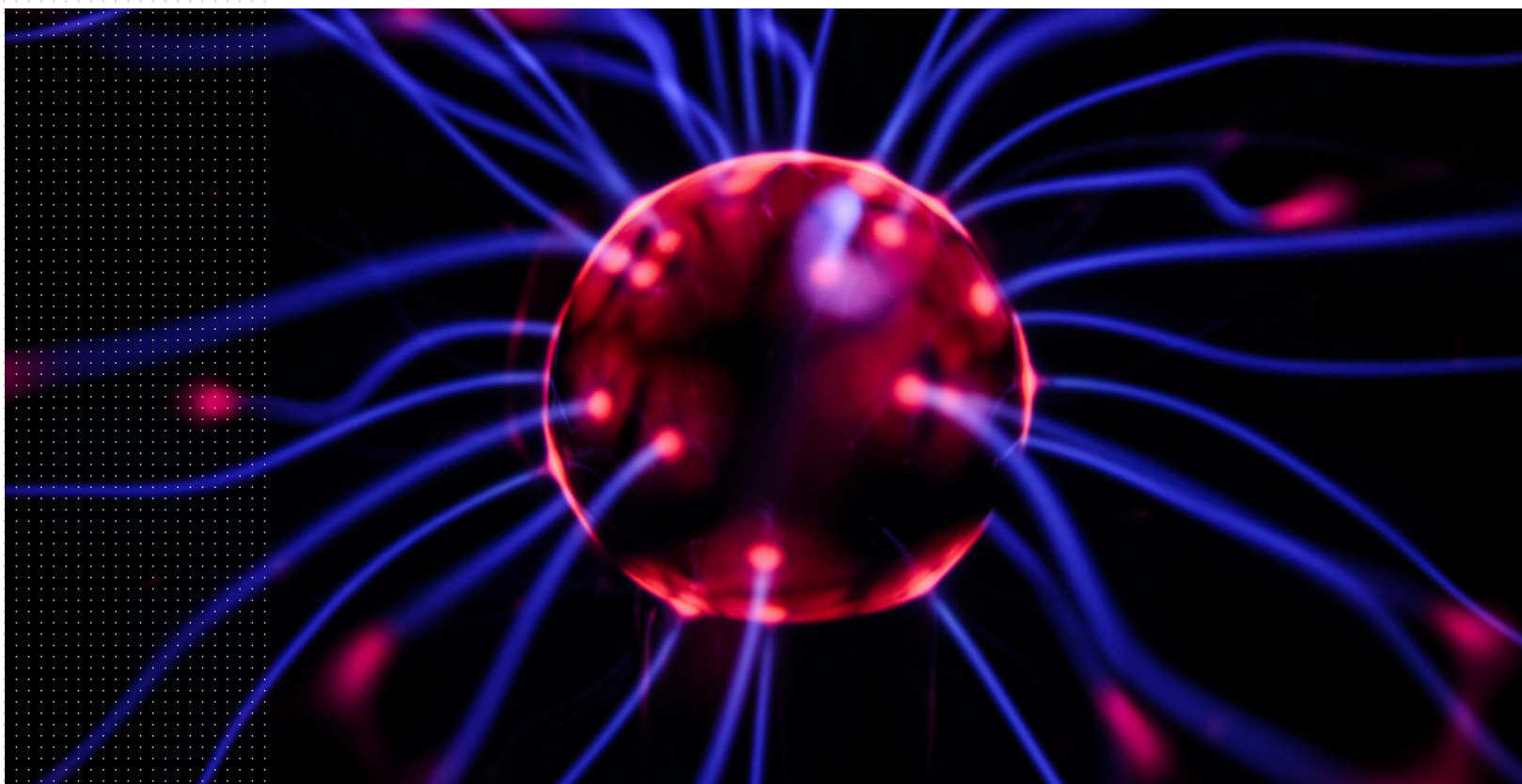


So how did the church drop the ball? A major factor is spiritual warfare. Satan wants to keep us ignorant and in the dark about how the human mind works. Satan figured out that if we knew how God designed our mind to work, we would steward our mind better and easily apply the Bible to our daily living. We would be JESUS followers and Satan rejectors. But Satan doesn't go down easily. He wants to steal, kill, and destroy, and does that by keeping us out of relationship with God, thus winning our eternal spirit as his trophy. My specialty – psychiatry – is the least advanced of all the medical specialties. We are only starting to grasp a deeper understanding of the workings and power of the human mind. For example, only in the last 40 years have we realized kids don't start learning at age 6, but instead they start learning in the womb! Psychiatry is often referred to as the last frontier in medicine as we “discover” new concepts and principles about our brain, personality, and decision-making. We are finally in the race and working hard to catch up to the advancements in all the other medical specialty areas. But instead of being the least understood medical specialty, psychiatry should be the most advanced specialty. The reason I boldly say this is because the core of psychiatry is about observing people, then piecing together those observations to form the puzzle of why we do what we do. People haven't changed since the Garden of Eden. We didn't need brain imaging or discovery of neurotransmitters to understand the rich concepts of thought, emotions, behaviors, decisions, motivators, unconscious process, etc. All we needed to know has been evident since the beginning of mankind. But Satan has worked hard to keep us blind, so we don't understand and use this knowledge to engage God and live healthy functional lives.

7 True Psychology

Another reason why we dropped the ball on and failed to continue JESUS' PsychoSpiritual Revolution is the Church's ignorance and fear of basic psychological principles. As a great servant, the Judeo-Christian community has always been on the forefront of providing material needs (food, shelter, and clothing) to the poor, widows, and orphans. But more recently, the last 500 years, the church has been the leading organization in building hospitals and providing medical services. But even though it provides these basic needs and health services, the Church has always struggled to engage or accept science, often seeing scientists like Darwin as antagonistic to God and Biblical truths. Even more so, the Church especially struggles accepting psychiatric science as Freud, a Jew by birth and atheist by faith, is viewed as the "Father of modern Psychiatry." Christians often think psychiatry/psychology denies the existence of God, exalts man over God, teaches principles contradictory to the Bible, or as Freud hypothesized, views religion as an ineffective coping skill or defense mechanism Christians use to avoid dealing with inner psychological issues directly.





8 Why I'm a Psychiatrist:

The Church's dismissive view of science, especially psychiatric science, although it initially frustrated me, has actually been one of my significant motivators. You see, I am a very curious person, always wondering "why" and asking questions. Ever since I can remember, I wondered how God designed our physical body and our psychological mind. Because I was bullied for my bad stutter, I was always in my head having to think about what word I would start a sentence with to minimize my stammering and stutter. At age 5, God laid 'decision-making' on my heart. That's all I ever wanted to be (other than a pro athlete), a person that understood decision-making and helped others have a better life by being better decision-makers. So even when close

relatives discouraged me from pursuing psychiatry, saying it was "psychoheresy", I followed my dream to be a doctor/scientist, receiving a Bachelors in Science (BSE) in Biomedical Engineering focusing on central nervous system imaging, a Medical Degree (MD), and a board certification by the American Board of Psychiatry and Neurology to be a full-fledged psychiatrist. Obviously, I love science and see God as the generator and designer of all good science. In order for me and my patients to understand and interpret all science more easily, I came up with a simple definition that I know will help you engage and apply psychiatric science with greater comfort as we overcome this science vs. faith struggle.

9 Dr Karl's Definition of Science: Simply

- i. The study of what God made,
- ii. Understanding how God designed it to function,
- iii. Using that understanding to learn how to maximally steward what God made to glorify Him and live an abundant life.

I'm definitely biased as a psychiatrist, but the human mind with a free will (the ability and freedom to make our own decisions) is the most amazing of all God's creations. Psychiatric science is just the study of the mind, how it produces decisions, where it goes wrong, and what fixes it. Even though JESUS and God's B.I.B.L.E. (Best Instruction for Living Everyday) teach us what decisions will bring the most glory to Him and lead to an abundant life, we often have trouble understanding these concepts and applying them to our daily decisions. Sure, we read and memorize scripture, go hear our pastors preach, listen to podcasts, and read many books about these teachings. But God doesn't desire us to just build and grow a huge library of Bible information just sitting on the shelves of our memory banks. Hearers of the word but no action. The Bible shows us many situations where great Biblical knowledge doesn't lead to great Biblical decisions. Think David's affair with Bathsheba or Peter denying JESUS. God's ultimate desire is for us to take the Bible off the shelf, live, and breathe it as doers of His Word by readily and fluidly applying all those Biblical concepts and principles into our everyday life. I believe if David and Peter understood how decisions are made and their mind's inner workings, they would have successfully slowed their mind down and utilized Biblical truths and principles they knew and made a Godly decision, thus avoiding the sinful decisions they did make. This understanding of mind science is why I believe Psychiatric Science to be an incredible tool God has put into our hand so we can convert Biblical principles into actual Biblical Living.

10 THE Most Important Skill!

Psychiatric science really boils down to one essential aspect, which is also our most important skill. “What is that skill” you are hopefully asking? I’ve given a number of hints, but let’s look in the Bible. In one of my favorite childhood passages, God is a genie and grants a wish. What kid wouldn’t love this opportunity! When my 2nd grade Sunday School teacher asked us, I wished for baseball cards and peanut butter milkshakes. How small minded indeed! Solomon is the person God grants only one wish. To get full context, we need to go back in time a bit to Solomon’s incredibly dysfunctional family of origin. King David (of David and Goliath fame) was his dad. David had at least 7-8 wives, so that’s 7 stepmothers. Maybe even some stepdads. Solomon was the product of adulterous relationship between David

and Bathsheba. At least 20 step/half/full brothers, several sisters, raised in the palace, spoiled, maids/hand servants/tutors, dad (authority figure) out fighting military life-and-death battles most of the time. It gets worse. Brother rapes sister, brother murders brother, brother tries to murder their father - the King David. Pretty extreme soap opera reality TV. But Solomon uses his one wish not on a safe and happy family Hanukkah where no one gets raped, murdered, or drunk and they all sing carols and play board games. No, instead he wishes to be a Godly decision-maker. To know the right thing and then do it. Not what most people ask for, and actually pretty out of the box thinking. How will God respond? The next verse, 1 Kings 3:10, reveals God was pleased, similar to when God created everything in Genesis and was pleased. God’s response highlights this wish as the most important skill to wish for, and He follows it by making Solomon the wisest and richest man of all time.





11 Bible - The Great Decision-Making Textbook

Ten Bible passages reinforcing the power and importance of Godly decision-making:

1. **Romans 12:1-2** – 1 Therefore I urge you, brothers and sisters, by the mercies of God, to present your bodies [dedicating all of yourselves, set apart] as a living sacrifice, holy and well-pleasing to God, which is your rational (logical, intelligent) act of worship. 2 And do not be conformed to this world [any longer with its superficial values and customs], but be transformed and progressively changed [as you mature spiritually] by the renewing of your mind [focusing on godly values and ethical attitudes], so that you may prove [for yourselves] what the will of God is, that which is good and acceptable and perfect [in His plan and purpose for you].
 - Godly Decision-making is **Our Act of Worship** - our bodies act out our decisions. Our decisions reveal what is at the center of our heart, our attention and worship. Good decision-making renews our minds and transforms our lives.

2. **2 Cor 10:3-6** - 3 For though we walk in the flesh [as mortal men], we are not carrying on our [spiritual] warfare according to the flesh and using the weapons of man. 4 The weapons of our warfare are not physical [weapons of flesh and blood]. Our weapons are divinely powerful for the destruction of fortresses. 5 We are destroying sophisticated arguments and every exalted and proud thing that sets itself up against the [true] knowledge of God, and we are taking every thought and purpose captive to the obedience of Christ, 6 being ready to punish every act of disobedience, when your own obedience [as a church] is complete.
 - Godly Decision-Making is **Our Divinely Powerful Weapon** - when we take every thought (both conscious and unconscious) captive (the focus of many talk therapies) to grow in obedience (consistently making good decisions), we are wielding a divinely powerful weapon to fight our daily battles on the battlefield of the mind.
3. **John 14:15 – JESUS states:** 15 “If you [really] love Me, you will keep and obey My commandments.”
 - Godly Decision-making **shows our love for JESUS** as we need to be good decision-makers to keep His commands.
4. **James 1:22** - 22 But prove yourselves doers of the word [actively and continually obeying God’s precepts], and not merely hearers [who hear the word but fail to internalize its meaning], deluding yourselves [by unsound reasoning contrary to the truth].
 - Godly Decision-making converts you from a hearer into a doer of the Word as JESUS states His brothers and sisters aren’t just hearers, but doers of the word.
5. **Matthew 12:50 – JESUS clarified:** 50 For whoever does the will of My Father who is in heaven [by believing in Me and following Me] is My brother and sister and mother.”
 - Godly Decision-Making shows you are in JESUS’ spiritual family.
6. **Mark 12:30-31 – JESUS replied:** 30 and you shall love the Lord your God with all your heart, and with all your soul (life), and with all your mind (thought, understanding), and with all your strength.’ 31 This is the second: ‘You shall [unselfishly] love your neighbor as yourself.’ There is no other commandment greater than these.”
 - Godly Decision-making allows you to accomplish the 2 Greatest Commandments – Love God & others by cultivating a healthy love of self.

7. **Matthew 28:19-20 – JESUS commanded:** 19 Go therefore and make disciples of all the nations [help the people to learn of Me, believe in Me, and obey My words], baptizing them in the name of the Father and of the Son and of the Holy Spirit, 20 teaching them to observe everything that I have commanded you;
 - Godly Decision-making allows you to carry out the Great Commission

8. **Matthew 5:13-16 – JESUS exhorted:** 13 “You are the salt of the earth; but if the salt has lost its taste (purpose), how can it be made salty? It is no longer good for anything, but to be thrown out and walked on by people [when the walkways are wet and slippery].14 “You are the light of [Christ to] the world. A city set on a hill cannot be hidden; 15 nor does anyone light a lamp and put it under a basket, but on a lampstand, and it gives light to all who are in the house. 16 Let your light shine before men in such a way that they may see your good deeds and moral excellence, and [recognize and honor and] glorify your Father who is in heaven. Be Salt and Light
 - Godly Decision-making catalyzes you into Strong Salt and Bright Light in this dark and rotting world.

9. **John 15:8 – JESUS encouraged:** 8 My Father is glorified and honored by this, when you bear much fruit, and prove yourselves to be My [true] disciples.
 - Godly Decision-making produces fruit and that is what Glorifies God.

10. **Matthew 25:21 – JESUS taught:** 21 His master said to him, ‘Well done, good and faithful servant. You have been faithful and trustworthy over a little, I will put you in charge of many things; share in the joy of your master.’
 - Godly Decision-making pleases God and He rewards with blessings and opportunities, thus Path to the Abundant Life.

12 The Healing Prescription

HONEY LAKE CLINIC
~~KARL DENZIO, M.D.~~ CHRIST
 1290 N.W. HONEY LAKE ROAD
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(855) 981-6060 TEL.
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 BATCH # MD117042005148731047

DEA # ~~XXXXXXXXXX~~
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 NPI # ~~XXXXXXXXXX~~

NAME Everyone DOB Anytime
 ADDRESS Everywhere DATE Always

TAMPER-RESISTANT SECURITY FEATURES LISTED ON BACK OF SCRIPT

Rx 1. See
 2. Hear
 3. Understand
 4. Turn

☐ 1-24
☐ 25-49
☐ 50-74
☐ 75-100
☐ 101-150
☒ 151 and over
 ∞ Units

Label Unlimited
 Refill NR

(Signature) Jesus

In order for the brand name product to be dispensed, the prescriber must write 'Medically Necessary' on the front of this prescription.

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Now for the most vital reason why decision-making is so key to who we are and both our earthly and eternal destinies. Decision-Making is the Exercise for the Brain. Good decisions make the brain stronger! This is the key to sanctification, spiritual growth, or as science calls it, therapy. Like everything, let's start with JESUS. Remember, JESUS is the Perfect Psychiatrist. Like all good doctors, JESUS devised His customized treatment plan, His healing remedy, the perfect prescription. He shares the 4 essential elements with us in Matt 13:15b:

- i. See with your eyes,
- ii. Hear with your ears,
- iii. Understand in your heart, and
- iv. Turn and I would heal you!

As a medical doctor, I haven't seen any medical issue that responds to those 4 steps.

But, as a psychiatrist and a recovering alcoholic who found himself in jail, wondering, "How did I get here and what do I do to dig myself out of this?" destructive mindset, I see JESUS' Healing Rx work like this.

- i. See your self, God, and the situation clearly, see the truth, see God's perspective or through Godly lenses.
- ii. Hear God's answer for the situation you find yourself in.
- iii. Understand in your heart how to apply God's answer to your present situation.
- iv. Turn is taking action, meaning you trust God's answer strongly enough, more than your own options, that you are actually put that answer into action in the form of a Godly decision.

Once we carry out those 4 steps, through an amazing healing principle called neuroplasticity, JESUS heals us. Neuroplasticity is the healing principle God-designed into our brain that allows our brain to rewire itself based on the decisions we make. For example, I wasn't born with German speaking circuits, but I started learning German in 8th grade, and my brain starts to rewire, producing German speaking circuits. We now have many research experiments using brain scans to show the actual brain changes which gives hard proof of this same concept. A simple explanation of neuroplasticity I teach is that decision-making is the exercise for the brain, the key to strengthening our brains, or as the Bible states, renewing or transforming the mind.



13 Brain Damage or Chemical Imbalance



Unfortunately, neuroplasticity also has a downside. When we perform an exercise, such as a pushup, correctly, our muscles, bones, tendons, and ligaments all get stronger, making it easier to do more pushups each week. But if we perform the pushup the wrong way, we injure our muscles, bones, ligaments, and tendons. This same principle plays out in our brain, wrong decisions injure our brain circuits. And if the faulty decisions continue, we start to see not just microscopic changes in our brain, but also macroscopic changes in our life. This is when we use the terms chemically imbalanced, short-circuited, mental disorder, addiction, behavioral health issue, psychological dysfunction, etc. Many passages in the Bible also teach that wrong decisions affect the brain and uses different terms to describe the macroscopic results we see, like double-minded person, reprobate mind, degenerate mind, callous, hardened, disobedient, or unrighteous.

14 Change starts NOW

I hope you've picked up on this powerful principle. Listen up. You can alter your brain circuits simply by improving your daily decisions. Obviously, the bigger decisions have even more impact and ripples. Did you get that? This grace gift from God is for you. Yes, I mean you, the person reading this right now. Not your neighbor or that person you know who has it all together. Not even a friend or family member. But YOU! The amazing reality is that it doesn't matter who you are, where you're from, how messed up you or your life has been, the bad hand you've been dealt, or how many times you've unsuccessfully tried to change. Starting right now, you can alter your own brain circuits simply by improving your own decision-making.





15 Intellectual vs. Experimental Knowledge



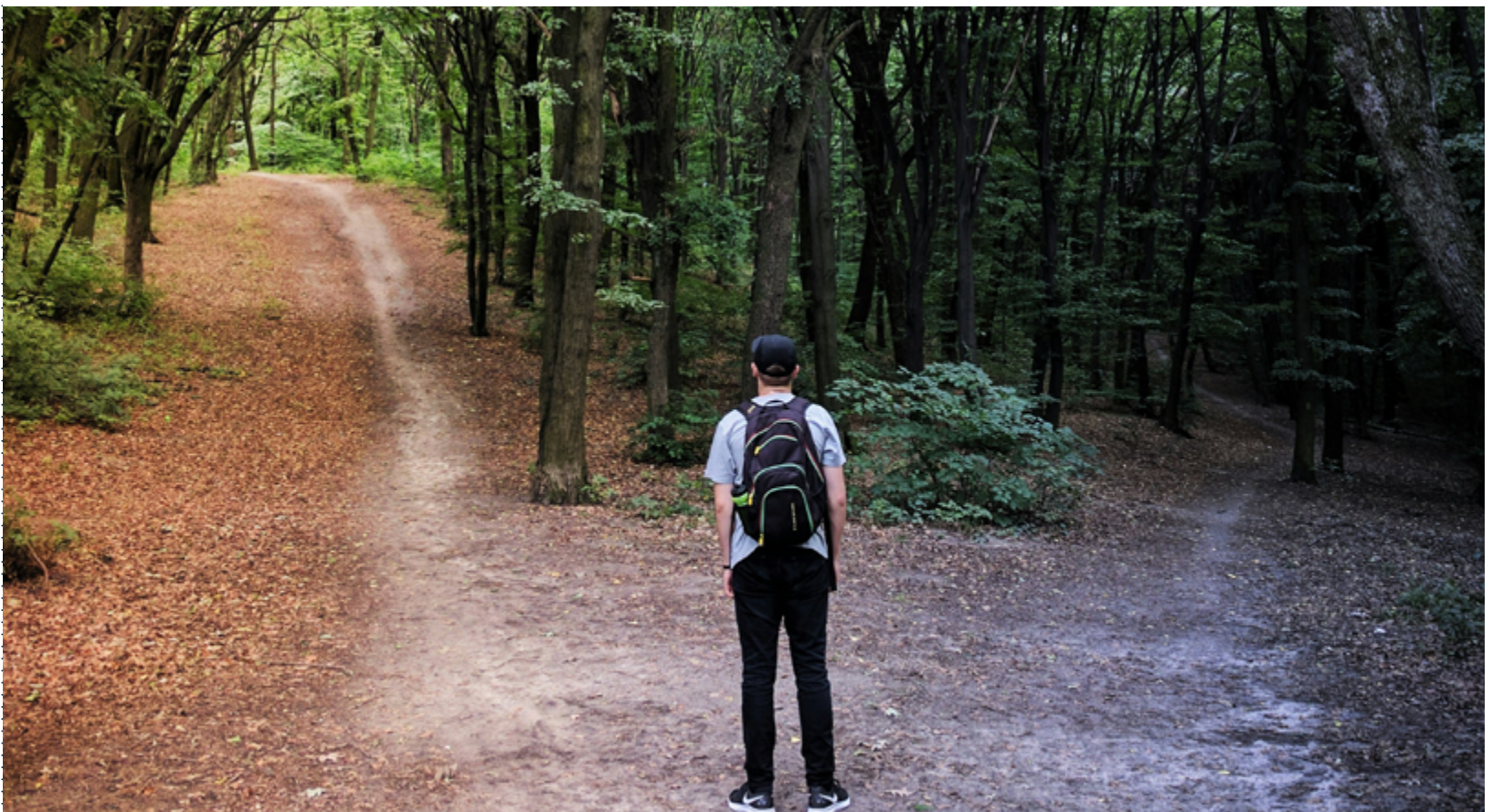
Hopefully you are empowered and encouraged by this concept, your decisions determine your brain chemistry. So, no matter what circuits you got now, you got hope! Correct decisions produce strong and healthy brain circuits. Wrong decisions lead to weak and injured brain circuits. So, then what is the primary influence on our decisions? That would be our belief system. The beliefs that are stored in our heart, as mentioned in principle 5 above, are what determines the decisions we make. Now I am not talking about intellectual beliefs. That is the beliefs we consciously can recite if someone asks us who is your #1 on the throne of your heart. Or who is the king of the world as we know it. Our true or experiential belief system is actually formed by not only our intellectual knowledge, but also our experiential knowledge. Experiential knowledge is our stored interpretations of all our everyday

experiences, going back to our earliest days as a baby. These are all stored in our unconscious mind, which we will talk about shortly. Sadly, lots of wrong interpretations and data is stored in our unconscious memory banks/files, thus leading to our wrong or sinful decisions. An easy example of this is Peter at the Last Supper. JESUS told Peter that he would deny JESUS 3 times that night. Peter expressed his intellectual beliefs – “I will never deny you, in fact I would even die for you!” But we know in the courtyard a few hours later, Peter’s true/ experiential belief system is what actually influenced his decisions 3 straight times of convincingly denying JESUS. In his unconscious space, he believed worshipping and advocating for himself as #1 priority in that situation was a much higher priority than worshipping or advocating for JESUS who he would consciously proclaim as his #1.

16 The Question

If our beliefs determine our decisions, and our decisions determine our brain circuits, and good decisions are what brings spiritual transformation, psychological maturity, and powerful brain circuits. This brings us to the question of the ages that everyone needs to answer. Everyone comes to this life and eternity-determining crossroad multiple times in the course of their life. From the fall of Satan fast-forwarding to the greatest Greek, Roman, and Enlightenment philosophers, up to our modern age of technology, science, and post-modern deconstruction, the crucial question that everyone asks themselves in their

deepest inner being that reverberates throughout time, whose answer determines everything, is, “If my belief system is the primary influencer of my decisions, which belief system will always produces correct decisions?” Which beliefs produce high quality, correct, and healthy decisions that positively impact our spiritual, psychological, and biological spheres. Thankfully, both the Bible and science agree that the belief system based on Biblical truths and principles is the belief system which leads to correct decisions and the positive ripples in all three spheres.





17 The Perfect Instruction Manual

Just as JESUS prescribed (principle 12 above), The Holy BIBLE (Best Instruction Book for Living Everyday) clearly defines who we are, who God is, and an accurate view of a situation. Some call this a Biblical worldview. The Bible also provides step 2 of JESUS healing Rx, the answers to our situations. As we implement those Biblical answers in the form of decisions, healing of all 3 spheres occurs. Amazingly, we have been so blessed over the last 25 years to see this healing actually documented in psychiatric science in the form of SPECT (Single Photon Emission Computerized Tomography) scans and other potent imaging of the brain. As the designer and creator of our mind/brain, God gave us free will to live an abundant life. When

someone creates something - bicycle, cell phone, bookshelf, board game - they don't make you guess as to how to put it together, set it up, and use it. They want you to get the most out of the product they designed. So, they create an instruction manual just for you! Likewise, God gave us the ultimate and perfect instruction manual (BIBLE) to understand how He designed our mind to work and, more importantly, how to use it. He tells us what decisions make our mind stronger to access the abundant life, and what decisions injure our mind and interfere with abundant living. Understanding these Biblical principles of how our mind works and using some psychiatric science to help apply them is the healing process Jesus prescribed.

18 Practical Neurotheology

Beliefs (spiritual sphere) determine the quality of decisions (mind sphere), and decisions determine the quality of our brain circuits (physical sphere). When brain circuits become injured over time from faulty decisions, remembering and applying God's truths become more difficult. Faulty decisions lead to spiritual regression, doubts, using more or WORLD solutions and data. Thus, all 3 spheres are compromised and negatively impacted. We fluidly see the dynamic and powerful interplay of all 3 spheres, and the powerful impact they have on each other. This is why in this spiritual war, the mind is the battlefield as Satan sees this as the primary opportunity to derail us from God's plan and calling for our life. These are the primary principles that guide my discussion of Spirit, Mind, Body integration. Also, why I use the term Practical NeuroTheology – the connection between neuroscience and all things God.





19 PsychoSpiritual

As you see from what I've discussed, separating our spiritual beliefs from our psychological decision-making is virtually impossible. No matter what you do from a thinking or feeling standpoint always goes through the filter of your spiritual belief system. Decisions are being produced (300,000 per day). All that mind activity is causing brain circuit impact, either renewing or injuring. So, the word God shared with me that makes the most sense in describing the intricate interconnection of the psychiatric (psychological mind and brain body science) with the spiritual sphere is the word **PsychoSpiritual**. To me it is impossible to have them exist all by

themselves. Similarly, the Trinity is a great portrayal of this intertwining principle. God the Father is the Mastermind, the mind sphere. God the Son, JESUS, is the physical part of the Trinity, the body sphere. Then the Holy Spirit is the spiritual sphere. We separated these three to study them, but they are the Trinity and do not exist apart except for maybe the 3 hours JESUS was being judged on the cross for the sins of all mankind. So, we are made in the image of God, in these 3 spheres, and like the Trinity that can't be fully pulled apart, I don't think we can fully separate our 3 spheres. So, for this reason, you will hear me use the term PsychoSpiritual a lot.

20 Application



We've discussed JESUS is THE answer and the source of all healing. Our eternal healing is instantaneously guaranteed when we believe in JESUS as our personal savior and then present His death to God as payment for our sins. This gives us ultimate victory in the ongoing Spiritual war being waged around us. But in this temporary world, our life on Earth, we still have many battles each day as Satan is fighting until his final sentence is delivered. Thus, we need to apply JESUS' teachings and the rest of the Bible to our everyday life allowing us to live the life of not only being more than just a conqueror, but also one of freedom, peace, passion, joy, identity, purpose, and meaning. Ultimately, this equips us to glorify God in all we do while walking into the calling and plan He has for our life and has equipped us to live.

21 Holy Spirit

God gives us an incredible resource to help our healing journey. When we accept JESUS as our personal savior, we are made alive spiritually. We call this spiritual birth, being born again, or born a second time. The first birth was our physical birth. When we are spiritually made alive, born again, we are given the Holy Spirit as a gift to live inside of us. Thus, we have a new the energy source, to help us learn, understand, and apply Biblical principles that we take in. The Holy Spirit helps us with skills like patience, self-control, kindness, gentleness, faithfulness, joy, goodness,

kindness, as well as perspective, or the ability to see situations from a godly perspective. What a great resource! Some Christians believe our maturity process is the job of the Holy Spirit. So, you might ask, “If Christians have the Holy Spirit inside them leading, guiding, teaching, encouraging, and empowering us, and the Holy Spirit is perfect, never takes a break of go on vacation, why do we still sin?” The answer is that we always have a choice as to who we will listen to. Our options: The Holy Spirit, ourselves, the world, or Satan. Sadly, it takes a lot of practice to listen to the Holy Spirit, as we’ve practiced listening to and tuned our ear to the other voices for so long, we have a hard time tuning them out and tuning into God’s voice.



22 Healing for All

So, who needs this healing? We all do! We often think the world consists of a spectrum on one end of psychologically very healthy people and the other end of very unhealthy people. For example, on a scale of 0-100, JESUS is a 100. We think Billy Graham is a 95, martyrs 90, great pastors are 85, major donors 80, elders 75, Sunday school teachers 70, maturing Christian's 50-70, new Christian's 30-40, depressed/anxious/BH struggling Christian's 20-30, addicts 10, homeless 0, and terrible murderers, rapists, violent offenders are -25. But scratch through the exterior presentation, image, and masks that we all present to others and we see baggage, misinformation, sin areas, and cracks in our foundations that we need help working on. The real spectrum or scale of psychological health looks like this: JESUS is the only one who led a perfect life and had perfect brain chemistry. Reality check time, if JESUS defines a 100, at best, all the rest of us are between 0-0.5 in functioning. So, we are all on a healing journey with some farther along than others. And as we see in the Bible - David, Solomon, Moses, Jonah, Samson, Abraham, Peter, Judas, Elijah, and many others have journeys that aren't linear nor always forward.





23 Essence Space



Why is it so hard to unbind and experience the psychospiritual healing we all deeply desire? This really is the key question and is where all the principles presented above really lead us. Dr. Viktor Frankl, a famous psychiatrist and prisoner in a couple different concentration camps during WWII, made this powerful observation: “Between stimulus and response is a space. In that space is the power to choose our response. In our response is our growth and freedom.” Frankl is emphasizing the time interval which starts when a situation presents itself to us and ends with our decision, or as Frankl calls it, our response to that situation. Remember JESUS’ Rx, the first step is the situation we see, and the fourth step is turn, or the decision we make in response to the situation we see. This critical time interval, or space as Frankl calls it, I name it our Essence Space. The reason I use the term “Essence” to describe this space is because what happens inside our “head” during this space of time reveals the essence of who we are. In fact, Essence Space is the name I use to refer to not only the time interval between a new stimulus/situation and our response, but also Essence Space refers to that deep inner being, our “psyche” we talked about in principle #5 above, that processes information to generate decisions.



24 Unconscious Thoughts



So let me share with you the hard-to-hear news as to why we struggle. Drum roll please. Each person’s Essence Space isn’t nearly as advanced as they think it is. To help explain why, let me start by sharing a classic word picture. Our thinking activities are often represented by an iceberg in the water. Our conscious thoughts, the ones we are aware of and can verbalize in the present are represented by the part of the iceberg we see above the water. Our unconscious thoughts, that is the thoughts we aren’t presently aware of are represented by the part of the iceberg below the water surface. By far, a lot more iceberg exists below the surface of the water. Most of our unconscious thinking is stored so deep in our memory storage filing system that we are mostly unaware of its power and impact. But 98% of our thinking is unconscious thought. And its influence arises from all the data we have stored in our memory banks from

the very first day we start taking in data, in the womb. Without training and practice, we usually are not very good at accessing or understanding what is even stored in our unconscious space. We can bring unconscious information into our conscious awareness, but that is a very active process that takes work and practice. This is why we have a hard time applying the Paul’s passage in 2 Corinthians 10:3-6 that I mentioned in Principle #11. Taking every thought – not just our conscious, but our unconscious thoughts – captive to the obedience of CHRIST. If we aren’t aware they even exist in our deepest files or vaults of our memory (hippocampus) and/or emotion (amygdala) systems, how can we see if they are in line with Biblical truths, or the obedience of Christ. Neither society, nor the Church teach us about our unconscious mind. Most of us grow up not aware of the most influential part of our being, our Essence Space.

25 Biblical Proof

Allow me to share three Bible passages to drive home the point of how our unconscious mind, our Essence Space, needs to be the primary focus of our healing efforts.

1. The first passage is the story of JESUS raising Lazarus from the dead in John 11. Once they rolled away the stone, JESUS commanded Lazarus to “rise and come forth.” And Lazarus was raised from the dead. But then the next statement JESUS makes it to those next to Lazarus, “Unbind him.” You see, Lazarus had cloth all around him, death-wrappings, like a mummy. His face and body all wrapped so his vision, perspective, sight, movement, freedom, walk were all significantly restricted and disrupted. Similarly, when we come into this world, we are physically alive, but spiritually dead. Thru faith in JESUS as our personal savior, as we discussed in principle #21, we are raised from spiritual death to spiritual life, born again, or “saved” from eternal separation from God in Hell. Thankfully, in that very moment, we are a new creation, with new awesome potential and the Holy Spirit as our new omnipotent power source. Our sin slate is washed perfectly clean, white as snow. But with all this amazing renewing and transformation, sadly, no one ever gets a brain transplant. That’s right, our memory banks are not wiped clean, or made blank so we can start fresh and new. We keep our same brain, with all the files we stored in our memory banks. All the hurts, wounds, losses, misinformation, lies, our misinterpretations of various experiences, and so much more is still in our deep unconscious or Essence Space. So, when JESUS calls those around Lazarus to unbind his physical death-wrappings, similarly, we all need help unbinding from our psychospiritual death-wrappings because they will interfere with our ability to see ourselves, God and situations clearly, and sabotage our walk with God. The common term we use in society to describe these psychospiritual death-wrappings is “psychological baggage!” Baggage is incorrect data in our unconscious or Essence Space.

2. The second passage showing us the need to focus psychospiritual healing efforts on the unconscious mind is Paul's Romans 7 struggle. I call this passage the Addict's Lament. Paul is teaching about sin and the battle inside us between our spirit and flesh. I will paraphrase the meat of v15-25: The good things I want to do, I don't. But the bad things I don't want to do, I do. Woe be me it is the spirit and flesh that war within me. Even though I know in my mind the Law of God, in my flesh, I still sin. Paul struggles because he has a lot of psychological baggage (death-wrappings) still interfering with his decision-making. Remember, Paul was a fairly prideful zealot who put many Christians to death when he was known as Saul. Paul is saying in his conscious mind he knows the law of God. Yet in his unconscious space, all of the hidden incorrect data causes him to sin. Paul is unaware of the misinformation or how it insidiously affects his lenses, emotions, and decisions.
3. The third passage is Peter's denial, which we discussed in Principle #15, as it also easily reveals the sabotaging effects of our unconscious mind. Let's rewind to the Last Supper. Jesus warns Peter, "you're going to deny me 3 times before the cock crows." To which Peter boldly proclaims, "I would never do that, in fact i would go to prison or to death for you." Peter was presented with the scenario and with his conscious mind, under no pressure, he rehearsed his answer. But, several hours later, it's go time. Peter is asked, and even tho he knows the right answer, because he is under pressure and in survival mode, he digs into his unconscious space for data to save his skin. Instead of giving the answer hours earlier he vowed he would proclaim, he totally chokes 3 times. It's because unconscious misinformation (info not taken to the obedience of CHRIST) bubbled up to smudge Peter's lenses, leading to wrong option looking correct, and the correct option looking wrong.

26 PsychoSpiritual Healing Is NOT Instantaneous

I've shared a number of Bible passages to help unpack some powerful spiritual and scientific principles we will need to help you navigate your psychological healing journey. Being that JESUS healed specifically 23 people in the Bible and healed masses of non-specific diseases, you might ask, "What is the passage where JESUS heals a psychological condition?" I believe psychospiritual struggles are the most devastating illnesses. Remember, many people have suffered from quadriplegia (paralysis from the neck down), but still lead impactful, joy-filled lives. But others with perfect physical health commit suicide or live psychospiritually tortured lives. So given the impactThis is a powerful omission. So surely JESUS would heal someone instantly and dramatically from a psychospiritual issue and the Bible would document it. But. The Bible doesn't document JESUS healing anyone from a psychological struggle. In various passages, JESUS impacts many with some psychological symptoms by helping them see differently so they could apply God's answers to become more consistent Godly decision-makers. The woman at the well and the adulteress JESUS saved from stoning are 2 of those impacted. But I believe JESUS doesn't heal anyone instantaneously because these psychospiritual struggles can't be healed instantaneously, unless He gives us a brain transplant. Taking every thought (conscious and unconscious) – collecting the dots - captive to the obedience of Christ – correcting the dots - and then using the truths that apply to the current situation - re-connecting the dots takes some training, practice, and time to implement and bear fruit in our life. So yes, cures occur, we see this in Peter, John, Joseph, Joshua, David, Solomon, Paul, Esther, Naomi, and many others in the Bible. But none of them were instantaneous.

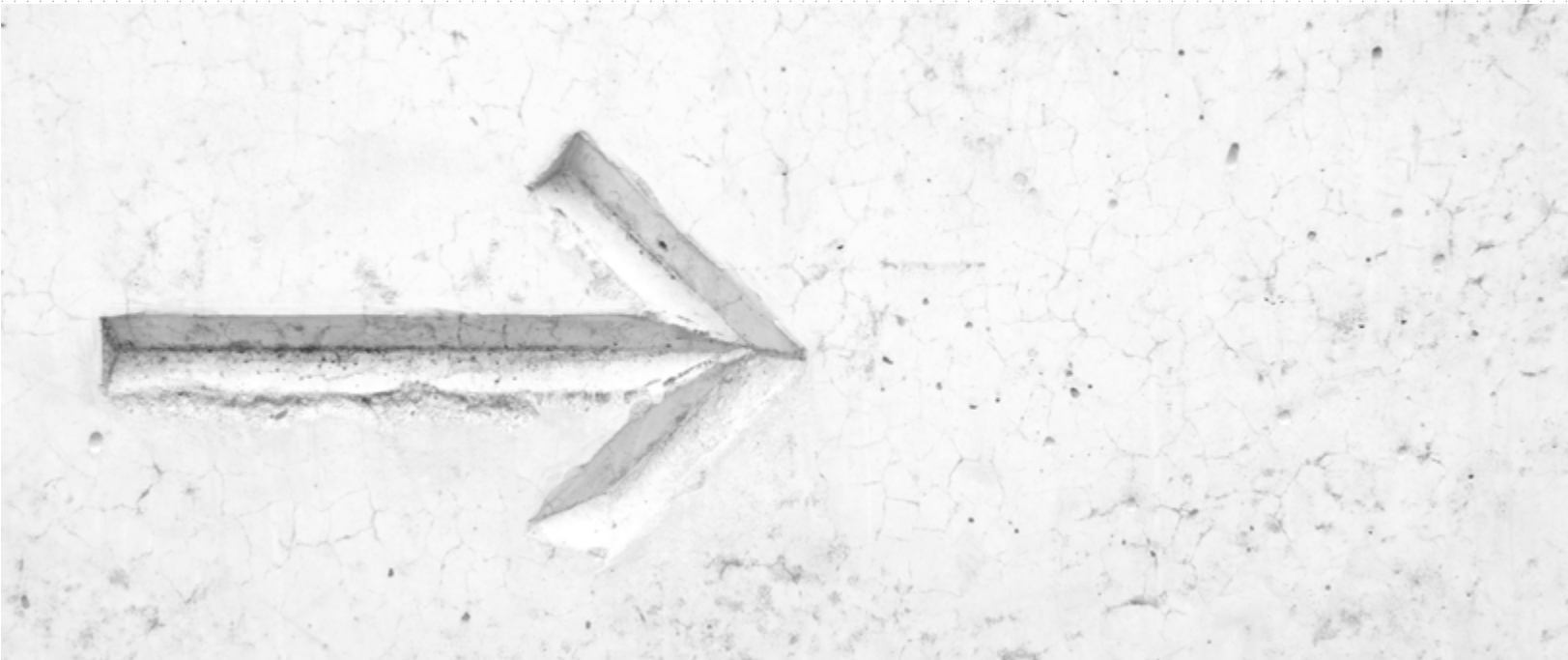


27 Why This Website

My passion, expertise, and calling is helping you navigate your psychospiritual healing journey. Showing you how to find the correct healing path and then staying on it. God has blessed me with a front row seat for the tens of thousands of people God has used me to help them navigate their journey, but just as importantly, God first showed me the correct path I needed to follow to move away from the destructive life I was living filled with my own anxiety, worry, depression, alcoholism, and anger which eventually led to a DUI followed by landing in jail for 6 counts of aggravated assault. I am building this website to share my insights and expertise as a Christian psychiatrist to help you understand the

interaction of your brain/body, mind, and spiritual spheres. To make these psychiatric and spiritual principles about how to best steward your mind and decisions for you to live a transformed life of peace, joy, freedom, passion, purpose, connection, and impact. I call this integration teaching – Practical NeuroTheology. I want you to know God, His love for you, and how to apply His instructions for life that He reveals in the Bible. But I want it to be very practical for you. Not just theory, or high theology and science for PhDs, but true instruction and insights you can understand and apply to your life today, no matter where you are on the healing spectrum.

28 Ever Have a Decision-Making Class?



So, before you dive into my teaching, let me ask you a couple questions. While growing up, in kindergarten thru 12th grade, did you ever have an English course? How about Math? Science? Art or Music? Probably all of you raised your hand for each subject. Skills in these subjects are certainly important. But as we talked about earlier in principle #10, the most important skill, did your ever have a course in decision-making mechanics? Understanding the elements in every decision, or how your mind processes information to help you understand a present

situation and make a good decision in response to it? I've asked this question to patients, and probably several hundred thousand people over my 34 years of private practice, starting and directing a residential treatment facility, speaking at many conferences, teaching at various places in the US and internationally, having a call in radio program and a radio minute on 450 radio stations, and having a daily devotional emailed to many around the world. Only 8 people have stated they had a course in high school that taught some decision-making mechanics. The most important skill we all need, and no formal teaching and supervised intentional practicing and refining is ever offered.

29 News Flash

Allow me to give you some good news and bad news. The good news: God gave us a powerful mind. The bad news: God gave us a powerful mind. Our mind works so fast, and since we have no classes in how to understand and harness that power for our benefit, Satan twists that power to use it against us. So many times, we do or say something then 10 minutes later, we ask ourselves, why did I say/do that? They say great athletes

1)

are able to see a couple plays ahead, or the game really slows down for them while others are so rushed. I am excited to help you slow your mind so that you can understand, command, and steward the output, that is the decisions, your mind produces, that we call life. In order to slow your mind down, my primary expertise is decision-making sciences. So I will be unpacking many practical principles about how and why you make the decisions you make, how to identify where it gets off track, and help you get it, and with it your life, back on track.



30 My Sincere Thanks



Thank you for allowing me to come on this journey with you!!! I would love to hear from you about what you need, what's helpful, and how it's helped you. We will be setting up ways for more interaction to move on this journey together, because we are all on a healing journey.

31 Bonus Lesson

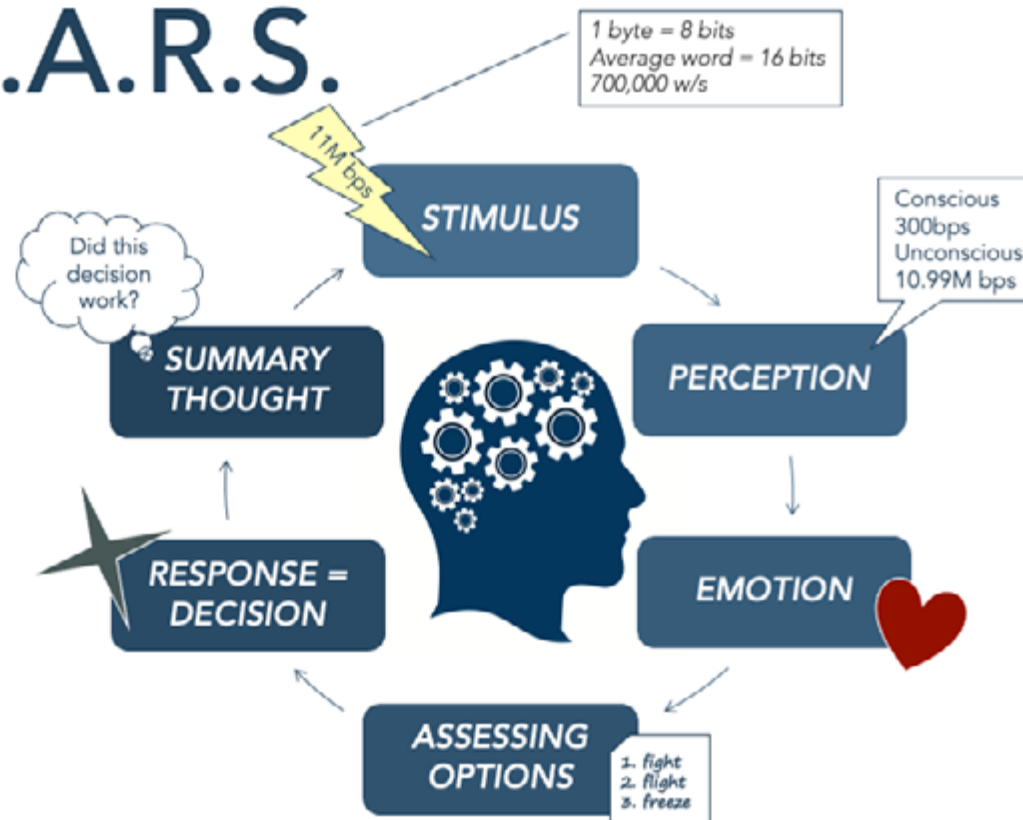
Allow me to leave you with one last lesson. I call this my **Bread Analogy**.

When I speak, I don't like to eat before. So my arm gets weak. I ask you for help, so you throw a loaf of bread at me and it hits my arm. That's really thoughtful of you and good aim but doesn't help my arm muscle. I take a bite of the loaf and it's in my mouth. The bread is getting smaller and closer, but still not helping my arm. I then chew on it, break it down smaller, then swallow and slides down to my stomach. We are making progress, but still no help for my arm. Now I got some digestive juices and intestinal action that break this small piece of bread into even smaller pieces, but not until that little piece moves into the blood system and then transported thru the circulatory system to the arm, arm muscle, muscle cell, receptor on that muscle cell, and then connects to the little protein in that receptor and enters the cell does the magic happen.

Now instead of a loaf of bread, we are going to substitute the bread of life – The Holy Bible. The Bible sitting on the table is like the load of bread. Nice to have it nearby for emergencies, but no help. Taking it into my mouth is similar to memorizing verses. Bible is getting smaller and closer to what I need, but no impact yet. Swallowing it down into my stomach is memorizing and understanding the passages (like step 3 of JESUS' healing Rx). Closer and smaller, but still not helping me. This is where many of the Pharisees who JESUS fought with were. Not until we break that Bible down into the smallest piece so it can enter our circulatory system and be transported to the area of life that is in need, that's when the transformational magic happens. This breaking it down and transporting it is the part where we trust the Bible strongly enough then master our Essence Space (both time between stimulus and response as well as the unconscious thinking apparatus) so we can put the Biblical answer into action (step #4 of JESUS' healing Rx) in the form of a healthy God-honoring decision.

Practical Tip: When you struggle in a situation, often the issue is one of 2 possibilities. Either you haven't reduced the Biblical principle into a small enough piece for you to understand how to apply. Or you haven't applied it to the specific area of the decision-making process in the pinpoint area of your life. Remember, the smallest piece of bread at the specific receptor on the arm muscle cell is where the ultimate magic for maximum power occurs.

S.P.E.A.R.S.



32 The Decision-making tool I developed is called SPEARS.



Below is a diagram showing the 6 elements and the sequence in every decision. Many resources on the website will help unpack and apply this diagram to propel your decision-making into a superpower you never knew you had, or was even available to you. If you are a Christ-follower and JESUS is your savior, then you have the mind of Christ in you, so the potential to be an amazing decision-maker is at your fingertips. Satan is working hard to keep you tricked into thinking you have no access, or you blew your opportunity, or you are so defective that you will never overcome your baggage, or that you are doing ok, and be fooled into thinking this is the max that is available to you. But please believe, you have potential beyond your wildest imagination. God is an awesome God and has amazing plans for each one of us, and I am excited to help you move forward on your journey. Thanks for inviting me along and I know this website can be a huge part of your advancement.