

BREAK FREE OF STRONGHOLDS

Handbook



3 Ways To Change And Control
The Desires Of Your Body And Mind

DEBORAH FEARON

BREAK FREE

OF STRONGHOLDS

Are you attracted to the wrong people or things?

Getting disappointing results?

***Master the Control of Your Thoughts and
Desires to Produce Your Good, Happy,
Healthy, Successful life!***

DEBORAH FEARON

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ISBN 978-173555848-3-6

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WHY I WROTE THIS BOOK

Anyone who can make a choice can choose to master the control of their thoughts and desires. To produce your successful life, make this choice. The subconscious thoughts of past expediencies have too long controlled our lives. Leaving us feeling alone and helpless. This hampers our God given potentials and limit our prosperity. You are neither alone or helpless. I wrote this book to put an end to this bondage. You can get back the control of your thoughts, desires, face your fears and destroy these strongholds. It is necessary to tap back into your God given power of potential energy flow to accomplish your true happiness. True freedom comes when we refuse to let our happiness be stolen. We have the power within us to win. With the right tools and a little practice, we can experience our good results. This is why I wrote this book. To provide these tools so we can win.

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BREAK FREE OF STRONGHOLDS

PART 1

THE ATTRACTION MECHANISM

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CHAPTER ONE FREEDOM FROM STRONGHOLDS

The solution

To master your good results, you must first understand **what** is limiting your success and how to remove it. This book is about taking back the controls of what happens inside our bodies and our world. This includes easing the body, mind, and spirit from the effects of past negative experiences. If these experiences are never truly addressed and resolved, they can control one's behavior, desires, and health. The solution also helps to wither the branches of other related diseases that could result from those negative experiences.

Enough is enough. Time to take back what was stolen.

Negative experiences can produce unhealthy memories, which are often called strongholds. The affected person may not recognize the connection between the present ill effects and the unhealthy memories of a specific traumatic event suffered. Often this is expressed in experiences of sexual trauma, abandonment, trauma, and growing up with fear. Strongholds control what and who the individual is attracted to. These also control how the individual views and interacts with his/her world. If it was your innocence, self-esteem, time, money, love, or anything else stolen, it is time to take it back. You are the one who can take responsibility for your health and happiness.

Sexual Gratification

“When a person’s sexual gratification is highly or completely dependent on fantasies, urges, or behaviors that fall outside the socially acceptable range of sexual behavior, the person is said to have a paraphilia. Typically, these individuals come to the attention of mental health professionals only when their behavior leads to ramifications such as a conflict with

their sexual partner, family members, coworkers, or law enforcement.” (Hockenbury)

Adulthood is shaped by childhood experiences. If a child were to experience sexual abuse, especially of the same sex, it tampers with their sexuality. This book will explain and identify some effects of early childhood trauma, brain, and sex organ connection, the psychological root of disorders, and the methods used for the transformation of the mind.

Family members and friends who were abandoned in childhood by a parent, and not growing up with a nurturing stepparent, I have personally seen them struggle with maintaining deep relationships. Even when married their partner is held at a distance emotionally. Fear is a factor in those relationships.

This book will explain the physical, psychological, and spiritual aspects of the mind and body connection. It will serve to explain the effects of trauma, especially childhood trauma that carries over into adulthood. This book also provides spiritual methods that address these issues down to its' cellular

level. I have used these methods in my own life and have had remarkable results in the improvement of my health, happiness, and success. I know you will too.

Everyone should be free to be the person they were born to be. The negative effects of traumatic events can restrain one from being in control of self. This vicious cycle of strongholds must be turned off, and the person must be set free. By regaining freedom from trauma, an individual can in turn, positively affect others around them. This is a ripple effect. My prayer is for all to know Almighty God within themselves, and to receive the benefits of having The Almighty God in them. I take on this sensitive issue with the gravity it deserves.

Children are our most valuable resources for the preservation and continuation of humanity. The obligation to protect, ensure the good health, growth, and development of children is the responsibility of the present adult generation. Every citizen of planet Earth influence society for the future generation. I believe the ripple effects are profound as it passes one to another, and as it continues on through the whole

world. Let's face it. We all have emotional baggage. Christ has made us free. Why are we still in bondage to our baggage?

The purpose of this book is to promote positive mental and spiritual functioning. To improve health and happiness, to access affected areas of the brain, and to switch off their negative motivation for behavior is the method. These ultimately provide healthy mental growth as well as spiritual growth. Thus, your good results can break free and destroy what is standing in your way of success. When you are laser-focused, nothing in hell can stop you. Get on with it. Fight your good fight of faith. Let's go claim our inheritance.

Brain and Body Connection

Experiences, whether real or imagined, of the mind, underlies physical processes in the body, desire, and behavior. The brain regulates the hormone system of the body. When the body is not at ease it also signals the brain of a problem. Trauma experienced, even in childhood is recorded in the cells of the body. Yes, the cells of our body have a memory. This is why one

may still be experiencing physical symptoms even though the traumatic event has already passed or even forgotten by the conscious mind.

The psychological controls the physical and vice versa, like a vicious cycle. The body always tries to be at equilibrium; a stable state of normal functioning. So, it tries to expel or express what is unhealthy. These unhealthy memories may be expressed in symptoms like pain, skin problems, unnatural behaviors, desires, and other manifestations.

“Biological psychologists investigate the physical processes that underlie psychological experience and behavior. Their stance is that all thoughts, feelings, and behavior ultimately have a biological cause.” (Hockenbury)

The nervous system activates and controls all the functions of the body. It is divided into two parts: *the central nervous system (CNS) and the peripheral nervous system (PNS)*. This system is a complex network.

The CNS is composed of the brain and the spinal cord.

The brain regulates the endocrine system which is composed

of glands that secrete **hormones** into the bloodstream regulating **bodily functions** such as physical growth, **stress** response, and **sexual development**. The gonads are endocrine glands that secrete hormones that regulate sexual characteristics and reproductive processes.

The spinal cord produces reflexes. Nerve fibers carry impulses from the CNS to **muscles** and other **organs**. Afferent nerve-fibers carry sensory impulses to the CNS. Efferent nerve fibers carry motor (movement) impulses from the CNS to the muscles and other organs.

The PNS consists of all the nerves in the body that are outside of the central nervous system (CNS). The peripheral nervous system (PNS) includes the cranial nerves and the spinal nerves. The somatic fibers carry impulses to **bone, muscle, and skin**. The visceral fibers are associated with internal **organs**, the blood vessels, and the mucus membrane. (Mosby's)

How Your Mind Controls Your Body

Let us first look at how the body is controlled. The

endocrine system under the control of the brain (hypothalamus and pituitary gland) directly controls hormone production within the body. The pituitary gland is the master gland of the brain. It controls our internal organ system. In other words, the mind controls the body.

Our memories are in the unconscious mind. Unresolved and stressful negative memories create mind-body responses. We will refer to these as strongholds. If not resolved, the continuous automatic response of the body to the mind's negative view creates a vicious cycle. The body sending signals to the mind that it is not at ease and the mind sending out chemical reactions to cope with the situation. This results in malfunction and excessive release of chemical substances in the body. Our memory cells have direct involvement in the immune system's response. The immune system response could become excessive in this situation of the vicious cycle.

The body has memory cells which are controlled by the mind's memory cells. The cells of our body and mind still have a

memory of all our past hurts. The memory has all the information and sensations that have been consciously learned. Whether you have a conscious memory of an event or not, the memory has your mind's attention.

If the mind views the painful memory situation as unresolved, it still will be regulating your endocrine system in an attempt to resolve the problem. Since the mind may be responding to a memory and not a current event, both the body and mind may eventually result in exhaustion or even organ failure. It is imperative for the mind's view to be transformed, and a different action associated with that situation. Then, the mind's instruction of behavior, attractions, and physical health will be based on a positive memory view.

“The human brain can change in response to environmental stimulation, training, or experience displaying both functional and structural plasticity.” (Hockenbury)

It is critical to master the control of your mind's view when addressing this change in both structure and function. Thus, you will control the lust of the flesh, the lust of the eye, and the

negative pride of life as the Holy Bible gives reference. Brain training is accomplished as the mind's view is transformed.

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