

Inner Healing: HeartSync in a Nutshell

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Heart Sync has transformed me to the very core of my being.

Have you ever had a pattern or a vice in your life, and no matter how many times you prayed, rebuked it, or implemented a behavior modification, it kept coming back? That was my life.

I have been in and out of counseling for many years, and through that time the same theme kept surfacing. I was tied to vices and behaviors, but I did not know why I did what I did.

Walking through HeartSync showed me that I was able to reach my core issues. I gained an understanding of my behaviors and why I used vices to cope. I allowed Jesus in and allowed Him to "sync" my core parts, the parts that make me who God made me to be.

Today I can say I have never felt the freedom and love of Jesus in this way. It changed my life.

At a time when hurting people are using all kind of things

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to block their pain, HeartSync offers inner healing and an understanding of the “why” behind the patterns, behaviors, and thoughts we all struggle with.

If you allow this ministry to help you, you will heal, I believe, in a way you have never experienced before. Your life will be transformed.

I will be praying for you as you walk through this journey!

Blessings,

Tami

There are a number of inner-healing modalities and ministries doing incredible heart healing work for which I am incredibly grateful. Many great pioneers have been faithful to seek the Lord and share with the Body of Christ the unique insights and perspectives the Holy Spirit highlighted in their respective ministries throughout the years. While I may reference a few of them in this brief description, I honor all these great men and women of God, and have built HeartSync Ministries on the foundation the Holy Spirit has given through many of them.

Our purpose here is to provide you with a brief overview of the HeartSync Ministries process that should not be mistaken for its more detailed teaching seminars. There is much more pertinent information than we can include here. Any person wanting to use this inner healing modality well should definitely attend the Basic and Intermediate Seminars, as well as participate in a practice group.

The seminar topics include the basic theory contained in this chapter along with the following:

- Teaching on the continuum of a divided heart,
- A more detailed description of how we deal with spiritual forces in the ministry process,

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- How to promote reconciliation between parts of the heart,
- How to pray for the release of the effects of pain and trauma,
- A more detailed description of related brain science,
- Interventions in working with guardians, and
- How to promote subcortical healing of attachment pain.

These principles are being taught in both the HeartSync Ministries Basic and Intermediate Seminars. Information about upcoming seminars can be found at heartsyncministries.org. In addition, a more thorough description of the process will be described in a forthcoming book about HeartSync Ministries.

Simply put, the HeartSync Ministries vision is to promote and participate in the mission statement of Christ to “*heal the brokenhearted,*” whereby He gives us (undivided hearts)—a singleness of heart and action, to the end that we are more able to “*love the Lord our God with all our heart and with all our soul and with all our mind*” (Luke 4:4:17-18a; Isa. 61:1; Jer. 32:39; Matt.22:37-40).

As Jesus put it; “*This is the first and greatest commandment. And the second is like it: Love your neighbor as yourself. All the Law and the Prophets hang on these two commandments*” (Matt. 22:37-40). HeartSync Ministries does this by intentionally engaging the various aspects of the divided heart and bringing them into full relationship with God.

THE DIVIDED HEART DEFINED

I have defined being “brokenhearted,” or having a “divided heart” as “any persistent separation between and within the heart, soul, mind,

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and spirit of a person (an emotional and spiritual captivity that hinders the resolution of conflicts, as well as the effects of unresolved negative emotion and trauma), which prevent consistent joyful connection with God and others.”

A quick review of the HeartSync findings shared in chapter 3 is important to the overall understanding of the process. I explained that during the decade of the 90s, I observed that many people presented with severely divided hearts and the condition known as Dissociative Identity Disorder (DID). These individuals always displayed divided hearts with at least four core parts seen in everyday life.

In addition, as a response to being overwhelmed in traumatic experiences, their core parts could use the mechanism of dissociation to subdivide even further, creating other core parts or alter personalities not seen in everyday life. So, for many years, I thought the core divisions of the heart were just part of the presentation unique to my DID clients.

Please recall that these observations eventually led to a research project done through all of 2006 that explored whether or not all people have the same four core parts of the heart. This study produced a number of surprising results. In January of 2007, I taught for the first time that the four core parts of the divided heart seen in everyday life are universal to all people.

These results support the scriptural evidence established in chapter 3 that all of us have a divided heart to one degree or another. The four core parts seen in all people are:

1. Original Self: is the heart or essence of the true self and has the capacity to connect most strongly with God.

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2. Function: The aspect of the heart and mind that performs daily functioning but is often blocked from unresolved negative emotion and traumatic memory.

3. Emotion: The aspect of the heart and mind that is most closely connected to pain, trauma, and unresolved negative emotion.

4. Guardian: the aspect of the heart and mind that subconsciously blocks connection between Function and Emotion so that Function will not be overwhelmed and unable to do daily life—and so is devoted to keeping them apart.

Since the time of my initial project, I estimate that I’ve done several thousand HeartSync Ministry sessions all over the world and have not found any individual that does not present with the four core parts of a divided heart.

There were additional results of my research that were quite shocking and were hard for me to accept at first. In person after person, it was unusual for more than one of the core aspects to be enjoying relationship with Jesus! My observations produced the following results:

- Nearly 75 to 80 percent of people connect best with God through the Function aspect of the heart and mind.
- Between 20 and 25 percent of people connect best with God through the Emotion aspect of their heart and mind.
- Nearly 0 percent of Guardians are connected to God!

I believe these findings to be an incredibly important development in the field of inner healing. Since we know that all people have these

four core parts, through the HeartSync Ministries process, we can now intentionally engage each of them to see if they are in relationship with God. If they are not, in conjunction with the Holy Spirit, we can work with each part to resolve the conflicts and spiritual oppression that are keeping them separated from God, inviting them to explore, then enter into loving relationship with Jesus.

It is impossible to enjoy God in wholehearted loving relationship without including each of these core parts in the relationship.

The evidence that all people have four core parts was further supported by the decade of brain research done from 2002 to 2012. While it is a gross oversimplification of the complexity of how the brain works, in 2008, recall that I made the realization that the four core parts of the heart roughly correspond to the function of four different areas of the brain that all work best when there is ample inter-connection, or synchronization between them. This eventually led to the name, HeartSync Ministries.

HeartSync Ministries consists of the following steps:

1. Covering Prayer
2. A Divine Encounter (or Immanuel 5-Bar connection)
3. A Refresh Prayer
4. Intentional Thanksgiving (with appreciation)
5. Explore: explore and work with the Presenting Part to resolve conflicts, negative emotion, trauma, and spiritual oppression.
6. Expand: work to expand the connection with God by progressively inviting the other core parts into the relationship—

working to resolve conflicts, negative emotion, and spiritual oppression until all of the heart is in loving relationship with God.

THE COVERING PRAYER

Understanding Spiritual Forces in HeartSync Ministries

Since we've just seen a chapter devoted to spiritual warfare, I will not reiterate the information contained there. Suffice it to say that I've made the scriptural observation that there are a number of different expressions of spiritual warfare that can be employed depending on the circumstances. My experience suggests that one of these expressions in the covering prayer and any subsequent HeartSync Ministries has greatly enhanced gaining spiritual freedom for divided parts of the heart.

When it comes to dealing with divided parts of the heart, I have learned through hard knocks that using what I call "lower-level deliverance" prayers are not effective. Lower-level deliverance prayers typically address what the Greek text identifies as "demons," or demons. The correct protocol for the manifestation of demons is to "*cast them out*," as we see in Matthew 12:24.

However, there are a number of other higher-level spiritual entities that the Greek text identifies as "kosmos" beings, or cosmic powers. A great example of these are found in the very familiar passage of Ephesians 6 where believers are told, "*For we do not wrestle against flesh and blood, but against the rulers, against the cosmic powers over this present darkness, against the spiritual forces of evil in the heavenly places*" (Eph. 6:12, ESV).

A scriptural analysis of evil spiritual forces mentioned after the

resurrection shows that 90 percent of those forces are some form of a cosmic entity, while 10 percent are demons. The protocol for each type is very different. This supports my observation of the ineffectiveness of lower-level deliverance prayers with many of my clients—suggesting that it is predominantly cosmic spirits that oppress parts of the divided heart, attempting to keep them held captive in footholds of deception (See Eph. 4:25-27).

In brief, the scriptural protocol for dealing with cosmic beings is to “*come boldly unto the throne of grace*” (Heb. 4:16) and ask the Lord to rebuke them (Zech. 3:2; Jude 9). The writer of Psalm 82 observed, “*God presides in the great assembly; he gives judgment among the gods*” (Ps. 82:1).

I often teach that spiritual warfare is much like your state or regional government issuing you a license to drive a car. While we may have the authority, given by a higher power, to drive a vehicle—does this mean that we can drive any way we want? Of course not! If you do not follow the rules, you might endanger the lives of others, as well as your own life—and the regional authority will respond by taking your license away. In the same way, while we have been given authority over evil spiritual forces, different protocols, or laws, apply to different kinds of spiritual warfare.

I have learned through thousands of hours of well-intentioned ministry with my DID clients, that the use of lower-level deliverance prayers to cast out a cosmic spirit does not work well, as cosmic spirits simply require a different protocol. Additionally, lower-level deliverance prayers are traumatizing to young parts of the divided heart and tend to result in guardian shut down of the process. I have discovered that the use of “the Lord rebuke you” protocol for cosmic oppression is much more gentle and effective in ministry to divided parts of the heart.

This principle is important to the entire HeartSync process, whether in the covering prayer at the beginning of a HeartSync session, or any time that it is needed during the course of the HeartSync ministry process. The steps to the opening covering prayer are as follows:

1. Confession: knowing that “*he is faithful and just and will forgive us our sins and purify us from all unrighteousness*” (1 John 1:9). I like to do daily confession and invite recipients to confess anything the Holy Spirit brings to mind because we need to make sure that we are cleansed of all unrighteousness before we approach his throne of grace. In HeartSync ministry, it is imperative that the recipient be coached into having and enhancing his own connection with God.
2. Come “*boldly before the throne of grace*” (Heb. 4:16).
3. Ask the Lord to rebuke all cosmic spirits and enhancing his own connection with God.
 - a. that oppose the intercession of the Holy Spirit that has been made for the recipient (Rom. 8:26-27), bringing all such forces into full restraint.
 - b. that will promote a false presentation of Jesus and misrepresent the truth of the Holy Spirit. In light of this point, I like to add the test provided by the Apostle John: “*This is how you can recognize the Spirit of God: Every spirit that acknowledges that Jesus has come in the flesh (with the nail prints in his hands and feet) is from God, but every spirit that does not acknowledge Jesus is not from God*” (1 John 4:2-3).

The Divine Encounter (or The Immanuel 5-Bar Connection):

In HeartSync ministry, it is imperative that the recipient be coached into having and enhancing his own connection with God. Following the covering prayer, we invite the Holy Spirit to bring a remembrance of a particularly close time with God. Dr. Karl Lehman refers to this as an “Immanuel Moment”—which simply means “God with us.” He stresses the importance of making a strong connection—like a cell phone’s five-bar connection when there is good reception.

The Refresh Prayer

Once the five-bar moment has been remembered, we then ask the Lord to refresh the connection with His presence. I have observed that as the Alpha and Omega, Jesus is not confined by time and space and loves to reconnect with us in these places—using them as springboards to further encounters with the rest of the heart. Dr. Lehman observed that if a person could perceive the Lord’s presence at the beginning of a session, that person could stay connected with the Lord, even when working with divided aspects of the heart that held unresolved negative emotion and trauma.

If a person has difficulty connecting with God in this way, I have found it extremely helpful to share a few important promises from the Word of God. These include; “*He will never leave you, nor forsake you*” (Deut. 31:6; Heb. 13:5), as well as, “*Surely I am with you always, to the very end of the age*” (Matt. 28:20). Additionally, it is good to remember that “*God sent the Spirit of his Son into our hearts*” (Gal. 4:6). The issue is not whether He is with us. He is with us! He is Immanuel—God with us. Rather, the issue is our ability to perceive His presence.

Recall what we learned in the theology of the divided heart; that it is the person of the Holy Spirit that continues Christ’s mission to heal the brokenhearted. He is a “*Counselor—the Spirit of truth, who teaches*

you all things” (John 14: 16-17, 26). For most recipients, it helps a great deal to remind them that the Holy Spirit does this by speaking to us in a number of different ways:

- One way He speaks is by the quickening of a scripture, highlighting a particular verse or passage with his light and life. This is the Counselor—the Spirit of Truth, reminding us of everything that Jesus said in his Word (John 14: 26).
- Another way that He often speaks is with the “*still small voice or gentle whisper*” of God described by Elijah (1 Kings 19:12). While it can be audible, it is most often experienced as a gentle inner voice that is not audible.
- The Holy Spirit can also speak to us by giving us knowledge (1 Cor. 12:8). This can be anything from a single word to a complex thought. I’m often reminded of the words of the prophet Hosea; “*My people are destroyed for lack of knowledge*” (Hosea 4:6). The Holy Spirit loves to share knowledge that leads to the restoration of the heart.
- The Holy Spirit sometimes speaks to us in dreams or visions (Joel 2:28). While these can be complex, such as John’s Revelation, they are usually much more simple. Quite often, the Lord gives us a vision of a simple picture in our mind that conveys something about the condition of our heart, as well as a healing interaction with Jesus.
- The Holy Spirit will also “convict us of sin unto righteousness” (John 16:8), by using all the previous ways of speaking to let us know just how divided we are—to systematically reveal all the divided parts of our heart. It is not unusual for the Holy Spirit to provide a picture of a divided aspect of the heart that He wants to engage. At other times, the

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Holy Spirit will provide a vision of what He would like to give some aspect of the heart.

This brings us to a crucial point about your relationship with the Holy Spirit. After stressing the importance of the Holy Spirit to the disciples, Jesus said, “*But when he, the Spirit of truth comes, he will guide you into all truth*” (John 16:13). Note that it does not say, “when Steve or Andrew share their biblical wisdom, it will guide you into all truth.” If you are to be guided into all truth so that “*you will know the truth, and the truth will set you free*” (John 8:32), it is of utmost importance that you connect with the Lord in your own five-bar moment, so you can hear from Him yourself!

Most recipients hear from God in at least one of these five ways, but I also find that most people can be coached to see pictures and scenes that greatly enhance how they hear from God. We all have the ability to imagine or picture things and use this ability for virtually everything we do during the course of the day. For instance, if I’m considering what to wear, I picture in my mind how a particular shirt looks with a particular pair of pants.

The apostle Paul urges the Roman believers:

So you also must consider yourselves dead to sin, but alive to God in Christ Jesus. Let not sin therefore reign in your mortal body, to make you obey its passions. Do not present your members to sin as instruments for unrighteousness, but present yourselves to God...and your members to God as instruments for righteousness.
(Rom. 6:11-13, AMP)

I explain that most people, at one time or another, have used their ability to imagine and picture things in their mind for unrighteous purposes. I can’t remember a person who didn’t readily agree with this. However, Paul tells us to offer this member of our body as an instrument

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for righteousness.

With a simple prayer, we can make an offering of our ability to image things by inviting the Holy Spirit to give a visual that agrees with His intercession for us, as He would like to be seen and perceived. This simple exercise results in most recipients reporting a visual connection with Jesus for the first time. While a visual connection is not necessary for healing, it can enhance the healing interaction tremendously.

Center Stage Ministry: In order to help individuals conceive how this is happening, I came up with the concept of center stage ministry. When we engage the Lord in healing prayer, we become consciously aware of some aspect of our heart. You might think of this part of the heart as an actor that has moved onto center stage in order to focus attention on its related expressions and issues. During the course of the ministry session, the actors can shift, so one or more parts of the heart are on center stage at a given time.

The Importance of Thanksgiving and Appreciation: Once the person is enjoying this connection with the Lord, we instruct them to express thanksgiving to Jesus—what they appreciate about being with Him—and invite Him to respond. This immediately enhances the two-way relationship. In addition, intentionally expressing appreciation releases oxytocin, which prepares the brain for bonding and positive relational connection. I like to say that intentionally expressing appreciation results in deeper bonding to the object of your appreciation.

EXPLORING AND EXPANDING THE CONNECTION WITH GOD

When the recipient enters the five-bar connection with Jesus, it will most often be with one of two core parts, either Function or Emotion. While it is more rare, the Original Self will sometimes be the core part that is enjoying a close time with Jesus. Other times, it is possible that

a sub-divided aspect of a core part may be presenting on center stage.

Whatever part of the heart is in the encounter with Jesus, it is important to allow this connection to deepen. I often invite participation of the person's senses with "What do you see? What are the colors? Is there tactile feelings such as sand between your toes? What is the temperature? What do you smell? What do you hear?" Engaging the senses turns on more of the right brain's relational center and most often results in a much clearer connection with God.

Once a deep connection is established between one part and the Lord, the recipient can then begin to explore the position of other parts in relation to God. Sometimes they are watching from a distance and simply need to know that the relationship with God is just as much for them as any other part of the heart—followed by an invitation to enter in. At other times, they may not be able to see the relationship for a few different reasons that each require a different intervention.

A Guardian with a spiritual assignment is the most common reason for a block in the ability to witness the loving relationship. There are a host of reasons why Guardians take this position that will be addressed in future writings, but most often, they simply believe that relationships are painful, and so block all relationships, including good ones. Of course they do so with the help of a spiritual assignment. It is usually easy to explain this to the Guardian and obtain permission to ask the Lord to rebuke the spirit.

A less common reason involves a type of vow to not see. Parts of the heart that have experienced trauma will sometimes make a vow not to see as a protective measure. The solution involves the minister explaining this to the part of the heart involved and leading them through a renunciation of the vow.

Both of these reasons that inhibit the ability to participate in loving

relationship with God are the result of an internal conflict. Healing for the divided heart will come to a standstill unless opposing views that highlight a conflict can be resolved. For example, in the first reason cited above, the person longs for loving relationships, but based on previous experience in life, believes that relationships are not safe—and so, relational connection is blocked until the conflict can be resolved.

The resolution of conflicts happen best in the context of the divine connection. Sometimes, a simple word from Jesus, or observing Him expressing love to another part of the heart is all it takes for the conflict to come to resolution. Other times, the relationship has to be tested out, giving the part complete freedom to gradually explore—in essence, to "taste and see" that the Lord is good.

Another common conflict is highlighted when a Guardian blocks connection between God and an emotion part that holds unresolved negative emotion and trauma. Recall from chapter 3 that Guardians operate out of a primitive part of the mind that is not capable of reason and does not sequence time. To the Guardian, the intensity of the emotional pain and trauma is just as real and just as overwhelming as the original day the trauma happened—even if it was forty years earlier!

As a result, the Guardian will often block any connection to this emotion part.

The resolution of conflicts happen best in the context of the divine connection.

A huge solution to this dilemma came well over twenty years ago when praying with a woman who was expressing deep pain and trauma. It occurred to me to ask Jesus to take it—and He did! I reasoned that if it was true that

Jesus has "*borne our griefs, and carried our sorrows... was wounded for our transgressions, and he was bruised for our iniquities*" (Isa. 53:4-5, KJV), then by extension, it must also be true that he was wounded for the transgression against us and was bruised for the iniquity against us!

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I simply prayed for the trauma to release and go to Jesus and the finished work of the cross. I have used this prayer thousands of times since with profound effect. I like to say that Jesus paid for it all, and now he has come to collect! Once the trauma is released and the emotion part refreshed and filled with the Spirit of God, the guardian typically has no further objection to the emotion part entering into loving relationship with God. It also makes it much easier for the guardian to do the same.

In this way, the recipient is able to further explore with each and every part of the divided heart—addressing their conflicts, unresolved negative emotion, trauma, and spiritual oppression—until the loving relationship with God has been expanded to include every part of the divided heart!

Prayer:

Dear Lord, as I consider the state of my own divided heart, I trust your expressed desire to heal the brokenhearted—to give me an undivided heart. I truly desire to love You with all of my heart.

Heavenly Father, just as the father brought his son to Jesus for healing, I bring all the parts of my heart to You. I long for every part of my heart to be in loving relationship with You. In the same way as he, I pray, “I do believe; help me in my unbelief (Mark 9:24).”

Give me the grace to bring every hurting part, every protective part, to You. As I do so, I ask you to rebuke every spiritual force that opposes the intercession that you make for me with groanings, too deep for words.

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I thank You that You are always with me and that You have come that my joy may be full. Thank You that you speak to me. Help me to hear You ever more clearly, in every way.

I thank You for all of the ways that You pursue every part of my heart with Your unrelenting and amazing love. Help me to come into full agreement with Your daily intercession for me. Amen.