


Step 1

HOME is where your  is

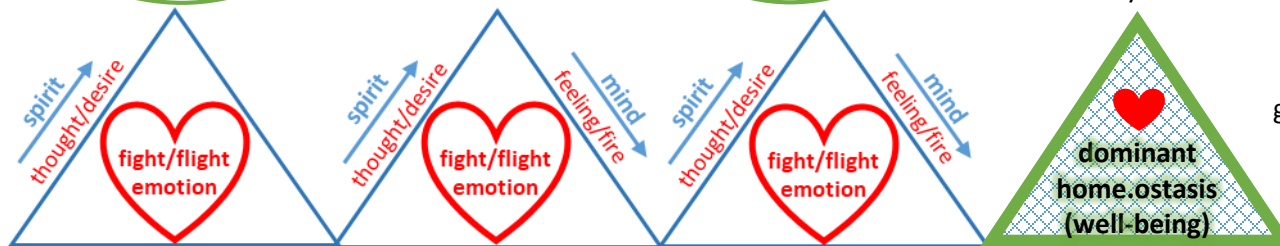
"since mankind's fall, we must answer the healing call, by rising above pride to love and serve all; master the chatter into what matters or the chatter will master you into what doesn't matter"

Stimuli enters thru our senses into our consciousness at a rate of 4 billion bits of data/second, but we're only aware of about 2000 bits/second (5 senses); therefore, the metaphysical/Spiritual (6th sense) has a major influence in our **conscious reality**...

collective (emotional) preservation of flight above "The World on The Way"

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John 14:6
Romans 12:2
Matthew 26:41
1 Corinthians 12:12-27



6 senses build **Home of Mercy**
with permanent pleasures in
the Body of Christ

generational belief
systems continue
until cycle broken

self (emotional) preservation of fight for "My World on My Way"

5 senses build **Home of Misery**
with temporary pleasures in
the Body

Self (emotional) preservation of our life/body from physical threats is commonly inflated by perceived threats.

A house divided cannot stand (Matt 12:25) - your home in your mind, when divided against itself, will compensate to reach emotional equilibrium. This is the root of all conflict and division in individuals and societies. Those on the same vibrational wavelength unite their energy (like a sports team preparing for a game). Every moment is our choice to listen to the voice of building and living in: **Heaven On Merciful Earth** or **Hell On Miserable Earth**.

HOME is where your **HEAR_T** is... Hear Truth or Trickery on your life journey

LISTEN and FOLLOW your **HEART**... listening is conditioning our moments to momentum

B - Blueprint of Beliefs (God's objective rules or Our subjective rules in our Thoughts/Desires generating Feelings that become "real" thru Action) determine our Behavior and who we Become (above The World on The Way vs in My World on My Way)

E - Every Experience is Eternal (X = crossroad of choice and X is Greek abbreviation for "Christ" - Xmas). Energy flows in various waves at the atomic level of all matter; human expression is most visible in our emotions of flight/fight.

A - All Ache for Agape (God's Love for His children - some look for this Love "in all the wrong places" for emotional equilibrium)

T - Trials Train you for Triumph over the world vs Tragedy in the world by using God's Time + Talent = Treasure to serve others. Character should be expressed in your Reputation (your reputation shouldn't repress your Character). Be better than YOU were yesterday, not bitter towards those who claim to be better than you today.

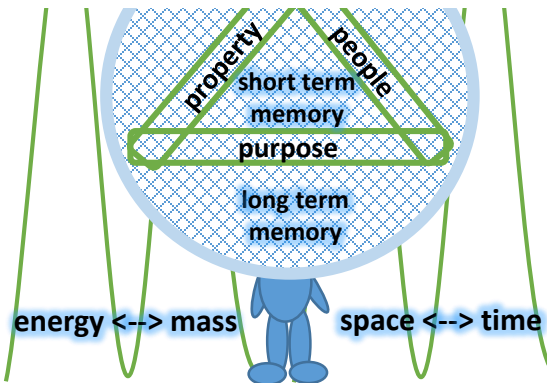
The prescription is Holy Scripture, word made flesh - be brave and meek and seek His Way. Fearing this because of painful change is exactly what the Enemy wants... fighting yourself takes you out of the "Good/Godly Fight"...

Step 2
LISTEN to
your 

we are bioelectromagnetic - vibrational
atomic particle waves stimulate/develop
experiences (thoughts > feelings > actions) in
our neural network, the fibers of our
conscious soul, the framework of our HOME

Spirit of Flight (belief blueprint - objective rules/The Way)
Purpose: World Equilibrium Property: fleeting (value) People: forgiveable
Holy Frequency ≥ 111 hz (Hebrews 11:1)

"words made flesh/physical" of "if...then..." neural
pathways have a ripple effect in the natural world,
from **E3/ego/"I"** outward; the mind cannot tell the
difference between whether an image in your
memory is physically real or not



Spirit Energy

(gamma waves > 30 hz)
stimuli ex/out-motion
(flight or fight)

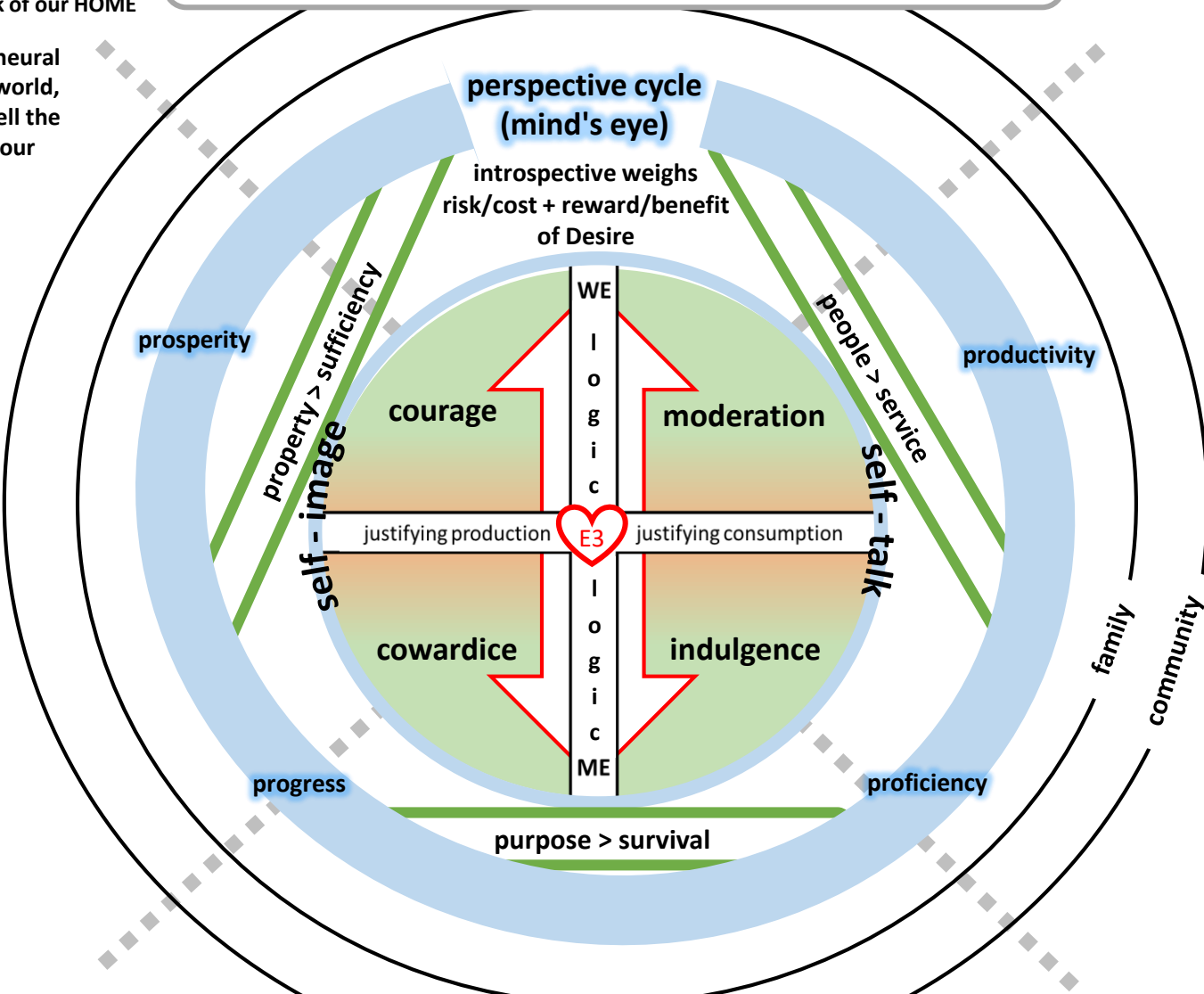
Mind Equalizes

(beta+alpha waves 7.5-30 hz)
visualize in mind's eye
(WE or ME home)

Body Expectations

(theta waves 4-7.5 hz)
pleasure/reward
(collective or self preservation)



chatter into what matters



Spirit of Fight (belief blueprint - subjective rules/My Way)
Purpose: My Equilibrium Property: finite (value) People: unforgiveable
preservation of physical < 111 hz ("body's default" frequency range)

The Lamp of the Body. "The eyes are the lamp of the body. If
your eyes are sound, your whole body will be filled with
light. However, if your eyes are diseased, your whole body
will be in darkness. If then the light within you is darkness,
how great will that darkness be! Matthew 6:22-23

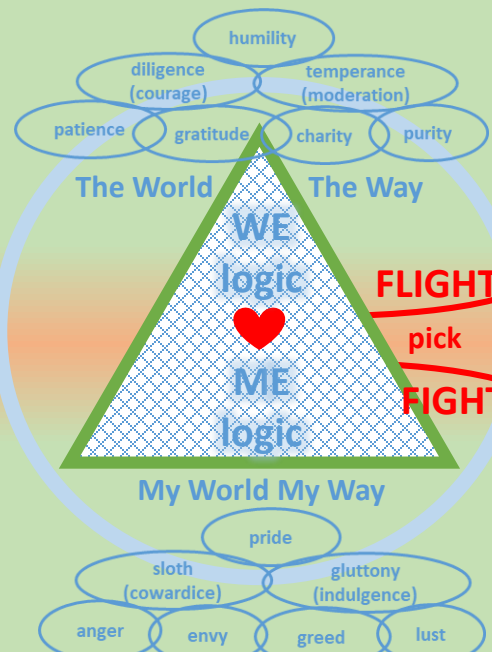
Step 3
FOLLOW
your 

Trials challenge our dominant home  that we build with every thought/desire > feeling/fire > action/wire; these eXperiences  are intertwined behavioral blocks of a life long process of trial and error. Daily thoughts grow to reality in numerous "trains of thought" that if disrailed, disrupt our equilibrium.

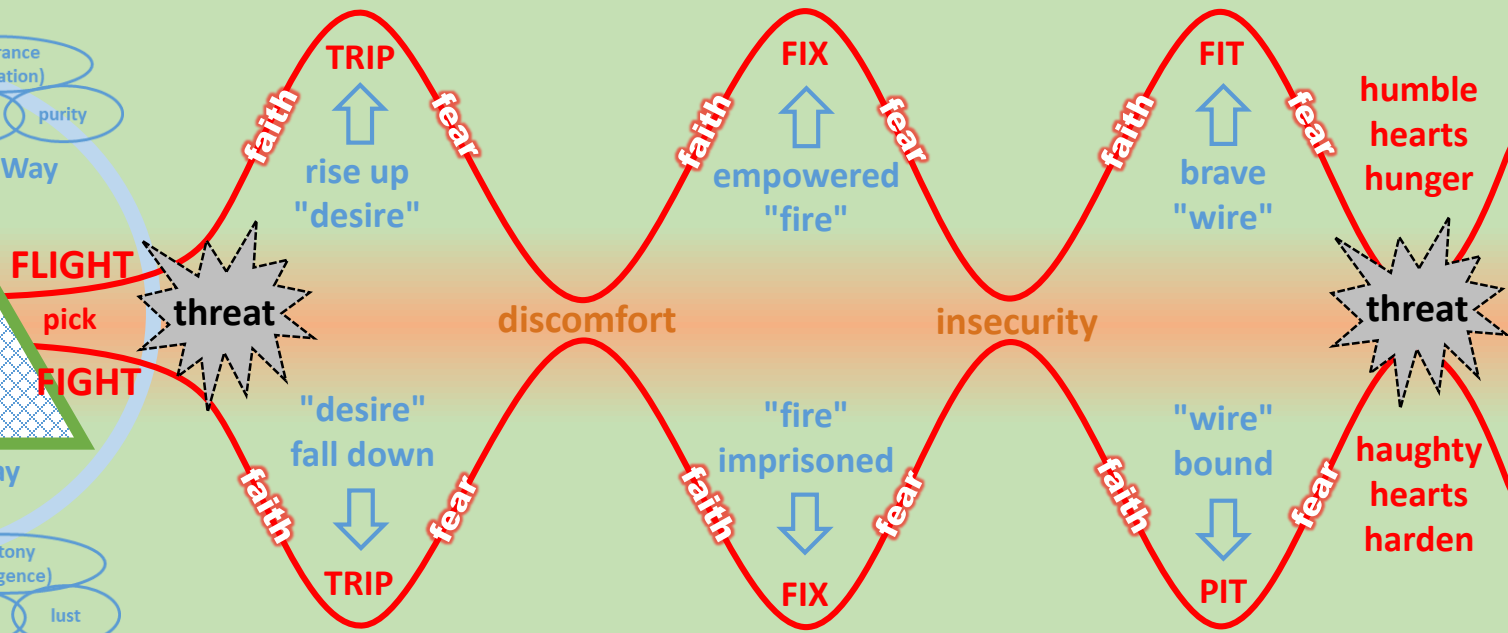
reconcile your PAST
reunite with your FUTURE
to renew your PRESENT

TRIALS
+ / - anxiousness
(spirit) → TRAIN
healthy/unhealthy habits
(spirit + mind) → TRAJECTORY
optimism/pessimism
(spirit + mind + body)

Wall of Virtues defend Home of Mercy



resilient = roll with pain



resistant = control pain

Threading the fabric of eternal consciousness with Vessels of Victory or Victims; risking pain for the reward of pleasure Above the World or In the World

Fear and **pain** are crucial to our development. Fear is painful, but not pain itself - its the anticipation of pain, the (threat of) loss of conditioned equilibrium.

Flipping the script of our self-talk to change the self-image of what we are (character of our divine design) vs what others think we are (reputation) in every experience. Both rhythms of highs and lows reinforce themselves thru repetitious conditioning of rising and falling, make rising or falling **between** the two at the "pain plane" more difficult (its easier to shift early in the **desire > fire > wire** process). The source of **pleasure** is unknown to the brain - whether you are getting your "fix" thru playing baseball or by serving the poor, neurotransmitters are doing their jobs as chemical messengers to equalize you.

Takeaways

 H3 to Be Free from ME for WE

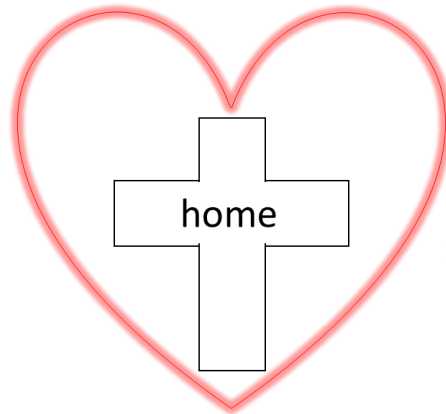
Align with the Divine for Peace of Mind and you'll be fine;
for aligning with the Mind puts you in a bind all the time

The "Truth will set you Free" makes you or "you can't handle the Truth" will break you. SEE (with Spiritual Eyes and Ears) to constructively practice the "Golden Rule" (doing unto others as you would have them do to you) that is a principle in major religions (even non-Christian).

* remember that life is B.A.S.I.C - we're all Brothers And Sisters In Christ, one Body that shares joy and struggles as we grow into eternity *

"Home is where your Heart is" fire-branded into wooden hearts

Hold onto it for your comfort, dive into His Word, and order for you and your Church to give to others who need comfort. Put them in your pocket to give/connect people to The Heart of Hope; saying nothing or "Home is where your Heart is" is up to you - it's the physical Heart that says it all.



3" x 3"
1/8" thick



Matthew 12:25

"Every kingdom divided against itself will be ruined, and every city or household divided against itself will not stand..."

Matthew 16

...then Jesus said to his disciples, "Whoever wants to be my disciple must deny themselves and take up their cross and follow me. For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul? For the Son of Man is going to come in his Father's glory with his angels, and then he will reward each person according to what they have done..."

Peace Prayer

Lord, make me an instrument of your peace.

where there is hatred, let me sow love; where there is injury, pardon;

where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love;

For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen

Serenity Prayer

Lord, grant me the serenity to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference. Amen

Amazing Grace

Amazing Grace how sweet the sound (of God's voice in each exPerience to guide our choices) that saved a wretch like me (we're all broken in need of His mercy and healing in Spirit, Mind and Body), I once was lost (we/sheep strayed from His Way), but now am found (answer the call to serve all), was blind but now I SEE (with Spiritual Eyes and Ears/aware of the battle for my soul) to be FREE from ME for WE (My Equilibrium/Body vs World Equilibrium/Body of Christ)...
adaptation Amazing Grace by John Newton, 1772

Guardian Angel Prayer

Angel of God, my guardian dear, to whom God's love commits me here; ever this day, be at my side, to Light, to Guard, to Rule, to Guide. Amen