

# Christian Counseling Center, LLC

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## **How to Maintain Healing and Deliverance**

Remember the devil can only do to you what you allow him to do. Today he's been defeated in your life. He has been "kicked out" and you have been filled with the Holy Spirit and other wonderful Spirits of God such as Peace, Joy, Truth, Healing and Power!

The devil will whisper lies in your ears, such as, "it didn't work for you, or you're not really healed, or this is all a bunch of hog wash." He will try to get you to say, "Oh I thought I was healed but I guess I'm not." When you hear that negative voice – REJOICE! Remember he is a liar – the father of lies – whatever he says, the opposite is the truth. He's trying to open the door by letting doubt and unbelief in again. He will try to con you – put pain back on you – or symptoms of whatever illness you had. Don't be caught in that trap! Stand up to him and say out loud, "devil you are a liar, I rebuke you in the powerful name of Jesus Christ! Go Away and get those lying symptoms off of me. I've been healed and delivered by the blood of Jesus, and you have NO part in my life from now on." Depending on your ability to be strong in the Lord and the power of his might, the attack may leave immediately or you may have to repeat those commands several times, but the Word of God says when you've done all you know to do, stand!

The next step is to start praising the Lord, even if the symptoms are still there. As an example, say out loud, "Thank you Lord Jesus for healing and delivering me. Thank you that by your stripes, I am healed! I praise you for not giving up on me, and I'm not going to give up on you! Your word says that when we call on You and You hear us, You will do whatever we ask in Your name, Jesus. I'm thanking You that regardless of how I feel or what the situation looks like, I am healed! A seed of healing was planted and it is producing a crop. Praise you Holy Name! Thank you Father! Thank you Holy Spirit!" Go on and say words of love and gratitude to the Lord from your own heart until you feel better and you know the devil is gone. The word says that if we are submitted to God and resist the devil telling him to flee – he has to go! You may have one or several battles, but when it is over, the devil will never fool you again.

Start your prayers always with 1 John 9 asking Him to cleanse and forgive you, so you know He hears you. God has said in his word that He will "create the fruit of our lips, so be careful what you say, especially in regards to your body. An example, someone asking you how you are (and you are in the healing process) you can truthfully say, "Well praise the Lord, I'm being healed. I went to a meeting and was prayed for and a seed of healing was planted in my heart and is producing a crop". Rather than, "Oh well, I was prayed for but I still feel the pain, or others got it but I guess it didn't work for me". Remember, what you say is what you get! God says, a merry heart does good like a medicine.

If you sin, confess it, repent of it, and go on as if it didn't happen. Your walk with Jesus will not be interrupted if you do it on the spot.

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## **Armor of God: Ephesians 6:10-20**

I am strong in You Lord, and in the power of Your might. I put on the whole armor of God and do stand against the plans of the devil. In the Name of Jesus, I bind satan and the principalities, the powers, the rulers of the darkness of this world. I bind and cast down spiritual wickedness in high places and render them harmless and ineffective against me and my loved ones. I resist you, devil, in the name of Jesus, and I stand my ground.

I have the belt of truth buckled around my waist – the truth of God that sets me free! I have on the breastplate of righteousness that covers my body, my heart and vital organs and shows me I am in right standing with my God! My feet are fitted with the preparation of the gospel of peace, and I take those feet and tread on serpents and scorpions, for I have been given authority over all of your power. I take the helmet of salvation and cover my head securely, for I have the mind of Christ. The only spirit I will follow is the Spirit of the living God that lives inside me and speaks to me from within.

I take the shield of faith and quench every arrow you throw at me, devil! I take the sword of the Spirit, which is the Word of God and pierce through your wicked plans, for it is written all I have to do is submit myself to God, and tell you to flee, and you have to go. . . so GO! In the Name of Jesus.

I place the blood of Jesus over me, my family, my home, my ministry, my place of employment, my bank account, my debts, my car and possessions – all of which belong to God – and I serve notice that your power is broken, devil, over me and mine, in Jesus' Name.

Thank you Father. Send people my way to minister to today. Amen.

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## **A Brief Explanation....Splankna Therapy**

This field is generally called “**Mind-Body Work**”. Splankna Therapy is a Christian approach to emotional healing. It consists of an understanding of 3 styles of mind-body work:

Neuro-Emotional Technique (N.E.T.)

Thought Field Therapy, (T.F.T.)

E.M.D.R. (**e**ye-**m**ovement **d**esensitization and **r**eprocessing)

All are based on the following assumptions...

**#1.** The subconscious mind has all of one's life experiences catalogued like a computer hard-drive. Emotions from painful life experiences seem to be stored in the body like electrical charges, in different organ points along the Meridian System depending on the type of emotion. The Meridian System of energy is what Chiropractic's and Acupuncture are based on. It is theorized to be the path along which the body's energy/electricity flows.

**#2.** “Symptoms” are understood to be the result of a current life experience “triggering” an older stored trauma and re-activating the old emotional content creating some form of overreaction. The clearest example is a phobia. If I had a bad fall as a child, the memory and emotion of that experience are stored in the subconscious mind. As an adult, my conscious mind says “This fear is irrational. I am perfectly safe to look out a four-story window.” But when I try that, it's as if my computer system says “What do we have stored on height?” It double-clicks that old file and up to my screen comes all the stored emotion and my body has a panic attack, while my conscious mind disagrees that I'm in any danger.

**#3.** The body is capable of resolving or releasing these stored emotional charges so that the “fuel” behind a symptom is no longer present. What the body needs to accomplish this is some style of "Circuitry + Intention". (Intention being what the person is thinking of, focusing on, remembering etc.) All mind-body treatments that are effective use some combination of physical circuitry + intention. For instance, the client will think of feeling anger at 6 years old when one parent had an extra-marital affair, while touching the liver alarm point on the body where the anger is stored. In just a few seconds, and usually with some spoken forgiveness, the body seems to resolve this stored charge of emotion, as if the “file” is cleaned out. When all the emotions fueling a symptom are resolved, the symptom tends to lift.

**Muscle-testing** is the tool used to access this stored emotional content. Any major muscle in the body (deltoid in this case) that is fairly well isolated, will respond to electrical/energetic shifts that go off in the body. So, when the client says something false, there is a small electrical/energetic shift created by the incongruence. This shift shows up in the muscle by causing it to momentarily de-activate. When a muscle is de-activated it will give when pressure is applied rather than bounce back. This simple body mechanism provides something similar to "yes/no" answers. Since, the Subconscious has all of the person's life experiences catalogued, a practitioner can ascertain, for instance, how many emotions are fueling a particular symptom, when they occurred, where they are stored in the body, etc., by watching the muscle reactions to questions and statements. It is important to mention that muscle-testing, though very useful, is

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also imperfect. There are many variables that affect a muscle-test and it must always be “taken with a grain of salt.”

**Spiritual Aspects:** We trust that God knows what we need better than we do. We invite Him to lead the entire process and to choose for us where to go in the client’s heart. When traumas occur in our lives, our enemy seems to capitalize on our vulnerability by offering deals/bargains to the deep heart. Sometimes our hearts are deceived and we agree for coping strategies or with symptoms themselves. In the Healing Protocol we ask God to reveal any agreements the client made in conjunction with the identified trauma and we assist the client in repenting of the agreement and breaking it, including the enemy’s entire claim to the person and entities attached. In this way, every effort is made to resolve the symptom from all angles, Physically, Emotionally and Spiritually. Splankna Therapy offers a Christian protocol for Energy Psychology developed from an integration of Neuro-Emotional Technique, Thought Field Therapy, E.M.D.R. (Eye Movement Desensitization and Reprocessing), and spiritual warfare. It provides a straightforward, mechanistic treatment procedure for alleviating a wide range of psychological and physical symptoms through both a Healing Protocol and a Creative Protocol. It attempts to address symptoms comprehensively; attending to the physical, emotional and spiritual aspects of the problem and its solution.

*\*NOTE: Muscle-Testing will and should never be used to ask judgment questions, future telling questions, or attempt to ask questions of God. It is NOT a crystal ball.*



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## **FAQ of Splankna**

### **What is this?**

Splankna is a training institute for Christian Counselors and lay counselors. It offers the first Biblically based protocol for Energy Psychology. Why the name? “Splankna” is New Testament Greek for the “subconscious.” The treatment protocol taps into the subconscious root of symptoms. What is “energy” At the quantum level of creation (the super small), everything is in motion. All the sub-atomic particles that make up everything are buzzing. “Energy” is the word scientist use to describe whatever it is that causes them to move. As believers we know it’s the active will of God that keeps them in motion.

### **What is Energy Psychology?**

Energy Psychology uses the same system in the body that Acupuncture and Chiropractic are based on to alleviate psychological trauma. Have you heard of EMDR or Emotional Freedom Technique? (if yes) - Great! You know how energy treatments tend to be so New Age? Well Splankna is committed to taking back God’s created mechanisms in the mind-body connection... redeeming for His Kingdom. (if no) - Well, the body plays a part in storing emotional trauma. Energy Psychology goes through the body door to help clients release the trauma. It’s wonderfully effective to bring Body Soul & Spirit together in the healing process.

### **Isn’t this New Age?**

It has been until now! :) Splankna is the first organization to REDEEM these tools for the Kingdom of God. Everything God created is good, right? Everything the enemy has claimed originally belonged to God. Nothing works unless God created it to work. Splankna has cleaned off all the false theology from God’s created body mechanisms so that HE can get the credit for what he made and not the enemy anymore! Isn’t that great!

### **What is muscle testing?**

Muscle testing is based on the theory that any major muscle will respond to energetic shifts that go off in the body. Here, I’ll show you how it works. (have them hold out their strong arm and look you in the eye.) Look me in the eye and tell me that you’re a male/female (whichever they actually are). See how your arm stays strong? Now tell me that you’re the wrong gender... see how you can’t hold your arm up no matter how hard you try? That’s how muscle testing works. When you said something you were incongruent with, it caused a tiny little shift in your energy system and it shows up in the muscle. If they’re interested in more... Quantum physics shows us that at the sub-atomic level of creation, thought and emotion seem to have some kind of substance, like a frequency or a signature resonance. When I ask you a question, the frequency of my meaning passes between us and it hits your body as a “match” or “mismatch.” When your body responds with congruence to an idea, it shifts your energy system and that shift shows up in the muscle. Because the body naturally responds to ideas this way, a muscle test can be used as a crude little yes/no tool. Muscle testing is not a perfect tool, but still a useful one as long as it is covered under prayer. There are several things that can cause a muscle to react and truth is just one of them, so you always have to take a muscle test with a grain of salt.

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## **Is it like EMDR?**

Yes, but it goes even further. It incorporates EMDR along with two other mind-body treatments, TFT (Thought Field Therapy, or EFT - Emotional Freedom Technique, and NET - Neuro-Emotional Technique)

## **Where is this in the Bible?**

This isn't directly mentioned in the Bible, but then neither is electricity. :) In Splankna training they talk about John 1 and Hebrews 1 where scripture tells us that all things are sustained by the active will of God. On the energetic (sub-atomic) level of creation, everything is in motion. God's active will causes that. He wills the particles to buzz so they do! Amazingly, He has designed us so that our will and intention also affects those particles. When we do Energy Psychology we're just doing it on purpose.

## **What's so New Age about typically Energy Psychology?**

It's usually done from a monistic worldview. New Age teaches that the energy IS God... and since the energy permeates everything, they conclude that we are god too.

## **Who developed this?**

Sarah Thiessen. She is an LMFT and an LPC (Licensed Marriage & Family Therapist and a Licensed Professional Counselor.) She got her degrees from Abilene Christian University in Texas. Her background is in the Church of Christ. Here... you should check out her book :)

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## **Explanation of Generational Warfare**

**Generational Curses:** Sometimes when a person agrees with sin, they allow for a curse on their bloodline. No one is sure why some sins bring curses and others do not. No one is sure why some curses last longer than others. But we do know that in Christ we have the authority to repent on behalf of those who've allowed the curses and break them off of our bloodlines.

From *I Give You Authority* by Charles Kraft: "Any commitment, dedication, curse or blessing entered into by a person in one generation may give authority to either master – God or satan – over that person's descendants. Commitment to God in one generation blesses its descendants, especially if they do not turn their backs on God. But satanic power may enter the family line through conscious or unconscious commitments, such as those mentioned above or through cursing. If such commitments are not canceled, the interference gets passed on to the following generation. Because of this rule, many children come into the world already demonized because of agreements their ancestors made with the enemy. Exodus 20:5, part of the second of the Ten Commandments, may mean that such satanic interference is limited to four generations. We observe from Scripture a mystical relationship between members of the same family, which means that children participate in commitments made by their parents. When God curses, as He did in the Garden of Eden, those effects go on from generation to generation."

From <http://www.greatbiblestudy.com/legalrights.php> "When you involve yourself in the deeper sins or the occult world, you not only open demonic doors in your own life, but also in the lives of your children and grandchildren (Exodus 20:5). If your ancestors have committed gross sins or been involved in the occult, then it's a good idea to confess those sins (to the best of your ability... God knows your heart), and ask Him for forgiveness (Leviticus 26:40-42). Even though you personally aren't guilty of those sins, they may have caused curses in your life, and those curses need to be broken. Common ways to tell if ancestral sins are involved, is if your siblings or ancestors have experienced or are experiencing the same or similar problem that you are."

**Generational Agreements:** Someone's agreement affects not only themselves, but carries on through their bloodline. Somewhere along the bloodline, someone made an agreement that has not been confronted since then and it has simply stayed in play until now.

From <http://www.greatbiblestudy.com/legalrights.php>, "A legal right (or agreement) is something that can give demons an opportunity to enter or harass us, or gives them the right to remain in us even when we try to cast them out. When we commit sin, it gives the enemy a legal right to affect or bother us in one way or another. The deeper the sin, the bigger the door that is opened to the devil. When a person allows unholy thoughts to enter their mind, it can open the door to a demon of lust, which eventually causes the person to commit adultery and the matter is compounded. *It starts when the enemy tempts us to think the wrong thing, then when we accept it and make it a habit, it opens the door for the enemy to move in further, then behind the bad habit which can be formed, lies a demonic compulsion that isn't easily resisted. If the person continues down this path, he continues to open more doors to the enemy, and eventually that person finds himself committing adultery, rape, etc. because the feelings and desires the demons push on that person are irresistible. Once he commits those sins, mega doors are then opened, and the problem*

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is like a snowball going down the hill. Sin opens the door to demons, which push us in the direction to more sins, which open us wider to more demons, etc.”

**Generational Strongholds:** When there is a stronghold, not only did someone make an agreement, but everyone since then has agreed with it also and contributed to it (including the client) until it has grown into a monster. *Strongholds are incorrect thinking patterns that people develop over time, and are often set up and nurtured by demons through lies and deception. Demons thrive on strongholds, and use them to hang around a person and torment them. Deception is one of the primary weapons of the devil, because it is the building blocks for a stronghold.* What strongholds can do is cause us to think in ways which block us from God's best.

**Cellular Memory:** Cellular Memory is the hypothesis that such things as memories, habits, interests, and tastes may somehow be stored in all the cells of the human bodies. The suggestion came following a number of organ transplants in which the recipient was reported to have developed the memories of the donor (The Heart's Code, by Dr. Paul Pearsal). The theory is that Cellular Memory of trauma can pass somehow through DNA and can be another form of fuel behind symptoms.

**Soul ties:** It is possible for two persons to share spiritual ties (like spiritual bridges that connect the two persons). Some of the most popular and destructive soul ties are formed during an adultery or fornication. 1 Corinthians 6:16 warns us not to have sexual relations with a prostitute because we become one flesh (flesh as in soul realm kind of flesh, not a physical flesh) with that person. This ungodly soul tie is like a rope between two persons that demons can use to their advantage to cross from one person to another. If that person had demons tormenting them, and you had sex with them, it unites the two persons, and therefore a soul tie is created, and the demons tormenting that person can also have rights to torment you. This does not apply to married couples, because there is no unhealthy soul tie created from sex within marriage. The Bible says that the marriage bed is un-defiled, and defilement is required to create an evil soul tie.

The remedy? Repentance, renunciation and breaking of soul ties! First, specifically repent of the sin which caused the soul tie to be formed in the first place. Then you can use your authority in Jesus to break and sever the unholy soul tie. Saying something like this should do the job, "I now renounce, break and sever all unholy soul ties created between myself and \_\_\_\_\_ through the act of adultery in Jesus' name!"

There can also be soul ties between yourself and another person, without any sexual relationship involved. Sexual relationships are one of the best way to create a very strong soul tie, but it's not the only way. Other soul ties can be created through unhealthy relationships, such as being so



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close to a parent that you take their advice over God's advice. Again, repentance and the breaking of the soul ties in Jesus' name is the way to go about solving this problem.

Another thing that could hold back the breaking of a soul tie, is a physical object given to you from the other person, through a sinful relationship. If you were given a ring, or bra or a love gift through an adulterous relationship, for example, then those gift(s) can hold the soul tie together. If the gift is valuable, and not necessarily bad in itself, then it's best to sell the gift. If the gift is demonic or unholy, then it's best to throw away the gift.

**Demonic vows:** A demonic vow can be like a spiritual signature that the enemy uses as a legal right to gain access into our lives. Demonic vows can be made consciously or unconsciously. Often when a person joins a cult coven (a group of witches), they are required to make vows with the devil. Demonic vows can be made unconsciously just by dabbling with the occult. Just by getting curious about the occult and reading forbidden materials (including horoscopes) can give the enemy your spiritual signature; it tells the enemy know that your interested. Jesus warns us not to make any vows at all. The only vows I can see are practical and good are those made during a marriage ceremony.

The remedy? But if we have made vows that do not glorify God, then we should repent and renounce those vows verbally and seek God's forgiveness. Do this verbally, because vows are made verbally, breaking them is also done verbally.

**Unforgiveness:** When we don't forgive others, God won't forgive us. When God doesn't forgive us, it leaves our sins remaining, which can give the enemy legal rights into our lives. Read Matthew 18:23-35, and keep in mind that the tormenters they are referring to, are demons. The legal ground the enemy may be standing on to torment you may very well be rooted in unforgiveness! I've heard that the single most common reason that people aren't healed, is because they are holding unforgiveness in their hearts, and I believe it! Forgiveness is not an option; it's a necessity! See my study on "Unforgiveness: Poison" for a more in depth understanding of how unforgiveness works.

The remedy? Repent for holding bitterness in your heart against others, and make a solid choice to forgive those who have wronged you (also confirm your choice by verbally forgiving them), and release the bitterness and hurt from your heart against them.

**Childhood rejection:** Much demonic bondage is caused during childhood. For example, if a parent shows rejection toward their child, a spirit of rejection may enter.

The remedy? If you have been rejected by either your parents or somebody else, you must make a solid choice to forgive that person(s), and release the hurt in your heart against them. The spirit of rejection is usually present in this situations, and should be renounced.

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**Points of weakness:** When the person experiences weakness, such as emotional shock, physical trauma, fearful experiences during childhood, and other areas to which the natural walls of defense in the physical, spiritual or emotional system of a person are weakened, it leaves us vulnerable for the enemy to attach himself to us. The same is true with drinking excessive amounts of alcohol, and especially true with drugs, because they lower our defenses, and since demons thrive on weakness, they love to move right in and setup camp.

The remedy? If there was any bitterness involved (say somebody caused the traumatic experience for you, and you are still holding it against them), then you must forgive the person who hurt you, and repent for harboring bitterness in your heart against them. If the point of weakness was caused by your own sin, such as drinking or drugs, then confess and repent of that sin. If the demons entered solely through traumatic experience, and none of it was anybody's fault, then the demons are 100% trespassers in this situation, and need to be told to leave!

**Spoken self-curses:** The words we say have spiritual value, the Bible says to bless and not curse, and that the tongue has the power of life and death. If you walk around saying, "I wish I could just die," a demon may hear you and can go to God and say, "Look, she wants to die!" and here comes a spirit of death. There is a book titled, "Blessing or Curse: You can choose, " by Derek Prince, which deals with this topic of curses in much detail.

The remedy? Take back what you spoke against yourself, renounce it! Repent for speaking such thing(s), and break the curse(s) in Jesus' name!

**Cursed objects:** Physical objects can carry spiritual value, such as idols, occult books, rings, movies, charms, etc. If you brought any Indian or pagan religion artifacts into your home, you could be opening the door for demons to enter and bother the people within your home. Land can also become defiled by the sins of it's owners (Leviticus 18:27).

The remedy? Burn, destroy or get rid of any physical objects that you have located that could be cursed. Isaiah 2:18, "And the idols he shall utterly abolish." It is Biblical to burn cursed objects. Repent for bringing such objects into your home if you are responsible for them! Land can be cleansed by prayer and repenting of the sins of the previous owners.

**Renounce demons:** Renounce any known demons that have been invited in (ex. spirit guides), and any interest or involvement in the occult or Satanism. Also renounce any demons that you know need to be cast out. This helps let the demons know that you are no longer interested in having them around.