

YouTube

Episode 1 - May 18, 2020

[0:23](#) God is at work
[3:23](#) Our plans for this year have been changed
[6:40](#) New material and training introduction
[11:23](#) The purpose of TPM
[14:47](#) Transformation vs self effort
[17:42](#) Bare the fruit of the Holy Spirit instead trying to do the fruit of the Holy Spirit
[19:34](#) How do we get to a place where the fruit of the Holy Spirit being produced
[20:32](#) Heart belief vs intellectual belief
[21:33](#) I feel whatever I believe
[24:13](#) The disciples were afraid because of their beliefs, not the situation
[26:15](#) The purpose, principles and process of TPM
[29:09](#) The problem is that you don't know the truth
[33:33](#) Administrative Q&A
[36:34](#) Does TPM work for non christians
[39:29](#) Nancy: Didn't work for my son because he didn't want to hear Jesus or God
[41:48](#) How to get the materials for free

Episode 2 - Jun 1 2020

[0:53](#) Lessons from a lifestyle of examining my perspective
[3:25](#) Viewing what is going on through the lens of someone with God's perspective
[4:55](#) What does the church look like without Sunday morning
[5:54](#) All that is happening in the world today in the context of TPM
[14:06](#) The introduction of the three P's
[14:38](#) "The purpose of TPM"
[18:18](#) "The principles of TPM"
[19:26](#) "The process of TPM"
[25:12](#) There are no emotionally wounded people in the world
[26:30](#) You feel what you believe
[33:12](#) The pain we feel is purposeful
[34:50](#) The roles of TPM
[36:36](#) What TPM is NOT
[41:23](#) Doing good things for the wrong reasons is missing out on benefits just like those doing bad thing
[49:23](#) The focus of TPM
[50:20](#) Faith in the context of TPM
[56:30](#) Similarities between emotional pain and physical pain
[59:14](#) Bad things happen and people do bad things
[1:01:26](#) James 4:8 sinners and double minded
[1:03:33](#) When Jesus had negative feeling they were truth based
[1:04:37](#) Negative situations didn't affect Jesus's feelings
[1:11:45](#) Q: Are their guidelines for doing TPM on yourself
[1:13:58](#) How I do a TPM session with myself
[1:17:47](#) TPM with a dissociated person
[1:18:50](#) Bruce: If a person is not going to a childhood memory is that a solution
[1:26:12](#) During a session on myself, do I need to go to a memory twice before going to the memory box

Episode 3 Jun 8, 2020

[2:10](#) TPM is for a time such as this
[5:42](#) What if you can't name the emotion
[10:26](#) Bruce: If the mentee doesn't hear from God, where do they go after the transformation box
[17:12](#) How do you deal with someone who is continuously sobbing
[18:15](#) TPM networking

[21:25](#) What if I am doing TPM on myself and hit a wall that I can't get through
[25:33](#) The importance of TPM for your life rather than "helping the wounded"
[28:05](#) Identifying with Carl - trying hard to live victoriously
[29:25](#) The problem with trying to overcome sin
[32:10](#) Our emotions reflect what we feel in our hearts
[36:12](#) Carl's 3 issues: Trying to overcome sin; Trying to suppress his emotions: Trying to produce the fruits of the Spirit
[36:55](#) We can't do the fruit, but we can position ourselves so that God can do those things through us
[38:51](#) The struggle shows you that you are trying instead of God doing
[44:01](#) What is more important to God
[45:13](#) It is the work of God that brings transformation
[46:28](#) Should we just sit and wait for God to change us
[48:48](#) What is the TPM process
[51:05](#) There is nothing spiritual about the process
[55:05](#) God has designed us to naturally take these steps when we stop resisting taking them
[58:58](#) TPM is a positioning prayer for accepting the persuasion from God
[1:01:50](#) When you believe the truth with your heart, you will bear the fruit of the Holy Spirit
[1:04:10](#) The purpose of the process
[1:10:18](#) Flowcharts
[1:11:40](#) What if the mentee bounces from memory to memory
[1:15:10](#) Question about which memory is important
[1:17:14](#) Bruce: If a mentee goes to an adult memory twice, what happens
[1:19:30](#) What about someone with lots of trauma
[1:24:14](#) TPM for someone with aspergers
[1:25:03](#) Finding the same reaction with different people
[1:26:26](#) TPM and kids
[1:32:39](#) Bruce: No specific memory, but general memory keeps coming to mind

Episode 4 Jun 15, 2020

[1:04](#) Cute baby shot
[2:38](#) Another baby shot
[4:49](#) Question about hearing from God
[6:20](#) The history of TPM
[17:11](#) Knowing what to do with your feelings
[20:25](#) My role is to equip others for the journey
[23:18](#) TPM not using guided imagery and why
[27:41](#) Every session I want the mentee to learn more about 3 things - the purpose, principles and the process of TPM
[30:20](#) Example of teaching the principles during a session
[40:02](#) Negative emotion can be truth based, but for the most part it comes from lie based beliefs
[41:23](#) 1) Reframe life's difficulties
[42:16](#) 2) Choose to take responsibility for our own emotional and spiritual state of being
[42:44](#) 3) Intentionally and purposefully implement a working strategy for positioning ourselves to participate with God in his refining work
[44:26](#) 4) Discard the premise that we can bring about genuine transformation ourselves through our own effort
[45:34](#) A walkthrough of the TPM map
[51:53](#) Map overview: Emotion box
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[57:30](#) Map overview: Belief box
[1:00:50](#) Map overview: Truth box
[1:00:51](#) Map overview: Transformation box
[1:01:19](#) Map overview: Clock principle - Using your session time wisely by offering orientation
[1:07:40](#) Q: What do you do after the truth box if it doesn't go to "plan"
[1:09:19](#) Addressing guilt, shame, self-blame and disappointment
[1:18:28](#) Addressing grief, sadness, anger

[1:19:13](#) Addressing anger at the devil
[1:22:08](#) What if I don't know what I am feeling
[1:26:38](#) If you have been convinced of something, it will feel like that something is true
[1:28:47](#) In the midst of the fire God is refining his church
[1:31:21](#) We no longer ask Jesus to take someone to a memory

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[4:31](#) Kathy: What if someone is feeling disappointment, shame or guilt
[6:40](#) Memory box flow
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[21:10](#) How do you get people to embrace pain and connect with their emotions
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[33:36](#) Paradigm shifts
[34:20](#) Paradigm shift - Negative emotion is a good thing
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[36:40](#) Paradigm shift - God has not called me to fight the devil
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[40:06](#) Paradigm shift - From performance to transformation
[45:45](#) What is faith
[51:30](#) Why do people come for a TPM session
[57:48](#) I do this in every session with new people
[1:04:46](#) Starting a session - listening for emotion
[1:07:29](#) The emotion box
[1:11:48](#) A mentor should never guide or assist anyone in looking for a memory
[1:13:05](#) What if the mentee starts to have a very strong emotion response
[1:18:09](#) Response to the second question in the emotion box
[1:20:16](#) If the mentee skips to what sounds like a heart belief
[1:26:22](#) Leaving the emotion box

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[8:36](#) Doing TPM over the internet
[11:54](#) Linda: What if a person gets truth and then denies it
[19:08](#) If someone doesn't believe in God can they do TPM
[20:39](#) So much has changed from the last version
[23:06](#) If someone leaves without having received truth from the Lord
[28:01](#) Can I have help setting up my donation account
[28:45](#) How is working with teenagers different
[29:14](#) What can you do with someone who is going through psychiatric help
[30:01](#) Double-mindedness
[34:17](#) Doubt is an expression of belief in something contrary
[35:42](#) The end goal of a TPM session
[37:25](#) Example of asking God for wisdom while being double-minded
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[46:07](#) How we tend to make decisions
[48:27](#) Remembering is automatic while not remembering is a choice
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[57:14](#) Asking the second question in the emotion box
[1:00:23](#) How do we know we have moved to the memory box
[1:05:14](#) Emotion flow chart
[1:07:08](#) ROLE PLAY: Emotion box - tired
[1:14:42](#) ROLE PLAY: Memory box - in the 3rd grade
[1:16:20](#) Do you still have an opening prayer before you start sessions

[1:17:17](#) Associating with a memory outside a "TPM session"
[1:20:16](#) Should I use the old material to orientate people
[1:24:48](#) Does the mentee have to read the book
[1:27:23](#) TPM is a lifestyle change
[1:31:00](#) What if someone is ok with Jesus but not the heavenly Father

Episode 7 Jul 6, 2020

[7:45](#) Jessica: How can we tell if we have mastered TPM
[11:22](#) Why does the book say that TPM doesn't deal with shame and guilt
[15:32](#) PARADIGM SHIFT 3: From battle to victory
[15:54](#) - [16:38](#) Joshua messes up the take!
[16:39](#) Misunderstanding of biblical victory
[21:16](#) How does the bible describe victory
[26:45](#) Victory as a state of being
[28:48](#) The positional victory theory
[31:02](#) It is not a position problem, it is a sight problem
[33:12](#) Victory is not maintained by us
[35:21](#) If it doesn't feel true, you have not yet been convinced that it is true yet
[40:25](#) Struggle is not an indication that you don't have victory, it indicates that you don't know you have victory
[41:50](#) Christ's victory and our victory are the same victory
[44:05](#) The goal of TPM - a refined faith
[46:25](#) Memory box flow chart
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[58:41](#) Clarification about the map vs the flowchart
[1:02:00](#) Daisy: Would TPM work for a person with autism
[1:05:42](#) TPM with children
[1:06:27](#) How do you know you have heard from God
[1:13:20](#) TPM with someone who is physically incapable of following the process
[1:14:38](#) If the lie still feels true, is this a solution
[1:17:17](#) If someone says they don't want to present it to the Lord
[1:20:58](#) What if they don't believe in God

Episode 8 Jul 20, 2020

[3:33](#) Is there a script for teaching how to do TPM
[8:10](#) When is the looping question asked
[8:44](#) Rebecca: I get stuck when association isn't working and no solution belief feels true
[13:25](#) The memory box objective
[14:00](#) Principles of the memory box - As a mentor, you don't need to know the memory content
[15:40](#) Principles of the memory box - As a mentor, you are not responsible to determine the accuracy of a memory
[20:12](#) Principles of the memory box - The only information that is necessary in the memory box are the answers to the three questions
[25:25](#) Know and understand legal guidelines of your state or area
[26:10](#) Mentee doesn't need to tell what is going on in the memory
[28:05](#) What is a heart belief
[31:47](#) Heart belief vs assumptions and conclusions
[35:32](#) Always as the questions in the present tense
[37:15](#) In the memory box, how to know which question to ask
[41:50](#) ROLE PLAY #1 - Memory box - Uncle is coming down the hall
[50:11](#) ROLE PLAY #2 - Example of looping vs repeating the same emotion
[53:08](#) The role of the looping question in moving on to the belief box
[55:47](#) ROLE PLAY #3 - Back story
[56:16](#) Roberta: Why do we ask the mentee to close their eyes
[1:00:33](#) ROLE PLAY #3 - Emotion box - stressed over the broadcast
[1:01:35](#) Notice that the question is present tense

[1:05:00](#) ROLE PLAY #3 - Emotion box - stressed over the broadcast
[1:08:54](#) ROLE PLAY #3 - Memory box - 4th grade project due
[1:14:10](#) ROLE PLAY #3 - Belief box - I am inadequate
[1:15:44](#) ROLE PLAY #3 - Truth box
[1:16:50](#) ROLE PLAY #3 - Transformation box (role play kinda ended)
[1:18:00](#) Jessica: Is there a flowchart for belief box, truth box or transformation box
[1:22:30](#) When should you comfort the mentee
[1:25:22](#) Michael: Can a mentee move from the memory box to the belief box without doing the looping question
[1:27:43](#) Anthony: If the mentee does not hear anything from the Lord when asking the truth question what do you do
[1:32:04](#) Bruce: Could you explain a mentee's response where the feeling words are a belief
[1:33:22](#) Don: If a person is in the anger box and then goes back to the emotion box
[1:35:07](#) Michael: How do we pray for a person that doesn't want to position themselves to receive from God
[1:41:04](#) Robert: Is TPM not intercessory prayer any more
[1:45:24](#) Jeff: If someone will not do TPM does that mean they are in a solution
[1:47:37](#) Debbie: Why is it called a solution box

Episode 9 Jul 27, 2020

[9:31](#) Jessica: In TPM sessions we are discouraged from suppressing emotion, but what do we do in real life
[18:59](#) What about anger that arises but you can't figure out where it is coming from
[23:36](#) Negative emotion is not toxic, but rather a warning indicator that is pointing to what is wrong
[25:02](#) Emotion can be trusted when helping us identify what we believe in our heart
[27:04](#) The pain feels bad, but it is good
[27:39](#) Injury to eye example of pain being good
[28:47](#) Injury to foot example of pain being good
[33:54](#) The role of the mentor when faced with a mentee who is feeling painful emotions
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[37:19](#) How to benefit from pain
[38:50](#) How do I find the source of the belief
[39:32](#) Emotions as a motivator
[40:04](#) Situations expose the belief that already existed
[44:00](#) The most difficult principle to grasp in TPM - My emotions are mine and I am responsible for them
[45:19](#) The belief box
[47:10](#) Looking for what feels true even if you know intellectually that it is not
[52:15](#) It is important to write down the exact words they use to describe the heart belief they are offering to the Lord
[54:00](#) Equip the mentee
[59:00](#) ROLE PLAY - introduction
[59:22](#) ROLE PLAY - Emotion box - Afraid
[1:03:45](#) ROLE PLAY - Memory box - Bully beating him up in junior high
[1:06:45](#) ROLE PLAY - Belief box - Weak and powerless
[1:07:17](#) ROLE PLAY - Transformation box
[1:09:10](#) ROLE PLAY - Truth box
[1:09:26](#) ROLE PLAY - Clock principle
[1:09:32](#) ROLE PLAY - Emotion box
[1:10:28](#) Detecting transformation
[1:12:06](#) Amanda: Is there any scripture that supports the statement "you feel what you believe"
[1:13:44](#) Feeling triggered because of medication as an example of feelings that are non-related to belief
[1:17:12](#) Jesus asks "why are you afraid" during situations that
[1:18:38](#) What do you do when a mentee uses intellectual belief in response to the heart belief
[1:25:52](#) What am I believing if I feel something but don't usually connect it to a memory

Episode 10 Aug 3, 2020

[7:48](#) Asking questions on the map in the present tense instead of the past tense
[11:14](#) Demonstration video on self administering TPM
[12:55](#) Having difficulties describing how TPM is a life style

[18:53](#) What TPM offers as an alternative to simple pain management
[20:18](#) No one or anything is responsible for what you feel
[21:12](#) God's purpose for a trial is not to see what you can stand, but instead it is to refine our faith
[23:41](#) We don't say everyone gets through the trial to encourage you, but to show you that getting through is not the point
[25:00](#) Every difficulty is a gift from God; an opportunity to benefit from it
[28:00](#) God may not bring the evil into your life, but he does use it to refine your faith
[29:33](#) When God is for us, who can be against us
[31:11](#) Blaming the past, to owning the present
[34:07](#) Example of "memories don't produce pain" from someone who was sexual abused
[36:10](#) The role of memory in TPM
[39:15](#) Brief description of the TPM map
[40:52](#) Introduction to the truth box
[43:40](#) TPM is different in that the mentor never ever gives insight or directs or speaks for the Lord
[46:08](#) Example of it being tempting to use the response in the truth box as an indication of what God is doing
[52:01](#) The "lost question" and when it is asked
[56:44](#) What is the purpose that memory serves in the process of TPM
[58:59](#) Why do we use memory if what we are currently feeling is what we are currently believing
[1:03:35](#) Can you just take your feelings to the Lord, asking him to tell you the truth about your feelings
[1:05:13](#) What to do after the transformation box
[1:08:11](#) Old vs new training after the truth box
[1:11:01](#) How do you know if you are too messed up for TPM and need psychotherapy

Episode 11 Aug 10, 2020

[10:15](#) How can TPM be used for people going through difficult life circumstances
[12:22](#) How do you help little children hear from God
[14:51](#) Chapter 10 - Paradigm shift - Satan as a imposing threat to a beneficial tool of God
[16:30](#) Questions that expose Satan's lack of power
[22:00](#) Story of demonized person actually being in executive control but deceived to thinking he wasn't
[23:49](#) The demonized man in the tombs interacting with Jesus
[25:55](#) Misunderstandings allowing for manifestation 1) Mentor thinks the mentee is a victim of the devil who needs rescue
[26:22](#) Misunderstandings allowing for manifestation 2) Mentor has failed to acknowledge that the mentee has free will and is compliant
[26:39](#) Misunderstandings allowing for manifestation 3) Mentor is ignoring the reasons the demon is there
[27:05](#) Mentee may be ignorance of who is in control and the purpose for the demon's presence is fulfilling
[30:27](#) How do I deal with the devil
[33:11](#) The demon is never the problem
[35:58](#) The armor of God
[38:18](#) What to do if someone comes to you feeling like a victim of demonization and feels the need to be rescued
[40:27](#) Story of demonized woman who thought she was controlled by demons
[43:11](#) Demonic activity in the truth box
[45:36](#) Moving from the solution box to the belief box
[50:44](#) In the belief box you will be getting the bench mark
[55:30](#) How do we know what the person is saying is God's truth
[56:58](#) Has there been a shift in their belief, not just their emotion
[58:04](#) Emotional pain overriding existing peace
[1:02:57](#) The mentor's role is to teach the 3 P's of TPM so that the mentee is equipped to apply the process on their own
[1:08:36](#) If we spending effort trying to perform the fruit, it's because you don't know the truth in our heart
[1:12:46](#) Do you have to verbally say 'No' to resist the devil
[1:15:07](#) What if you check for transformation, but later on, it seems to be different

Episode 12 Aug 17, 2020

[0:35](#) World in a mess
[7:15](#) Q: Truth based pain overview
[11:17](#) Eric: How can you use TPM with an unbeliever
[13:58](#) Jarod: Do we care about the age of the person in the memory or is it just about the memory coming up twice
[17:36](#) Marilyn: Do you start the session out with a prayer
[23:23](#) Sin is not the problem
[26:57](#) Do we have an old heart and new heart at the same time - No
[31:07](#) Why are we drawn to sin
[35:40](#) How do we approach sin in a ministry session
[36:30](#) Victory and battle cannot coexist
[37:07](#) Sin as a solution
[40:01](#) The Bicycle analogy - heart belief and solution belief are two wheels of the bicycle
[45:50](#) Using an affair as a solution to the pain of heart belief
[47:50](#) Confession and repentance definitions
[51:04](#) Confess and repent different than that what is typically thought of
[58:04](#) Kathy: In the affair situation, is the lie that the affair makes him feel good
[1:00:16](#) Linda: Link to <https://biblehub.com/>
[1:00:50](#) Bruce: You could talk about the translation of repentance every week
[1:05:22](#) Being persuaded to believe what is already true
[1:09:15](#) Anthony: If a person cries every time we have a session, what can I do to stop that

Episode 13 Aug 24, 2020

[3:40](#) If someone expresses anger in the memory box, do you immediately go to the anger box
[5:10](#) Karen: If its truth based pain and they are still carry the burden do you go to solution box
[7:26](#) Rick: On page 85 in the process book, is it mistakenly written in the past tense
[10:47](#) Crazy silly dream that Ed used TPM on
[14:54](#) Elsy: What are the reasons that the lie still feels true
[17:30](#) PARADIGM SHIFTS: From performance to genuine transformation
[18:42](#) PARADIGM SHIFTS: Double-mindedness
[22:26](#) PARADIGM SHIFTS: From battle to victory
[25:40](#) PARADIGM SHIFTS: From toxic emotions to trustworthy friend
[26:46](#) PARADIGM SHIFTS: From enduring to benefiting
[28:55](#) PARADIGM SHIFTS: From blaming the past to owning the present
[31:23](#) PARADIGM SHIFTS: From Satan as an imposing threat to being a beneficial tool
[34:04](#) PARADIGM SHIFTS: From sinful hearts to letting go of sinful solutions
[38:32](#) Sinful behavior is a solution for the pain the lie creates
[39:58](#) The solution box
[41:53](#) 1) The perceived problem
[42:15](#) 2) The solution behavior
[47:32](#) 3) The solution belief
[49:55](#) You will find yourself in this box a lot
[56:30](#) No discipline or willpower is required to bear the fruit of the spirit
[57:14](#) The solution box flow chart
[1:27:33](#) The common solution of eating
[1:24:53](#) ROLE PLAY - Emotion box - feeling nothing
[1:26:38](#) ROLE PLAY - Solution box - suppressing emotions
[1:27:39](#) ROLE PLAY - Belief box - by blocking out the pain it keeps me from being overwhelmed by it
[1:27:50](#) ROLE PLAY - Truth box
[1:28:20](#) ROLE PLAY - Transformation box
[1:28:50](#) ROLE PLAY - Emotion box
[1:29:30](#) ROLE PLAY - Anger box - toward boss
[1:29:43](#) ROLE PLAY - Solution box - holding on to anger
[1:32:04](#) ROLE PLAY - Belief box - by holding on to the anger you keep him from doing what he is doing

[1:32:14](#) ROLE PLAY - Truth box
[1:33:03](#) ROLE PLAY - Transformation box
[1:33:33](#) ROLE PLAY - Emotion box - still angry
[1:33:48](#) ROLE PLAY - Anger box - towards boss
[1:33:53](#) ROLE PLAY - Solution box -
[1:35:06](#) ROLE PLAY - Belief box - holding on to the anger holds him accountable
[1:35:19](#) ROLE PLAY - Truth box
[1:35:33](#) ROLE PLAY - Transformation box
[1:36:33](#) Matt: Would you consider confusion to be a solution or an emotion
[1:39:13](#) Byron: Are there other passages about "we feel what we believe"
[1:41:08](#) When do you know that a perceived problem becomes a solution belief

Episode 14 Aug 31, 2020

[2:01](#) Interesting times being used to refine his church
[4:03](#) Question about when and if we will revise the "dealing with difficult cases" materials
[7:38](#) Question about connecting with other good mentors
[9:24](#) Julie: How do you introduce people to TPM
[12:08](#) Lincoln: Is the third question in the solution box really necessary
[27:27](#) What if a person dissociates during a session
[30:28](#) Beliefs established before the age of 12
[32:27](#) Can you use TPM with something you read in the bible that doesn't feel or seem true
[39:07](#) The 3 P's of TPM
[39:39](#) The purpose of TPM - refine our faith, renew our minds, and transform our lives
[42:12](#) Example of the refiner's fire
[45:07](#) Faith is anything and everything we believe in our heart
[51:34](#) Mind renewal results in transformation
[53:40](#) What is transformed
[1:01:34](#) TPM does not diagnose or require a diagnosis
[1:03:50](#) What and who TPM is for
[1:06:46](#) Elise: What do I do if I feel numbness
[1:09:54](#) Rebecca: Question about solutions
[1:18:02](#) Rebecca: If they never receive transformation
[1:23:03](#) Amanda: Is it possible that we don't address our lies completely

Episode 15 Sep 14, 2020

[2:25](#) Josh goes over the study guide
[6:26](#) The anger box and anger principles
[9:39](#) Giving the devil opportunity - holding on to your anger
[13:43](#) Characteristics of anger - drowns out other emotions
[14:43](#) Characteristics of anger - it can be elusive
[15:24](#) Characteristics of anger - impairs our ability to hear
[15:48](#) Characteristics of anger - it is felt towards others
[17:17](#) Anger dealing with anger in the process
[20:56](#) Reason for moving to solution box when anger is directed and any one or thing other than God
[22:46](#) Workflow for anger towards God
[27:00](#) Workflow for anger towards something or someone other than God
[35:26](#) Typical workflow after dealing with the anger issue
[41:37](#) Example of feeling angry towards God
[43:27](#) Example of not hearing from God if you have unaddressed anger toward him
[45:50](#) Anger box overview
[53:34](#) Bruce: If the second question in the anger box is not working, can we change the question a bit
[58:58](#) Brooke: Is disappointment on the anger spectrum
[1:30:28](#) Bruce: Why don't we ask the mentee if they are angry when it is obvious that they are
[1:06:00](#) You never want to lead or guide during a session

[1:09:00](#) Amanda: If someone is suicidal is it wise to do TPM at that time
[1:14:27](#) Q: If people can't hear from God is that a solution behavior or a lie they are believing

Episode 16 Sep 28, 2020

[0:17](#) Report on recent surgery
[10:00](#) Truth based emotional pain
[13:07](#) Some of the negative emotions that God feels
[13:58](#) Some truth based emotions that we feel
[15:03](#) Truth based emotions verse lie based emotions
[18:33](#) What God wants to do with our truth based emotions
[19:30](#) God carrying our sorrows and grief
[22:09](#) Illustration of God carrying our burdens
[25:14](#) Reason we are still carrying the burden - 1) Is in a time for weeping
[27:34](#) Reason we are still carrying the burden - 2) Ignorant of the truth
[27:52](#) Reason we are still carrying the burden - 3) Has a lie based reason for holding on
[28:15](#) The time for weeping
[29:40](#) The reason for holding on to the truth based pain
[34:31](#) The protocol for truth based emotion
[1:08:00](#) Is it helpful to say sadness is normal and you can't fix normal
[1:17:08](#) Solutions and workflows
[1:21:18](#) Solutions on top of solutions
[1:26:18](#) The only path that you will end up with truth based pain
[1:32:20](#) Is this too long to grieve
[1:40:14](#) Is this a truth based worry about our finances
[1:42:30](#) The zoomed out larger purpose of TPM

Episode 17 Oct 5, 2020

[6:27](#) Greer: Will new videos replace the current ones
[10:36](#) What is the difference between heart refinement, purification and mind renewal
[14:44](#) The last chapters
[15:59](#) Breaking vows
[24:11](#) Vows don't have power
[24:45](#) Role play of vow
[29:44](#) A word of knowledge and prophesying
[31:20](#) Interpretation of dreams
[32:47](#) Returning to the same memories
[36:07](#) Womb memories
[45:00](#) Difference between mind renewal and faith refinement
[47:47](#) Person hearing voices so can not move forward

Episode 18 (Q/A) Oct 12, 2020

[9:17](#) Being triggered
[14:00](#) Responding to "I know it's my stuff, but I am just not ready to deal with it right now"
[17:34](#) Responding to "I am just under spiritual attack"
[20:08](#) Responding to "I just like something sweet"
[26:31](#) Trying to perform the fruits of the Holy Spirit
[27:54](#) TPM is not focused on behavior but sees behavior as an indicator
[28:16](#) Indicators that we have been triggered - Negative emotions
[31:10](#) Indicators that we have been triggered - Other people's reaction to you
[36:52](#) Indicators that we have been triggered - That's just who I am
[40:24](#) Indicators that we may have been triggered - Leaning on spiritual gifts
[47:20](#) TPM is an important spiritual discipline
[49:14](#) Stop fighting and resisting, and sit down and listen to what God is wanting to say
[56:26](#) What is your encouragement for those who are willing to do TPM but feel stuck

[59:18](#) Remove the idea that something has to happen during a session

[1:03:31](#) What makes us ready to receive truth

Episode 19 (Q/A) Oct 26, 2020

[6:30](#) Discount on bulk book orders

[10:37](#) Solution box flow chart

[21:13](#) ROLE PLAY: intro - angry at my mother

[21:54](#) ROLE PLAY: Solution box #1 angry at my mother

[23:32](#) ROLE PLAY: Solution box #2 no memory comes to mind

[25:30](#) Take time to orientate during your sessions

[36:06](#) Amanda: What do you do if someone keeps going from memory to memory

[38:07](#) Amanda: How would you go about sharing TPM with church leadership

[43:37](#) TPM defined

[55:00](#) ROLE PLAY: intro - solution on a solution

[57:17](#) ROLE PLAY: Solution box #3 it would be pointless to move on

[1:03:01](#) Is TPM being used for veterans

[1:05:51](#) Does disgust fall into the anger family of emotions

[1:09:36](#) Sharron: Is it truth based pain when I feel out of control because I was really out of control

Episode 20 (Q/A) Nov 2, 2020

[1:13](#) Difficult times exposing our heart beliefs

[13:33](#) Bruce: When the mentee gives you a belief and emotion, which question do you ask

[17:56](#) Why not share the feeling categories

[26:22](#) Is there any way to get the mentee out of numbness

[31:51](#) Don't be surprised if you find yourself in the solution box often

[36:19](#) Can you give an example of a "state of being belief"

[41:39](#) How critical is memory on the healing process

[57:28](#) The trust and authority principle

Episode 21 (Q/A) Nov 9, 2020

[0:22](#) Election comments

[13:48](#) She believes the bible with all of her heart, but sometimes it doesn't feel true

[21:03](#) Do the video names match the chapters and how do we download them

[28:10](#) What do you do if someone answers with "I don't know" and what is a good question in the solution box

[34:29](#) Can you address introducing TPM to atheists or agnostics

[44:12](#) How do you tailor TPM for kids

[57:37](#) What would your life have been like if your parents taught you these principles...

[59:59](#) The Christian life is a journey of discovering...

Episode 22 (Q/A)

[4:53](#) Faith and the assurance of salvation

[10:24](#) What is keeping me from entering into that faith

[15:59](#) Is faith a feeling

[17:40](#) What about "hold harmless" agreements that you used to use

[21:10](#) Losing weight and the HAM diet

[26:40](#) How can I assist a child who played with tarot cards and now has great fear

[31:27](#) How did you gain the since that you are full

[33:26](#) There is a major difference between acting like Jesus and being like Jesus

[38:24](#) Needing help with a disengaged mentee

[45:45](#) Laura: Can TPM help with a loved one who claims they suffer from religious trauma syndrome, and are falling from faith

Episode 23 (Q/A)

[no audio until [1:18](#), but it is soft for the whole video - AND ED AND JOSHUA SWITCHED SEATS!!!]

[1:50](#) Maria: When can I have a membership to be trained
[3:44](#) Excitement for the upcoming book
[7:14](#) How long before you could do TPM on yourselves instead of continuing in your solutions
[9:48](#) Matt: Can you go over the looping question in the memory box
[12:28](#) Matt: Could you go over the third question in the memory box when a heart belief is reported
[13:11](#) Matt: What if they never loop
[15:10](#) Linda: Is it important to land on the same memory twice before moving on
[20:48](#) Jeff: Understanding 1 Corinthians 11:1 and Ephesians 5:1 in regards to imitating Christ
[26:04](#) Living from a place of rest
[28:24](#) Amanda: Isn't self discipline a fruit of the spirit
[32:18](#) Michael: What does the bible mean by working out you salvation with fear and trembling
[35:50](#) Do you have any ways to help someone own what they feel
[43:31](#) Bruce: How do we respond to someone who brings up "running the race" and "disciplining my body" 1 Corinthians 9:24-26
[53:12](#) One of the biggest freeing truths - I am not my physical body
[53:36](#) The next big truth - The thoughts and beliefs that I have, are not me, they are thoughts and beliefs that I have
[57:44](#) Jeff: The earth suit - Bill Gillham

Episode 24 (Q/A) Nov 30, 2020

[15:15](#) David: Is TPM a powerful tool for evangelism too
[20:25](#) Offering TPM to non believers
[23:25](#) A big part of the reason why people don't seem interested in taking the time in learning TPM
[29:18](#) David: Asking TPM questions when someone starts sharing their emotions
[35:24](#) I am told over and over that the mentee doesn't like to read
[36:00](#) Purpose is the most important of the three P's
[37:03](#) How to experience the fruit of the Spirit
[42:20](#) We aren't meant to work against what God has done
[45:00](#) Jeff: Do you think most American Christians are more focused on discipline
[48:38](#) Chapter 12 of the Essentials book has a summary of the TPM purpose
[52:25](#) Isn't discipline needed to renew your mind
[56:54](#) David: ...feeding the hungry, clothing the naked....

Episode 25 (Group Night - ANZ) Dec 7, 2020

[1:18](#) Introduction to the in studio guest Pete
[4:04](#) Introduction to Warrick (Pete's dad)
[6:11](#) Introduction to Carol (Pete's mum)
[7:46](#) Introduction to Jenny
[9:09](#) Introduction to Chris
[11:22](#) Introduction to Andrew
[12:26](#) Introduction to Jane
[13:01](#) Introduction to Lincoln and Irene
[16:02](#) Introduction to Mark
[19:03](#) Introduction to Joy
[20:15](#) Introduction to Tash
[21:52](#) Pete - the prequel
[25:03](#) Joshua - the prequel
[27:24](#) Jane: Role play with me as a mentee
[46:00](#) Offer orientation when it becomes clear that the mentee doesn't understand the process yet
[46:16](#) The emotion box
[48:07](#) Jane: What if the person rejects what God says
[52:52](#) Carol: Once you present the belief to the Lord, are you committed to the transformation and then emotion box
[56:17](#) Carol: How do we recognize layered solutions and how do we approach it
[1:00:03](#) Carol: What if you work through a solution multiple times with the same result
[1:06:30](#) Mark: What if they don't want to let go of their anger

[1:11:50](#) Mark: But are you assuming that they want to get rid of their anger
[1:15:28](#) Jenny: How do you get the mentee to bring out their heart belief
[1:19:27](#) Carol: If they say what could be a heart belief, but then go back to assumptions, do you point out the heart belief
[1:26:18](#) Chris: How do you get people to take it on as a lifestyle without making everyone go through such a heavy training
[1:28:56](#) God is doing a work in us every day and TPM helps us get into sync with what He is doing
[1:34:44](#) Lincoln: How do we explain dealing with the same or similar issues after receiving truth from the Lord
[1:42:26](#) Example of resolving our lies
[1:47:00](#) Carol: Introduction

Episode 26 Dec 14, 2020

[1:40](#) Michael: If you were to share TPM with a church for the first time, what would you share
[1:50](#) TPM INTRODUCTION: The purpose and principles, not the process
[2:04](#) TPM INTRODUCTION: Understanding the benefit of troubles in their life - negative emotions are not toxic, but are a gift from God
[3:08](#) TPM INTRODUCTION: We feel what we believe
[4:12](#) TPM INTRODUCTION: Pain lets us know that something is wrong
[5:10](#) TPM INTRODUCTION: The refiners fire expose the lies which feel bad because we believe them to be true
[5:30](#) TPM INTRODUCTION: TPM has a process by which we position ourselves to receive the truth to replace that lie
[5:45](#) TPM INTRODUCTION: Share your own testimony about being transformed to effortlessly believe the truth and produce the fruits of the Holy Spirit
[6:04](#) TPM INTRODUCTION: Explain the fruits of the spirit
[6:56](#) TPM INTRODUCTION: Invite them to get the TPM material and possibly embrace it as a church
[7:12](#) Approach if from the purpose first
[9:42](#) Jared: How does not trying to act like God fit with the Ephesians verse about being imitators of God, and the armor of God
[13:14](#) What is it that is hindering me from effortlessly producing the fruit of the Holy Spirit
[14:16](#) The armor of God is a description of who you are / what you possess in Christ
[17:30](#) The battle is won and the war is over
[20:39](#) Elise: Emotion question in the emotion box vs Emotion question in the memory box
[24:42](#) Amanda: If they are feeling something but no memory comes to mind, are they in the solution box
[26:46](#) So many memories about that feeling, what do I do
[30:07](#) Bev: How long do you want in the truth box during self TPM
[35:32](#) Is gratitude a fruit of the Holy Spirit and should we act like we are grateful if we aren't
[38:13](#) TPM is a life journey, and you will get those opportunities again
[41:10](#) Diane: Is brain fog a solution
[43:41](#) Don't look for the memory, let association work
[45:00](#) Don't make physical healing the goal
[48:23](#) Bev: After the truth box, if nothing happens, when do we move on
[52:04](#) Sharron: So we don't need to go to the first time we remember believing that
[53:45](#) Can you do TPM if you are not a strong Christian
[55:22](#) How young can you start working with children

Episode 27 Dec 21, 2020

[3:30](#) Christmas use to bring up bad feelings for me before doing TPM
[7:12](#) Jeff: Is 2 Corinthians 2:4 an example of truth based pain
[15:26](#) Amanda: Is feeling you are out of control truth based pain
[19:08](#) Ed remembers an anxiety filled Christmas
[22:38](#) ROLE PLAY - Introduction
[23:11](#) ROLE PLAY - Emotion box - stressed overwhelmed
[27:05](#) ROLE PLAY - Solution box - nothing comes to mind
[32:30](#) ROLE PLAY - Belief box - by blocking it out it keeps him from being overwhelmed
[32:50](#) ROLE PLAY - Truth box

[33:10](#) ROLE PLAY - Transformation box
[37:47](#) ROLE PLAY - Emotion box - anxiety
[40:54](#) ROLE PLAY - Memory box - didn't mow the grass and dad will be mad
[48:44](#) ROLE PLAY - Belief box - he is helpless and powerless
[50:54](#) ROLE PLAY - Truth box
[51:44](#) ROLE PLAY - Transformation box
[53:00](#) ROLE PLAY - Clock
[53:09](#) ROLE PLAY - Anger box - never enough time
[54:05](#) ROLE PLAY - Solution box
[54:57](#) ROLE PLAY - Belief box - being angry insures that he squeezes a bit more time out of Josh
[55:07](#) ROLE PLAY - Truth box
[55:18](#) ROLE PLAY - Transformation box
[56:30](#) Discipline of the Lord

Episode 28 (Dec 28, 2020)

[1:29](#) Health report about the stone
[2:20](#) The Whataburger solution
[14:50](#) Amanda: In the memory box, what is the reason for the belief part in the looping question
[19:48](#) ROLE PLAY: Memory box - Where the looping question is needed
[24:52](#) Sheryl: What about TPM with an SRA person
[27:50](#) Dianne: In the memory box, if they do not go back and forth between content and feeling, should we offer orientation
[28:42](#) ROLE PLAY: Memory box - Keeps offering memory content
[33:00](#) Bruce: If you always check for emotion after the transformation box, how do you deal with the solution of not hearing from God
[42:25](#) Bruce: How do you identify a heart belief
[43:48](#) Bruce: Should you ask the looping question every session
[52:54](#) Fiorella: If someone has a problem with the father figure and is angry at God, what do you start with
[59:53](#) Story of Fio from Costa Rica during a home invasion

Episode 29 (Jan 4, 2021)

[13:48](#) Lincoln: What is it like as a child to experience TPM and can Ed talk about TPM as a parent
[22:31](#) How can we best equip children with the principles
[33:40](#) Elisa: How do we get ready to hear from God
[38:18](#) Teaching by reinforcing the steps like brushing teeth
[39:22](#) Bruce: Is confusion an emotion
[44:36](#) Greer: Where on the map does confession appear
[51:39](#) Kay: Received truth but has to revisit same lies
[56:23](#) Do you have material for a classroom setting in a public school
[57:32](#) How do you get people interested in TPM if you are the one who triggers them

Episode 30 - Group Night (Jan 11, 2021) PART ONE

https://www.youtube.com/watch?v=yteDE6_hOQM

Episode 30 - Group Night (Jan 11, 2021) PART TWO

[1:22](#) Mailing address
[5:04](#) Introduction to Pamela
[7:27](#) Introduction to Kever
[8:32](#) Introduction to Brook
[9:05](#) Introduction to Amanda
[12:06](#) Introduction to Teresa and Bob
[15:32](#) Introduction to David
[17:55](#) Introduction to Phio
[20:30](#) Phio's story of a home invasion in Costa Rica

[28:02](#) Keever: What is the benefit of role playing while learning instead of real sessions
[34:09](#) Keever: What are good practice exercises for TPM
[35:45](#) Pamela: Should we not do any roll playing until after finishing the essentials book
[41:13](#) David: TPM not being about a task to get done but about owning your feelings
[45:50](#) David: Interesting case with anxiety so bad they couldn't close their eyes
[49:30](#) There are two kinds of people who don't follow the TPM protocol...
[51:15](#) Teresa: TPM with kids
[53:03](#) Story about Joshua at 10 not wanting to do TPM
[57:28](#) Phio: Knowing the principals as a kid helps when you finally become open to the process
[1:00:55](#) Amanda: Confused about the looping question and belief box

Episode 31 (Jan 18, 2021)

[4:10](#) Vivien: Will you do a full TPM process role play
[8:19](#) Introduction and explanation of starting with people new to TPM
[14:29](#) Two principles that I almost always share with a first time mentee
[18:51](#) Two reasons for not moving further along
[22:12](#) ROLE PLAY: Emotion box - anxiety,
[27:54](#) ROLE PLAY: Memory box - teacher called on me
[30:20](#) ROLE PLAY: Belief box - I am defective
[30:30](#) ROLE PLAY: Truth box
[31:11](#) ROLE PLAY: Transformation box - no it doesn't feel true that I am defective
[32:00](#) What you might do at the end of a session
[37:41](#) Kathy: Regret as an emotion
[49:16](#) Eric: Does someone with PTSD still have executive control
[51:51](#) Amanda: Is the statement "only God is in control" truth based pain
[54:44](#) Tara: How do you handle unresolved sin
[1:00:10](#) The sin was already taken care of, you just don't believe that
[1:02:13](#) The sin of pride comes from lack of perspective
[1:06:03](#) Confession and repentance doesn't deter people from sinning
[1:06:47](#) Bruce: Question wording - missing "right now" from the question
[1:10:00](#) Mailing address

Episode 32 (Jan 25, 2021)

[2:26](#) Getting excited about the major mind renewal that will be happening in the church
[7:23](#) Introduction to Marte
[8:21](#) Introduction to Fred
[9:45](#) Introduction to Peter
[12:54](#) Introduction to Skip & Pam
[14:41](#) Introduction to Lisa
[17:23](#) Introduction to Cathy
[18:18](#) Introduction to Jennifer
[19:39](#) Introduction to Pamela
[21:41](#) One of the false doctrines of fight harder, dig in, do more instead of just sit down and listen
[23:09](#) Instead of doing the fruit of the spirit, be the fruit of the spirit by being transformed by the spirit
[24:54](#) Introduction to Tom
[28:46](#) Don't concern yourself with those that aren't ready
[30:44](#) Skip & Pam: Explain the phase "being persuaded by the spirit"
[35:03](#) Once you believe the truth in your heart from God, it becomes fixed and static
[37:00](#) Faith and transformation
[40:48](#) When good biblical truths don't feel true
[45:15](#) Fred: Looking for groups in Tampa
[50:32](#) Fred: During my sessions, I feel like its a hurricane of feelings
[1:01:28](#) Skip: What are your thoughts on the enneagram
[1:05:00](#) The christian's identity is true whether they realize it or not

[1:07:51](#) "Personality" being the mask, TPM is taking the mask off
[1:12:43](#) Karen: Appreciate the updates to the TPM protocol
[1:13:33](#) Karen: First question in the solution box seems to get misunderstood often, should we skip to question three
[1:22:14](#) Kathy: The looping question when people are angry at God, but are not identifying a quality of him
[1:27:40](#) Marte: TPM via zoom no-nos

Episode 33 (Feb 1st, 2021) (TX)

[1:10](#) Cathy: Introduction about Serenity Retreat
[4:23](#) :::: Confusion in moving from the memory box to the belief box
[13:21](#) Keever: Clarification about the looping question
[17:40](#) Rainy: Should we always have the map available
[20:00](#) The goal is for them to learn it all
[26:26](#) If they understand the purpose of TPM, they will want to start TPM
[31:04](#) Keever: If it is obvious that a solution behavior is engaged, what do you do
[35:52](#) Barbara: Question about regret - husband passed recently
[40:26](#) Ed tells about ministry sessions with himself
[42:53](#) Quick TPM process run through with truth based pain
[45:16](#) Julie: How do you deal with cultural expectations
[52:18](#) Julie: What about the cultural differences in you experience in Africa with all the chickens around you
[54:18](#) Becky: How do you give orientation when the mentee doesn't understand the anger box questions
[56:16](#) ROLE PLAY: Anger box - mentee doesn't reveal their belief about God's character
[57:30](#) Anger box orientation
[1:02:53](#) Julie: Am I leading by giving examples during orientation
[1:04:45](#) ::::: Mentee refuses to identify the lie based characteristic of God that they are believing
[1:07:13](#) ::::: What do you say about leaving some one in a bad place
[1:10:00](#) ::::: Trying to move her to a different place on the map
[1:15:12](#) ::::: What about successful sessions that don't involve distant memories
[1:22:27](#) TPM is a way to communicate with God but there are many ways
[There were two ladies that I never caught their names, sorry]

Episode 34 (Feb 8th, 2021)

[4:20](#) Byron: How do you download the Vimeo videos
[9:41](#) Requesting feedback on how to organize the new material
[28:24](#) Laura: Is saying "No" to the devil a form of "fake it til you make it"
[36:28](#) Carol: Being aware and writing down incidents of expressing lie based beliefs throughout the day
[42:40](#) Carol: Mentee knowing where they are on the map
[43:07](#) Addressing concerns about Joshua and Ed's relationship
[50:54](#) Elise: The same lie coming up again
[1:01:40](#) Can TPM help with truth based emotion
[1:04:18](#) When to use the why question (looping question) in the memory box

Episode 35 - Supporters' Night (Feb 15th, 2021)

[8:09](#) David: TPM is like a protocol from Saint Ignatius from the 1500s
[13:03](#) TPM spanning denominations
[15:25](#) Pamela: Using TPM to work through losing her son being shot in front of her
[23:51](#) Pamela: I had so many people tell me those truths and it didn't do anything
[25:15](#) Lynda: I had shut the door on counseling
[35:54](#) Lynda: Focusing on a feeling of rejection brought up a memory from womb about being rejected
[29:15](#) Lynda: I now know Father God even through the tragic death of our son
[32:58](#) Diane: It is amazing to watch God's glory
[35:00](#) Diane: Story about worrying about my daughter's husband's chemo treatment
[40:34](#) Solutions that are engaged to explain their grief and ignore opportunities
[42:10](#) Kimberly: Having the tool of TPM as brain cancer took my husband made all the difference

[44:58](#) Kimberly: Not wanting to waste the time, in the midst of grief, for the opportunity for transformation when her son committed suicide
[51:20](#) Kimberly: Having the truth that you are never alone was so huge
[52:32](#) Matt: How I encountered TPM via some solution behaviors
[53:54](#) Matt: This freedom is effortless
[55:57](#) Matt: Why I donate to TPM
[56:12](#) Emotions are your friends and they have a purpose, they are not your enemy
[59:18](#) Neil: TPM as a father of daughters
[1:00:42](#) Neil: Story from a 2006 conference - thinking of BBQ
[1:03:10](#) Not reacting to all of that pain that is based on a lie
[1:06:48](#) Byron: Thank you for your faithfulness
[1:09:44](#) David: More memories from conferences
[1:13:26](#) Debbie & Jeff: Memory about valentines day was more impactful then I gave it credit for
[1:16:18](#) Debbie: Trying to learn this on my own
[1:18:31](#) Richard & Susan: Psalm 43 v3-4 is li
[1:21:23](#) Richard & Susan: TPM helped me stop feeling responsible for my baby brother's death
[1:25:26](#) Sylvia & Craig: Learning and sowing into TPM with our church
[1:28:15](#) Bonita: TPM helping with our marriage and we brought TPM to Isreal
[1:29:50](#) Bonita: God speaking to a traumatized IDF soldier through TPM
[1:33:07](#) Bonita: Able to use TPM with some of the leaders at my church
[1:39:04](#) Mark: Started with dealing with manifestations but have realized that the TPM principles are more effective

Supporters' Night (March 1, 2021)

[4:54](#) Matt: Testimony of losing my job and feel calm through the process
[6:33](#) What to do with the day to day pain and what that produces
[14:24](#) Debra: Getting further into TPM and helping with my feelings of abandonment
[16:16](#) The only thing that feels bad about the TPM process is the lie that you believe
[22:36](#) Jennifer: TPM frees us up to be real
[31:31](#) What is transformation
[36:28](#) Alice: Our journey with TPM and our friends and family
[39:18](#) Bruce: TPM is helpful to me even though my life has been easy and I haven't had any trauma
[41:35](#) Bruce: TPM has improved our marriage
[44:55](#) Bruce: The analogy of the diamond
[51:00](#) Alice: Handling anger
[52:59](#) Elisabeth: TPM has been life changing and helped me knowing what I can and can't control
[57:54](#) Paul: I am seeing results with TPM on all extreme end of need
[59:15](#) Paul: Preached a sermon on Jonah
[1:02:26](#) Bruce: Excited about getting back into TPM
[1:06:30](#) About the new book
[1:11:26](#) We ask for revival, but are ignoring what God is already doing
[1:14:04](#) Bonnie: I am in the belly of the whale and need help
[1:16:50](#) Mariasz: TPM in Poland and how I am trying to get deeper into it
[1:24:14](#) Peter: Marinating in what God is teaching me
[1:33:00](#) Karen: I was ready for TPM before I knew about TPM

Group Night (March 8, 2021) **Not on Vimeo**

[7:56](#) Kay: Mentee having flashbacks of her past abuse
[21:27](#) The goal of TPM
[28:56](#) Donna: Having someone to learn TPM with has made all the difference, is there an online community
[40:26](#) Make disciples by making the goal the purpose
[49:37](#) Karen: Could you explain more about solutions and sin
[52:50](#) Dealing with sin and use of pornography
[1:00:36](#) The difference between personal discipline and transformation
[1:05:16](#) Windy: Quitting smoking

[1:06:45](#) Windy: Trying to get more national exposure for TPM
[1:10:56](#) God's timing and purpose for TPM
[1:14:55](#) Sheetal: Going over and over in the anger/solution box
[1:21:30](#) Sheetal: Why do we not look for the source of the anger
[1:27:35](#) The fire is heating up and God is refining his church

Group Night (March 15, 2021)

[10:47](#) Patrick and Mary: Never got the mentee to a place where he is willing to hear
[22:00](#) If God removed all you lies at once
[23:33](#) Switch gears from "get the most lies replaced with truth" to "make sure they understand what they are meant to be doing"
[29:33](#) Patrick and Mary: He will have some reason to hang on to his beliefs

Group Night (March 22, 2021)

[8:13](#) Patricia: Is this why TPM works so well
[23:51](#) TPM explanation
[24:13](#) Confession & repentance - two words that have been misunderstood
[28:34](#) Patricia: If the mentee has a removed image come up instead of a memory when they focus on their emotion
[40:24](#) Keever & Brook: The mentee is angry at God and himself, should we focus on the anger towards God portion
[50:00](#) Keever & Brook: When do I use the looping question
[55:47](#) Keever & Brook: "I can't be angry at God" as a solution
[57:49](#) Ed's season of surgeries
[1:00:04](#) When Ed was first told he had cancer
[1:06:36](#) Sheetal: Explanation of intellectual belief
[1:13:35](#) Sheetal: Anger at someone who has you in a dangerous situation
[1:16:32](#) The world you live in is the outcome of what you believe to be true
[1:18:00](#) Jim: Introducing TPM who is a hard core atheist
[1:21:47](#) Ed introducing TPM to someone who was not interested in knowing God

Group Night (March 29, 2021)

[Sound is low until [50:15](#)]
[7:32](#) Introduction to Redeemer Fellowship which used to be First Calvary Baptist Church in Kansas City
[11:54](#) Elise: Testimony about TPM - amazing that we can actually hear from him and be transformed
[14:32](#) Beth: Testimony about TPM - The map and your books are so helpful for living in victory
[16:58](#) There is just one victory and he gave it to us and the fruit of the holy spirit requires no effort
[19:50](#) God is no longer fighting either
[21:00](#) Beth: Recognizing feelings in the anger family and being able to deal with them
[22:24](#) When you feel emotion towards someone or something, it means that you are trying to solve a problem that isn't there
[24:01](#) Mandy: Learning that I didn't have to do the fruit
[25:05](#) The day you came into Christ you are as holy as you will ever be
[29:56](#) Elise: Asking for wisdom from God
[34:18](#) Explanation of what doubt is
[35:05](#) Earthly wisdom vs Godly wisdom / Intellectual believe vs heart belief
[39:34](#) Elise: If we were operating in truth in a terrible situation, would we not have fear
[42:50](#) Kay: When you are convinced of the truth can you un-know it
[47:14](#) Elise: When teaching our kids about Jesus, they need to be convinced by the spirit
[49:56](#) Elise: Could you talk about the difference between forgiveness and reconciliation
[54:19](#) Elise: How do you reconcile with some one you don't believe you have wronged
[55:07](#) Ore example - believing you are wronged incorrectly
[57:05](#) Elise: Did Satan's power change when Jesus died on the cross
[1:04:52](#) The worst thing the devil can do to me is leave me alone
[1:05:50](#) Why would Satan continue to do his work
[1:07:34](#) Beth: It's really hard to have a conversation with another Christian who doesn't have this perspective

[1:10:08](#) Example of double mindedness - multiple radios on
[1:11:55](#) Kay: Why are some convinced by God and some aren't; How is that fair
[1:14:38](#) Example of sharing TPM principles
[1:18:21](#) Forgiveness and trust
[Sorry if I got the names wrong]

Group Night (April 5, 2021)

[23:24](#) Carol: Solution box with someone who still needs training
[30:30](#) Role play: Begins - Backstory, theme of incompetent
[32:04](#) Role play: Explaining hesitancy in the solution box
[35:03](#) Role play: Belief box
[35:27](#) Role play: Truth box
[35:50](#) Role play: Transformation box
[35:21](#) Role play: Emotion box - embarrassed
[37:39](#) Role play: Anger box - annoyed with mum
[37:50](#) Role play: Solution box - hides the fact I am a liar
[40:30](#) Role play: Belief box
[40:45](#) Role play: Truth box
[41:05](#) Role play: Transformation box
[42:07](#) Role play: Emotion box - afraid ashamed embarrassed,
[42:34](#) Role play: Memory box - same memory
[44:15](#) Role play: Belief Box - I am a liar
[44:24](#) Role play: Truth box
[44:32](#) Role play: Transformation box
[45:25](#) Role play: Emotion box
[45:49](#) Role play: Anger box - toward mum and dad
[45:53](#) Role play: Solution box
[46:28](#) Role play: Belief box - being angry proves that I was right
[46:39](#) Role play: Truth box
[46:51](#) Role play: Transformation box
[48:12](#) Carol: Would have asked the looping question to confirm
[55:21](#) Elevator version of how to introduce someone to TPM
[58:41](#) Carol: Is there one principle that stands out
[1:02:21](#) Mariasz: Distracted while doing TPM by myself, but if someone is in the room, it helps
[1:15:11](#) Focusing while doing TPM
[1:20:50](#) Mariasz: How do I get a person involved who already knows about TPM
[1:32:05](#) Debbie: My church might have issue with TPM because of all the do/do not do's in the bible

Group Night (April 12, 2021)

[20:36](#) Kay: I didn't have my map and couldn't remember the solutions box
[37:10](#) Kay: Is there a place for me to speak those truths to her
[41:09](#) It is her responsibility to position herself, but your responsibility to equip her to do that
[45:46](#) Kay: Studying the information
[47:44](#) Ed & Chris: Can the same resolved lie resurface again
[49:20](#) Two requirements to change belief
[56:36](#) Peter: Trust & Authority in relationship to the truth box
[1:03:40](#) Peter: What physical changes have you seen after sessions
[1:10:06](#) The goal of TPM
[1:17:34](#) Peter: Do some solution behaviors produce physical consequences
[1:19:53](#) Peter: Lady saying she was a victim of her behavior
[1:26:13](#) God wants you to feel depressed when you feel worthless, to show you something is wrong
[1:33:16](#) Julie: Was able to move forward by asking the mentee to ask the questions
[1:31:35](#) Framing TPM to mentees from day one
[1:41:54](#) Julie: What would I say to someone who is expecting TPM to address depression

Supporters' Night (April 19, 2021)

[17:36](#) The year of surgeries in review
[20:20](#) Life of TPM
[21:40](#) The results from TPM being transformation
[27:26](#) Peter: How can we practice TPM in our life
[30:41](#) Peter: What do you say to friends who would benefit from TPM
[36:30](#) Peter: Door opened up for prayer
[38:14](#) Bruce: How do you give orientation around being angry at God
[47:06](#) Bruce: How do you give orientation without leading
[47:28](#) The mentor's job is NOT to get you to do the TPM process, its to get you to understand the TPM process
[49:04](#) If you often get stuck in the same place, check on your understanding of that area
[58:08](#) Ann: Bringing TPM all over
[1:01:57](#) TPM crossing denominations
[1:03:30](#) The fruit of the spirit is the fruit of the spirit
[1:06:42](#) John: Your roll play of a boss became my dad for me and I got healing
[1:12:10](#) Sheetal: (Sorry if I got your name wrong): TPM clicked with me and I have been applying it and it is making a
[1:16:40](#) Sheetal: The belief is what is making you feel what you feel when you look at that memory or picture
[1:18:05](#) Sheetal: The pressure is off because I don't have to heal you
[1:21:15](#) Sheetal: Learned from TPM to just position myself to receive
[1:22:31](#) Joshua gives the most succinct description of TPM ever
[1:23:54](#) Mary: Just a joy to experience God work
[1:30:50](#) Judy: TPM with addicts and alcoholics helps remove their need for the solutions
[1:35:35](#) Anne Marie: Motivated to become like Jesus so my family can see that change is possible
[1:37:17](#) Anne Marie: Too full of pride to do TPM for myself
[1:43:05](#) Pride being used as an excuse
[1:45:56](#) Darrellynn: TPM working throughout my life
[1:50:48](#) Darrellynn: Food was always my solution and now I don't have to struggle with that

Group Night (April 26, 2021)

[9:57](#) Lisa: The mentee came back to the current situation in the memory box, does that count as a memory
[15:55](#) The mentor's job is to observe and offer orientation, not to get things moving
[22:50](#) Wanting to "just do it the old way"
[27:10](#) Ruth: Why do we need to wait for the mentee to repeat twice
[34:54](#) For those who have the same issues coming up in multiple TPM sessions
[37:30](#) Greer: TPM with kids made more sense after hearing Ed's spider story
[43:25](#) Greer: How do you integrate with church culture
[53:08](#) Byron: Thank you for doing what you do
[58:08](#) Diane: When I say I sense the Lord speaking to me, some believers look at me like I am crazy
[1:04:20](#) The church Ed wants to be a part of
[1:08:57](#) Bruce: What do you do if the mentee, out of the blue, states "God can't be trusted"
[1:12:00](#) Brooke: Before transitioning to the Belief Box, does the statement "It was my fault!" fit the definition of a lie-based, heart belief?

Supporter's Night (May 3, 2021)

[7:20](#) Miki: TPM introduced to my deliverance church. TPM bringing so much peace
[18:36](#) Hal: How do I connect with people in my area
[23:49](#) Byron: Admitting anger, taking responsibility for my own emotions, and receiving healing and peace
[29:10](#) Bruce: Grateful for the new material
[31:50](#) Susan: Starting a TPM group
[35:57](#) Teresa: Having lots of solutions and anger driven by fear
[39:49](#) From fear to anger explanation
[43:43](#) Teresa: Pastor starting to reflect the TPM principles
[47:35](#) Carmen: Report from Uganda

[57:51](#) Kaylyn: Found you on YouTube and then you came to my church
[1:01:21](#) Kaylyn: TPM with PTSD
[1:04:44](#) Anne Marie & Father Jim: Working with veterans
[1:07:28](#) Father Jim: There is nothing to fix. All you need to do is let the light into the room
[1:09:30](#) Anne Marie: Dealing with anger
[1:13:05](#) Raymond: Story about healing from a wife who couldn't allow her husband to touch her
[1:20:11](#) Helping people know that this is an ongoing work

Group Night (May 5, 2021)

[13:23](#) Bob: TPM in Tanzania
[15:24](#) Mimi: History with TPM
[17:10](#) Mimi: Looking forward to the updated training
[21:35](#) Fundamental shift in the new TPM - the roles of mentee / mentor
[26:00](#) If we don't equip people, TPM will fade away
[28:13](#) TPM as a lifestyle
[29:50](#) Cynthia: Excited to get back into TPM
[34:03](#) Most people allow the emotional pain they feel, when we would never allow physical pain
[36:55](#) Transformation is totally and completely the work of the Holy Spirit
[41:23](#) You can eliminate your triggers, but your lie still exists, and God is still at work in you
[42:50](#) Marita: Trained under the old approach and want to share about the new solution box
[46:18](#) Thank you Marita!
[49:32](#) Marita: I am the only one who can offer this in my area
[53:46](#) Mimi: TPM over zoom

Group Night (May 10, 2021)

[19:46](#) When I was in Costa Rica, I said...
[22:00](#) Bonita: Mentee feeling that God is punishing them, even when God gave her the truth
[30:27](#) Bonita: I didn't ask the transformation box question
[31:03](#) The importance of comparing the current belief to the baseline
[35:08](#) Bonita: What if they are left with a negative feeling
[36:24](#) Here is what I do when we end on a 'bad note'
[41:38](#) Would you consider a truth God placed in you to be a core belief
[44:14](#) A 'man on the street' version of trust and authority principle
[53:11](#) Linda: Testimony of TPM - the diamond tester
[55:26](#) The truth is permanent
[58:01](#) Linda: Thank you for the solution box
[58:30](#) Chris: Personality has changed and God has abandoned her
[1:03:22](#) Chris: Stuck in the solution box questions
[1:06:55](#) Matt: Truth for heart belief is permanent, but solution beliefs seem to return
[1:18:20](#) Matt: This works. The Lord works
[1:21:42](#) Sandra: What do you do when you ask the Lord about a solution belief the mentee. Brings forth another solution? They continue to spin in the solutions.

Group Night (May 12, 2021)

[21:00](#) Question about demonic activity and reclaiming ground.
[33:35](#) Question about Solutions, having different beliefs come up with the second Solution Box question, getting some truth but not full truth.
[40:00](#) "More Truth Coming" the paradigm shift of being on a journey with God not just getting stuff.
[45:20](#) Clearing up past lies with truth, so the lie no longer effects the future.
[49:25](#) Question about connecting with others doing TPM
[59:08](#) Question about a Mentee not answering third question in the Solution Box because Mentee had anger.
[1:07:12](#) Question about introducing hurting people to TPM. (start with TPM Purpose & Principles rather than Process)
[1:17:25](#) Question about relationship of Counseling and TPM.

[1:23:15](#) Question about the involvement of Principalities and Powers. Lies believed cause hurtful emotions, truth believed in the heart produces effortless response.

[1:34:00](#) Question about doing other modalities.

[1:36:00](#) Question about doing TPM on yourself and when things seem to go on and on.

Group Night (May 17, 2021)

[18:57](#) The accidental donor

[26:10](#) Lowell: Presentation of the Most Seminars Attended Award

[28:42](#) Lowell: Where to I learn more about the Trust & Authority Principle

[36:19](#) 'Choose to believe' or 'Just do the right thing' didn't work for me

[41:50](#) Ruth: Person can't believe God because abuser invoked the name of God

[45:57](#) Wendy: The enemy passing off a lie for truth - How do you deal with such a powerful enemy

[49:50](#) The most harmful thing the devil can do to us is leave us alone

[52:02](#) How the devil works

[55:54](#) How to respond to the devil's temptation

[1:00:48](#) Linda: Do you believe you can see satan

[1:02:10](#) Linda: What do you think about me seeing satan

[1:07:16](#) Deborah: It is hard to recognize what you are feeling

[1:12:46](#) Deborah: Jesus never believed a lie that satan could poke

[1:14:49](#) TPM requires discipline

[1:25:19](#) Sharon: Opportunities for transformation are a privilege

[1:29:57](#) Wendy: PTSD with TPM

[1:33:19](#) Wendy: Is it possible to continue a session if they have an episode

Group Night (May 19, 2021)

[15:25](#) Susan: Mentee appears to be angry at God and doesn't get anywhere when asking for truth

[17:58](#) The importance of the questions being answered

[22:00](#) Don: Angry at God but only offering reasons based in truth

[23:19](#) The goal is NOT to complete the process, but to know the process well enough that it becomes intuitive (Josh nails it here)

[25:55](#) How to give orientation about getting to deeper beliefs about the anger towards God

[28:33](#) God's behavior without his heart informing your belief

[34:36](#) The phrasing of 'What does that say about God'

[40:30](#) Deborah: What else could I have done in a situation where I was out of control with anger

[46:03](#) Believing truth is the goal, not living the best possible version of the lie you believe

[50:09](#) Marita: Distinguishing between analyzing what they think and feeling what they feel

[55:15](#) Why would I want to feel bad feelings

[1:00:20](#) Marita: Does the question 'Why do you feel that way' put mentees back into their analytical mind

[1:03:27](#) Mariusz: Is it ok to share my own experience with the mentee

[1:07:40](#) Mariusz: When doing TPM on myself, do I need to follow the map as closely

[1:15:03](#) Benita: Prayer as a solution

[1:17:23](#) Benita: Working with some one who is resistant to TPM

[1:22:00](#) Benita: Afraid, as the mentor, to go to the solution box

[1:23:48](#) Find the emotion that the behavior is helping to avoid, because the emotion is coming from the heart belief

Group Night (May 26, 2021)

[10:25](#) Covid visits the Smith family

[17:49](#) Joshua: Where does forgiveness fit into TPM

[26:50](#) The big shift the viewing forgiveness

[29:42](#) Keveer: The issue of choosing how you feel

[34:45](#) Keveer: How do you convey effortlessness

[39:05](#) Keveer: If they receive truth regarding anger, but the anger is still there

[45:26](#) Family using TPM

[47:20](#) Jeff: Angry at yourself, but senses no resistance

[54:28](#) Remembering transformation opportunities before TPM was fully formed
[1:00:11](#) Josua: Responding to suggestions to ignore pain instead of benefiting from it
[1:08:37](#) We have to remember our roles in the family - we are all siblings

Special Event (May 31, 2021) (Geneva - French)

[4:40](#) Greetings to the people in Geneva
[9:00](#) Doris: Opening prayer
[12:07](#) What is the one thing you would want to share with the group - Importance of purpose over the process
[21:50](#) Joshua's two minute answer
[30:30](#) Esly: After receiving a truth, there is a doubt
[36:43](#) Esly: What if I sense the lie again later in life
[49:40](#) Look again at that lie, but know there are more as well
[52:11](#) Dana: TPM with people who are not walking with Christ
[1:00:18](#) Louise: I have received a lot from TPM, but I still dissociation when I feel threatened
[1:07:24](#) Louise: Can an issue be physiological if the trauma was severe
[1:16:41](#) Josette: How do you recognize the difference between a core belief and a solution belief
[1:29:19](#) How do I do TPM on myself
[1:37:35](#) What are the common difficult parts
[1:39:40](#) What helped me doing TPM on myself
[1:46:10](#) Can you explain the Trust & Authority principle
[2:01:01](#) Esly: Is there anything that needs to be said when the session is done
[2:12:31](#) Closing prayer

Group Night (June 2, 2021)

[7:00](#) Heath update
[9:52](#) Book update
[12:10](#) Byron: The summary you gave was in the french translation was great
[12:50](#) TPM was unintentionally promoted as a tool for emotionally troubled people, but it is more
[18:25](#) Mariusz: Mentee says it's impossible to hear from God
[23:40](#) The two causes for TPM hang ups
[27:50](#) Solution box walk through
[34:23](#) Mariusz: TPM with people who have addictions or medications
[37:16](#) Engaging with a solution behavior during a session will cause problems
[43:08](#) Peter: Praying for someone else to be opened up to God
[47:22](#) Satan's power is limited to what we are willing to believe
[54:00](#) The problem isn't the devil
[57:11](#) Debra: If the mentee is stuck, can you tell them what you see to help them get unstuck
[1:04:09](#) Lets figure out what it is that is making me feel I need to rescue them
[1:07:07](#) Sharron: Suck in the solutions
[1:12:15](#) Encouragement for the journey
[1:14:21](#) Sharron: Trying doesn't work, all I can do is listen
[1:18:00](#) Sharron: Feeling like you are wasting mentor's time

Supporters' Night (June 7, 2021) (12 NOON)

[3:13](#) Lady who stumbled into TPM
[7:40](#) Byron: Video naming convention question
[9:35](#) Peter: Email and video questions
[22:06](#) Mariusz: TPM the most helpful, but there is a lot that still remains
[27:22](#) Looking at what is remaining to be worked on
[34:04](#) Transformation happens to our belief, not who we are. We are already sanctified
[35:20](#) 1 Thessalonians 5:23 It is his work
[41:37](#) No matter what you do, He is still going to be working on you
[42:41](#) Jill: Question on the looping question
[48:46](#) You have already been given the gift, you now have the opportunity to discover it

[52:13](#) We didn't become valuable when Jesus died on the cross, our value was why he died on the cross
[53:28](#) Diamond in the rough was valuable from the start
[56:20](#) Peter: Laziness in body of Christ
[1:04:36](#) We know the secrets of the fire swamp and can live there quite happily for some time...
[1:06:33](#) Anger toward God but did not identify an element of his character

Supporters' Night (June 7, 2021) (8 PM)

[3:33](#) How do you complete the training
[6:15](#) Bruce: Experience with covid
[8:07](#) Bruce: Continued peace and refinement
[10:31](#) The greatest discipline is to choose to position myself
[12:32](#) Bruce: It's all about knowing God
[14:28](#) Bruce: Is the memory of the current situation a qualifying memory for the memory box
[31:18](#) Laura: TPM with young child with a foot fetish
[41:14](#) Seemingly illogical solutions
[45:42](#) Bruce: Appreciate TPM and ability to present TPM as a lifestyle
[51:23](#) Bruce: Introducing paradigm shifts into the small group
[55:40](#) Daisy: Experience with TPM
[1:00:26](#) Daisy: People who do not know the word
[1:02:55](#) The biggest problem mentees and mentors run into
[1:05:41](#) Speaking the truth in frustration
[1:10:20](#) Robert: Solution behaviors

Group Night (June 14, 2021) (12 NOON)

[16:34](#) Recovered from covid
[18:16](#) Kay: First experience with TPM
[24:26](#) Kay: Daughter's lifesaving experience with TPM
[26:09](#) Kay: Physical symptoms resolved from TPM
[28:54](#) Kay: TPM with someone who had gone to jail
[32:43](#) Kay: TPM with someone who used drugs
[34:25](#) Kay: How to respond to feelings
[35:49](#) Kay: The two sided coin of salvation: Justification & sanctification
[39:00](#) Sanctification as a completed work we are discovering
[43:48](#) When we struggle to obey the truth, it means we don't believe the truth
[50:01](#) George: Being the branch attached to the vine is true but doesn't the flesh still need to be dealt with
[1:02:25](#) Who I am is not my body
[1:05:17](#) Victorious does not mean still at war
[1:07:30](#) George: A new creature with two natures
[1:10:00](#) Being convinced of who you are
[1:11:43](#) Joshua: How do I get a pure motivation
[1:17:54](#) Peter: What about Paul saying to work out your own salvation or things like a 'Purpose driven life'
[1:19:47](#) We can't make things a reality, but we can be convinced of the reality

Group Night (June 14, 2021) (8 PM)

[1:39](#) Agree or disagree about the purpose, but keep the process of TPM strictly to the protocol
[10:21](#) Byron: Behind the scenes tour
[13:24](#) Bruce: Excited about leading a group, but may need help with that
[15:50](#) Do role plays as you are learning
[20:00](#) Bruce: How I got them interested
[22:03](#) Julie: How do I deal with people's expectations for me to rescue them
[29:53](#) TPM as a lifestyle
[42:00](#) MarKay: TPM for therapists
[49:18](#) Carol: The new training is the ants pants
[50:31](#) Carol: Solution behaviors showing up

[54:27](#) The spirit and the flesh
[59:00](#) Marita: Do you plan on continuing TPM Michelle - <https://www.transformationprayer.org/practice/>
[1:04:44](#) John: Do people ask for a contribution and do people use a hold harmless agreement
[1:12:19](#) Jacob: Calls in and has a discussion about transformation
[1:18:18](#) Jacob: Shares his story
[1:23:00](#) Pamela: Workflow walkthrough

Group Night (June 21, 2021) (12 NOON)

[1:29](#) When to go to the anger box
[4:31](#) When angry toward God, we are trying to find the state of being belief
[5:47](#) Who I see God as is tied to how I view my world and my state of being
[13:44](#) ROLE PLAY - Emotion Box - Story: Wife won't stop pestering him
[16:36](#) ROLE PLAY - Anger Box - anger towards wife
[19:11](#) ROLE PLAY - Solution Box
[28:28](#) ROLE PLAY - Belief Box [once corrected by the mentee]
[29:07](#) ROLE PLAY - Truth Box
[33:30](#) ROLE PLAY - Transformation Box
[33:40](#) ROLE PLAY - Emotion Box
[34:03](#) ROLE PLAY - [potential misunderstanding if he is still angry]
[34:57](#) ROLE PLAY - Solution Box
[36:01](#) ROLE PLAY - Belief Box
[36:10](#) ROLE PLAY - Truth Box
[38:01](#) ROLE PLAY - Transformation Box
[38:16](#) ROLE PLAY - Emotion Box
[38:33](#) ROLE PLAY - Anger Box - anger towards God
[46:40](#) ROLE PLAY - Belief Box
[46:54](#) ROLE PLAY - Truth Box
[48:16](#) ROLE PLAY - Transformation Box
[55:07](#) Question about the truth box wording
[1:00:10](#) Rephrasing the TPM questions
[1:02:38](#) Marleen: Where are those flow charts <https://www.transformationprayer.org/tpmstudyguide/>

Group Night (June 21, 2021) (8 PM)

[10:51](#) Byron: Cataloging videos - <https://vimeo.com/showcase/downloadtpmlive>
[17:13](#) Debra: Is it common to need another person for TPM
[23:41](#) Debra: How does direct words from God or prophesy fit into TPM
[29:25](#) Me: Is it common to have the same memory
[34:02](#) Anger can show up any place
[37:30](#) ROLE PLAY - Intro story - Associate pastor has issues with the senior pastor
[38:15](#) ROLE PLAY - Emotion Box
[40:13](#) ROLE PLAY - Anger Box
[41:52](#) ROLE PLAY - Memory Box [incorrectly]
[46:30](#) ROLE PLAY - Anger Box [again]
[48:38](#) ROLE PLAY - Solution Box - mentee needs orientation
[53:18](#) ROLE PLAY - Belief Box
[53:35](#) ROLE PLAY - Truth Box
[56:34](#) ROLE PLAY - Transformation Box
[58:05](#) ROLE PLAY - Emotion Box
[1:00:01](#) ROLE PLAY - Anger Box
[1:04:42](#) ROLE PLAY - Belief Box
[1:04:53](#) ROLE PLAY - Truth Box
[1:05:10](#) ROLE PLAY - Transformation Box
[1:06:07](#) ROLE PLAY - Clock principle

Group Night (June 28, 2021) (12 NOON)

[2:25](#) When someone believes their anger is good
[10:25](#) Bill: The musician <https://www.billrenn.com/>
[13:37](#) Bill: Personal journey [[14:16](#) sound goes out until [14:31](#)]
[16:55](#) Bill: Communicating TPM principles throughout life whether in church or in the military
[23:20](#) Bill: How do I approach this world where persecution is on the rise
[30:00](#) ROLE PLAY - explanation
[34:33](#) ROLE PLAY - Emotion Box - Washing the car
[36:50](#) ROLE PLAY - [Analysis of where the mentee is currently]
[38:45](#) ROLE PLAY - Anger Box - Frustrated at everyone
[40:00](#) ROLE PLAY - Solution Box - Continuing to be frustrated gives me control
[42:54](#) ROLE PLAY - Belief Box
[43:10](#) ROLE PLAY - Truth Box
[44:20](#) ROLE PLAY - Transformation Box
[47:05](#) ROLE PLAY - [Analysis of transformation]
[49:15](#) ROLE PLAY - Emotion Box (post clock principle) - Disappointment
[55:07](#) ROLE PLAY - Emotion Box (still) - Memory of dropping the eggs
[56:40](#) ROLE PLAY - Memory Box - Flawed defect
[1:01:43](#) ROLE PLAY - Belief Box
[1:02:00](#) ROLE PLAY - Truth Box
[1:02:39](#) ROLE PLAY - Transformation Box
[1:03:39](#) ROLE PLAY - Clock principle - end role play
[1:04:20](#) Debbie: Why not go to the memory of when the anger was formed
[1:07:27](#) The purpose of memory, whether one memory or a series ("wake up stupid", said mom used to say every morning)

Group Night (June 28, 2021) (12 NOON)

[7:58](#) Elise: Coming back to the I
[13:58](#) Seeing the results of TPM - interaction with a biker
[16:18](#) Another example of transformation - cancer diagnosis
[17:34](#) Dealing with issues before the heat gets turned up
[20:39](#) Elise: Transformation is happening
[21:38](#) Elise: Solution belief resurfacing often
[23:25](#) Greer: Why is David called a man after God's own heart
[27:28](#) We are not becoming, we are discovering that we presently are
[28:24](#) Bruce: If two beliefs are brought up in the truth box
[30:38](#) What if the mentor forgets what the lie was
[31:54](#) Bruce: What if the two beliefs are self identity and state of being
[33:33](#) The importance of getting to the heart belief
[36:13](#) Debbie: A person wants to remember but can't
[39:52](#) Trish: Dealing with dissociative identity disorder with amnesia
[44:07](#) Trish: Has anything changed from the last version of TPM
[51:18](#) Jill: The new process compared to the old process
[53:38](#) Kay: Is there a need for a list of emotions to help you identify what you are feeling
[56:48](#) Amanda: Jesus leading me to my memory
[1:04:34](#) If you have only read through the TPM books once or twice, you aren't really equipped
[1:07:07](#) Using inability to identify emotion as a solution
[1:12:22](#) Sandra: My introduction to TPM
[1:14:24](#) Following the new protocol

Supporters' Night (July 5, 2021) (8 PM)

[0:14](#) Freedom comes when we believe the truth in our heart
[1:45](#) Enjoying working through the book with people who are new to TPM
[8:14](#) Mickey: Healing of satanic ritual abuse victim

[11:29](#) What is not the goal of TPM
[14:18](#) Don't entrust yourself to anyone - article <https://www.transformationprayer.org/tpm-and-sra/>
[15:21](#) Pamala: Working with other ministries
[18:35](#) The uniqueness of TPM
[20:50](#) One of two reasons why people stop moving forward
[22:14](#) Pamala: No one else around me to do TPM with
[29:47](#) Mike: Why are we so blessed to know about TPM
[31:21](#) Mike: Are there TPM zoom support groups [[31:34](#) sound goes out to [31:44](#)]
[38:20](#) Mike: Off shoots of TPM
[43:20](#) Diana: Healing around abortion
[51:37](#) Brenda: Appreciate TPM
[56:02](#) Bruce: Introduce the principles of TPM before the process
[1:01:20](#) Bruce: Misunderstanding of the fruit of the spirit
[1:02:16](#) Why are we focusing on sin?
[1:05:48](#) Effectively introducing TPM
[1:12:33](#) Kay: TPM with children

Supporters' Night (July 12, 2021) (12 NOON)

[0:13](#) The positive side of Covid for TPM
[6:55](#) Jeff: Spreading TPM
[10:07](#) Jeff: Encouragement to get the updated version
[11:41](#) Jeff: Trying to get training to the middle east
[17:01](#) Jeff: My first TPM session
[21:08](#) Peter: Internet positives and woes
[30:36](#) Body reacting to a lie based belief healed with TPM
[37:10](#) Jeff: Alterations for middle east TPM users
[41:01](#) Equipping the mentee is key
[42:10](#) Cultural solutions
[45:21](#) When people are too focused on their currently dealing with
[49:40](#) Amanda: Belief producing your reality
[51:21](#) Another physical behavior as a result of lie based belief being healed
[58:58](#) Byron: Vimeo is valuable

Group Night (July 12, 2021) (8 PM)

[7:35](#) Jeff: Asking for the Lord to speak to us in the moment of truth based pain
[20:43](#) Illustration of a greater truth
[22:28](#) Dealing with lies in the moment that they are being formed
[28:02](#) Have you ever used TPM for someone dealing with cancer
[29:22](#) [AUDIO CUTS OUT UNTIL [30:39](#)]
[35:24](#) Susan: Testifying of similar experiences asking for truth in the moment
[38:27](#) Susan: TPM with cancer
[40:51](#) Susan: Training for TPM as a bible study
[42:50](#) Linda: Confusion about the alternate second question in the solution box
[51:13](#) Confusion can be lack of training or a solution
[54:17](#) Trish: How do you "just let it go" like people suggest to do
[1:02:02](#) Trish: Do I need to learn TPM in order
[1:04:49](#) Bruce: What does it look like to give orientation during a session
[1:09:25](#) Illustration of equipping to live life
[1:10:35](#) If they keep getting stuck after orientation, it is a solution
[1:16:40](#) Quick role play of looping in the anger box

Supporters' Night (July 12, 2021) (12 NOON)

[16:34](#) Recovered from covid
[18:16](#) Kay: First experience with TPM

[24:26](#) Kay: Daughter's lifesaving experience with TPM
[26:09](#) Kay: Physical symptoms resolved from TPM
[28:54](#) Kay: TPM with someone who had gone to jail
[32:43](#) Kay: TPM with someone who used drugs
[34:25](#) Kay: How to respond to feelings
[35:49](#) Kay: The two sided coin of salvation: Justification & sanctification
[39:00](#) Sanctification as a completed work we are discovering
[43:48](#) When we struggle to obey the truth, it means we don't believe the truth
[50:01](#) George: Being the branch attached to the vine is true but doesn't the flesh still need to be dealt with
[1:02:25](#) Who I am is not my body
[1:05:17](#) Victorious does not mean still at war
[1:07:30](#) George: A new creature with two natures
[1:10:00](#) Being convinced of who you are
[1:11:43](#) Joshua: How do I get a pure motivation
[1:17:54](#) Peter: What about Paul saying to work out your own salvation or things like a 'Purpose driven life'
[1:19:47](#) We can't make things a reality, but we can be convinced of the reality

Group Night (July 19, 2021) (12 NOON)

[10:56](#) Have you ever thought of making a pamphlet
[15:02](#) Motivation for TPM
[19:10](#) Peter: Opening paragraph of the essentials is helpful to share with new people.
[20:24](#) Marleen: How do you introduce TPM to a church
[23:53](#) Evaluating the results of TPM
[30:47](#) How do you recognize and deal with solutions
[31:10](#) Solution Behavior
[31:50](#) Perceived Problem
[32:19](#) Solution Belief
[34:00](#) Examples of solutions
[43:25](#) What does a solution look like in a ministry session
[47:36](#) Peter: Dissociation as a solution
[53:43](#) Present beliefs are what is producing the problems, not past beliefs
[56:34](#) Linda: Being healed from a fear of reptiles
[1:00:43](#) No need to talk to the past self because the lie is what we continue to believe
[1:07:25](#) Illustration of the lenses of perspective

Group Night (July 19, 2021) (8 PM)

[7:23](#) Carol: What if feel like you might not be getting anywhere?
[18:40](#) Seeing more clearly
[21:17](#) Multiple layers and facets
[27:05](#) Jackie: Feeling like you failed
[31:13](#) Jackie: What if they say they don't believe in God
[38:17](#) Driven to help from a lie based place
[40:37](#) Encouragement to take ownership for what you are feeling
[42:00](#) Jackie: What question would you ask in response to, I don't believe in God
[42:50](#) Jackie: What question would you ask in response to, I don't want help anymore
[44:03](#) If the mentee doesn't understand TPM
[48:14](#) Jackie: How do I minister to those who don't hear God
[52:45](#) If the lie still feels true in the transformation box
[54:56](#) Jackie: What if all the emotion goes away
[1:00:00](#) Summary of what would solve all these issues
[1:02:38](#) Sandra: What was your journey through spiritual warfare
[1:13:45](#) The devil's purpose
[1:15:54](#) TPM with a woman in Africa known for being possessed by demons

Group Night (July 26, 2021) (12 NOON)

[0:30](#) Peter: TPM helping with physical issues
[1:49](#) Peter: Mental health surge thoughts
[7:47](#) Doing what the scripture says vs being what the scripture describes
[12:18](#) Marleen: Created a TPM overview document
[20:51](#) Snail mail list <https://www.transformationprayer.org/justincase/> and Vimeo
<https://vimeo.com/transformationprayer> download <https://vimeo.com/showcase/downloadtpmlive>
[36:01](#) Jeff: Talking with person brand new to TPM
[44:22](#) Emphasizing the belief question initially
[48:38](#) What book should I start with to deal with trauma?
[51:31](#) Illustration on trauma and perspective
[55:20](#) Doing TPM with non-believers
[59:10](#) Are there groups practicing TPM that you recommend?
[1:01:30](#) The upcoming thunderstorm resulting in a purifying of the church
[1:04:52](#) Take advantage of the time you have before the fire

Group Night (July 26, 2021) (8 PM)

[2:31](#) When to use the first question in the anger box
[9:19](#) Self control as a fruit of the spirit verse self control without the spirit
[11:53](#) Jane: Question about ministering to children who have been abused
[18:55](#) Jane: What if the memories aren't true?
[20:21](#) Jane: Requirements to report
[22:52](#) Jane: Having a responsible adult present
[24:52](#) Tammy: If you aren't confident doing TPM yet, what should you do in a situation that calls for it
[31:48](#) Linda: Suggestions about getting parents involved when ministering to children
[33:36](#) Linda: Helpful tool for teaching the process during a session
[35:40](#) Get people to take an interest in TPM
[40:30](#) Bruce: When can anger appear
[46:55](#) Kay: How do you encourage people to do TPM?
[54:34](#) Kay: Why does God allow evil people to force their will on others?
[57:33](#) God's role vs Satan's role in Job's life and God's heart for us
[1:03:38](#) God's will
[1:05:50](#) Intellectual information and heart belief
[1:11:47](#) Ways to support the ministry

Special Event (August 5, 2021) (FRENCH FRANÇAIS)

[4:27](#) Start
[5:11](#) The Holy Spirit's role if someone is "lost"
[19:50](#) What is the difference between TPM and deliverance prayer
[23:16](#) 2 Timothy 2 25-26 description of TPM
[28:50](#) Man who believed demons had control over him
[37:40](#) If someone does not hear anything after asking the truth question
[46:41](#) Why would someone not be convinced of the truth
[53:18](#) Message to users of the old TPM material
[54:47](#) Transformation box to truth box situations
[1:00:38](#) When they continue to believe their solution
[1:16:44](#) TPM in a nutshell for a church
[1:30:00](#) A common frustration shared in churches
[1:33:33](#) A case for TPM to a church
[1:36:10](#) What are we resting from?
[1:37:04](#) Session that started with turmoil turns to rest
[1:40:40](#) How do you encourage someone who has not yet received truth
[1:52:20](#) Illustration of a skateboard and a cactus garden
[1:56:49](#) Closing

August 9, 2021 (12 PM)

[11:45](#) "Starts"
[14:32](#) "Unofficial zennioptical.com plug for eye glasses"
[15:35](#) "All negative emotion are from lies"
[18:44](#) "Living out your beliefs is effortless, whether those beliefs are lies or the truth"
[22:35](#) "Viewing life through a smudged mirror"
[25:40](#) "Weakness of striving to do the truth"
[31:30](#) "Peter: Question about conveying beliefs to others"
[42:14](#) "What happens when we reading the scriptures as a mandate to 'go do'"
[48:37](#) "Kyle: Question about fear as an emotion"
[53:37](#) "Fear within a broader perspective"
[1:01:25](#) "Ed reminiscences about violating the rules of electricity"
[1:04:20](#) "Kyle: Fear as a solution"
[1:08:50](#) "Jennifer: Stuck in grief"
[1:15:50](#) "Approach to explaining the first question in the solution box"

August 9, 2021 (8 PM)

[11:08](#) Addressing the idea of limiting TPM to only within the context of a session
[20:20](#) Robyn: The best way to learn this process is reading the books, is that right
[24:14](#) Don't treat learning about this as a task to complete
[26:40](#) Benita: A testimony about not being "lost" anymore after doing a TPM session
[29:23](#) Benita: How do I know what is grief and what are issues that need to be addressed in TPM
[37:34](#) Perceived problems and actual problems are both missing God's perspective
[43:48](#) Benita: Now seeing God as the faith builder instead of me trying to build my faith
[49:05](#) Fey: Is there a lesson or summary of what you guys do with TPM
[53:57](#) Explaining the principle to a passenger next to me on a plane
[1:04:17](#) Robert: I have received so many truths, but it is hard to remember what the lies were

August 16, 2021 (8 PM)

[9:59](#) Thank you to Gred
[12:12](#) The world from God's perspective
[14:52](#) Session with ED: Ominous v omnipotence
[18:40](#) Byron: Guidance on virtual ministry sessions
[20:46](#) Joanne: Stuck in being afraid of God
[26:00](#) Bringing someone along with you
[28:47](#) Bruce: Did Ed ask the why question when he should have
[29:53](#) Carol: It seems to rarely have to do with the current situation
[35:49](#) What are the reasons the things in front of us are problematic
[39:54](#) Carol: Roll play - solution in a solution
[46:19](#) Carol: Roll play - uncertainty in the transformation box
[52:10](#) Carol: Roll play - describes situation when asked what they feel
[1:01:53](#) Intellectual beliefs vs heart beliefs

August 16, 2021 (12 PM)

[12:00](#) Our current situation in the world
[20:00](#) God can work all things for your good
[21:40](#) Whatever you believe in your heart will dictate your response
[23:50](#) 1 Peter 4 12-13 Refinement is expected
[30:18](#) What is "the flesh"
[36:04](#) Coming into the reality
[37:34](#) Story about Bill, the earliest TPM disciple
[40:40](#) How do you pray for Afghanistan
[53:10](#) Instilling this with my teens, is it too late?

August 23, 2021 (12 PM)

[0:44](#) Essentials book update
[2:51](#) Prayer
[4:46](#) Belief in God's authority
[13:40](#) Josua: Dealing with the same belief multiple times
[25:24](#) Rashel: Knowing one thing but feeling another at times
[32:50](#) Cindy: Where should I begin with TPM
[43:18](#) Marita: Thank you and should we still take notes during TPM
[53:30](#) Keveer: Note taking
[1:00:20](#) Can the enemy interject a thought into someone's mind during TPM
[1:03:50](#) Essentials book as an audio book

August 23, 2021 (8 PM)

[5:10](#) Why am I distant from God now when I wasn't before
[12:22](#) Just because I believe something doesn't make it true
[15:15](#) Is transformation an ongoing journey
[18:24](#) What if someone presents a false belief in God, and aren't admitting they are angry
[20:15](#) Greg: TPM is great but took me 5 years before it actually sunk in, thanks to the new training. [in an amphitheater until [21:27](#)]
[22:00](#) Greg: How do I pray in group settings now that I know most issues are rooted in lie based beliefs
[31:04](#) The feelings of Jesus always lined up with the truth
[33:06](#) I don't fit into small groups well
[24:11](#) Greg: I was waiting on God to change someone else to open up to TPM, but He was waiting on me to be ready for them to open up
[38:14](#) The position of TPM in the current world
[43:52](#) Richard: Not able to get the mentee to see any memory
[51:00](#) The goal for a TPM mentor
[54:05](#) Let us explain TPM to your congregation

August 30, 2021 (12 PM)

[4:18](#) Information about the new material
[7:10](#) The intention of TPM is not to feel better and function better in life, but to be transformed by Christ
[9:40](#) What does transformation into the image of Christ look like
[11:00](#) Benefit from challenges instead of just getting through challenges
[12:58](#) Peter: Trauma and shame
[24:50](#) Michelle: Stuck and not able to receive truth
[40:30](#) When will the new material be ready and what it will look like
[44:35](#) Why don't we have to get to the source of anger towards God
[56:28](#) Would sleepiness be a solution
[59:15](#) Peter: Suggestion for lexio prayer and reading
[59:44](#) Praying for the people of Afghanistan
[1:02:24](#) Tom: How is it that feeling bad is good
[1:11:57](#) They can not touch those who are in Christ
[1:14:07](#) Prayer for those being mistreated

August 30, 2021 (8 PM)

[18:20](#) Cindy: Solution behaviors stopping me from hearing God
[24:58](#) Cindy: Pulling back to learn TPM
[29:45](#) Bruce: What do you tell people who don't understand the solution box questions
[36:46](#) Problems during the process go away if the mentee knows the process well
[38:17](#) Ed's shoulders - a personal testimony about how we will live with pain if we can stand it
[39:32](#) Pain is not bad, it feels bad, but it is good because it helps us to participate with God
[42:45](#) Sneak peak of what is to come in the new book

[44:55](#) John: Sharing TPM using a short clip from TPM live
[47:36](#) John: TPM and abortion memories
[56:18](#) Avoiding bad memories is choosing to live in deception
[57:57](#) Ernest and Donna: Best way to orient the Mentee to the whole process
[1:00:15](#) Greer: Will the new book have a scripture reference index
[1:02:16](#) Amanda: Speaking to a child about TPM
[1:03:00](#) Granddaughter's bad dream about a spider
[1:06:06](#) Trouble shooting guide
[1:07:57](#) Mary: TPM testimony
[1:14:24](#) A word about the people in Afghanistan

September 13, 2021 (12 PM)

[5:55](#) Greg (to Joshua): When did TPM become "real" for you
[7:12](#) Peter: Emailed in a question about a non-TPM ministry
[16:19](#) Greg: "real" being experienced it for oneself
[17:45](#) Adeline: I have been trying to explain the process to people but keep scaring them off
[20:50](#) Greg: ...continued
[25:20](#) Story about Joshua as a kid not wanting to do TPM
[27:18](#) Ruth: When TPM is working, but the mentee feels discouraged from doing more because of the feelings that are now present
[34:10](#) Amanda: Don't you think that if a person truly loves God they will be on fire for God every day of their life
[40:14](#) Explaining the old self vs new self
[43:22](#) What you believe and what you do are not who you are
[46:27](#) Association via physical pain - restless leg syndrome
[48:18](#) Amanda: What about the lukewarm church
[55:30](#) The prodigal son

September 13, 2021 (8 PM)

[\[0:50 to 1:13\]](#) is not appropriate for children]
[8:26](#) Carol: Someone with a good grounding in TPM, but getting stuck in solutions - forgetting the question just asked
[13:00](#) Carol: Using physical distractions as a solution
[16:54](#) Carol: Jump from idea to idea as a solution
[22:34](#) Carol: Can I remind a person of where they were
[24:48](#) Why we shouldn't lead
[30:08](#) Elise: Spirit, body and soul explanation
[32:44](#) Body, spirit and mind
[39:22](#) Using analogies we have used in the past - body as a pet dog you are responsible for - mind as a suitcase of memories
[42:44](#) Distinguishing between intellectual belief and heart belief
[46:04](#) Amanda: I have a physical pain, is that a solution
[46:52](#) Confession time for Ed
[51:23](#) Elise: Is "I'm burdened" a heart belief
[58:08](#) Jeff: Where is the Trust & Authority Principle in the bible
[\[1:02:17\]](#) The guys get caught]

September 20, 2021 (12 PM)

[22:12](#) Reflections on the joy of the Lord being my strength
[30:40](#) Cheryl: For truth based pain, is TPM sufficient to fully deal with that. Is additional help needed beyond what TPM offers?
[35:42](#) Truth based pain with a broader perspective
[36:30](#) A counselor can only help to the degree that which the person listening genuinely believes
[38:22](#) Will we feel bad about our sins forever
[39:48](#) Prodigal son would have looked different if the son believed at the beginning of the story that he received at the end of the story

[41:50](#) There is truth that it seems we can not come into without going through some terrible life experiences
[45:58](#) TPM process wrapped up in the prodigal son story
[49:36](#) Having sheep
[53:00](#) Jerry: TPM with some one with mild dementia
[58:30](#) TPM functions as a way to position yourself to receive truth, it may or may not result in additional things
[1:01:18](#) Should I buy the books now or wait for the new book
[1:02:40](#) God looking for his bride

September 20, 2021 (8 PM)

[22:12](#) Reflections on the joy of the Lord being my strength
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[1:02:40](#) God looking for his bride

September 27, 2021 (12 PM)

[9:20](#) Why do you have two books and not just one
[17:44](#) Example of reformatting
[22:48](#) Sandra: My history with TPM
[26:30](#) Sandra: How would you give orientation to someone who is dealing with demons or disassociating
[34:34](#) Your roll as a mentor is to equip them for their journey
[38:44](#) Sandra: Mentees don't have to share the contents of a memory, as long as the let me know when they are revisiting the same one, correct
[45:33](#) Book translations
[46:06](#) Anna: Can narcissists get healing
[49:53](#) Clarification on the word healing
[53:23](#) Intellectual belief vs heart belief in the disciples
[57:05](#) Byron: Can you do a zoom TPM session with someone you know
[1:00:31](#) Byron: "Ask the Lord for truth" vs "Ask the Holy Spirit for truth"
[1:03:36](#) What if several memories come to mind
[1:11:45](#) It's a good thing to realize how bad the world is

September 27, 2021 (8 PM)

[4:03](#) Elizabeth: What do you do with positive memories coming up when you focus on negative feelings
[4:48](#) Ed remembers Christmas excitement and disappointment hoping for a bee bee gun
[7:03](#) What defines "solution behavior"
[11:10](#) Heather: Does being irritated at a family ... member's constant negativity mean I am believing a lie
[15:48](#) Judy: When your expectations are met, you feel irritated
[16:24](#) Elizabeth: Can irritating sounds be something that trigger me to feel what I am feeling
[19:43](#) If you truly believed God's truths you couldn't feel those negative emotions
[21:00](#) Beetia: I am having trouble hearing God in the transformation box
[32:00](#) Beetia: This can't be solved in one session, right
[32:30](#) Beetia: My only issue is my perception that is spoiling everything
[36:28](#) Carol: Is it ok that I skipped a question while doing self ministry out loud for a group who were learning

[39:00](#) Carol: Is there a need to feel the full weight of the resistance I feel
[48:00](#) Julie: Really like the new training and focus on transforming instead of healing
[53:30](#) The memory has nothing to do with what he feels
[55:30](#) No one has a painful memories
[58:47](#) Consider sending a download of the pdf books to others

October 4, 2021 (12 PM)

[6:50](#) Talking about the new book
[9:22](#) Exchanging truth for a lie - Romans 1
[16:14](#) Why two books
[18:00](#) Ester: What is the clearest way to get updated
[26:30](#) Keveer: The new training is better but took some convincing
[39:00](#) Marita: The new material is easier to teach too
[46:44](#) Marita: The purpose and principles are life changing even without the process
[48:15](#) The importance of know the reasons behind the questions
[56:48](#) The most effective TPM groups
[57:20](#) Introducing TPM to others
[1:00:05](#) TPM is unique how control over the session is viewed
[1:05:00](#) Remembering Russia

October 4, 2021 (8 PM)

[1:50](#) Elizabeth: How does TPM work with righteous anger
[6:09](#) Anger is attempting to solving a problem with it
[7:32](#) Elizabeth: What is the difference between God's righteous anger
[12:18](#) Elizabeth: Am I going deep enough in the solution box
[17:20](#) Matt: A solution belief showed up in the memory box, but after that is resolved, do you go back to where the solution began
[23:43](#) Joset: A mentee wanting to use hypnosis
[31:38](#) Laura: A testament of TPM
[34:22](#) TPM just being a way to allow God to do what he is wanting to do
[39:31](#) Reacting to bad news with the peace that passes understanding
[42:48](#) Elizabeth: How long does orientation take
[45:02](#) Principles that are important to convey: 1) You feel what you believe 2) No one or anything can make you feel anything
[47:40](#) Elizabeth: The mentee feels far from God or he is being silent
[51:44](#) [revisit question] How long does orientation take
[57:49](#) Elizabeth: Needed to explain more because the mentee wasn't yet convinced
[59:58](#) Know the principles well enough to know what to share in the moment
[1:03:02](#) Dianne: Testimony of how helpful this has been
[1:06:57](#) Effortless transformation
[1:10:40](#) Dianne: Believers not comprehending God speaking to us
[1:11:49](#) If it is all a work of God, how would it also be work for you

October 11, 2021 (8 PM)

[1:10](#) Discussions on theological questions
[9:55](#) Joseph: Thank you for "Effortless Forgiveness"
[10:43](#) Why don't we deal with forgiveness in a TPM session
[11:28](#) Elizabeth: How do we give orientation and share principles with kids
[15:57](#) For kids you want to be instilling a way to react as life is happening
[19:57](#) Elizabeth: Letting your kids know that your anger is not their fault
[21:11](#) Ed recalls when his daughter reminded him of the principles
[23:25](#) Susan: Thank you that TPM has helped us handle the changes in our lives
[25:11](#) Ed recalls throwing a surprise party that surprised everyone
[27:54](#) Amanda: Clarification on the solution box

[38:49](#) Disclaimer for those who are new to this
[40:32](#) The 3 P's of TPM
[40:51](#) Ed recalls wearing a life jacket incorrectly and is thankful for the counsellor who noticed
[41:43](#) That's how association works
[44:17](#) Deneen: How is this TPM different than the other TPM I've heard of (Theophostic)
[46:44](#) The focus of TPM - daily take the opportunities to offer up the lies that are keeping me from experiencing the fullness of Christ
[50:10](#) Just because you believe something is true, does not make it true
[53:45](#) Judy: If someone says they have forgiven someone but they still feel mad when they think of that person, what is the next step
[1:00:00](#) Jane: What if they hear the truth from the Lord but don't accept it
[1:03:53](#) Learned behavior of how it should look, instead of checking for change
[1:06:18](#) Don't be afraid to testing the transformation
[1:10:26](#) What mind renewal is

October 18, 2021 (12 PM)

[4:50](#) Peter: How do you deal with people sensing evil in buildings or areas
[8:18](#) The context of the "discerning of spirits"
[10:33](#) Being oppressed by the Devil has no biblical basis
[13:46](#) Peter: Jesus dealt with the demons by sending them into the pigs
[14:31](#) What was the purpose of what Jesus did before the cross
[18:09](#) Peter: What about those who say "but the scripture says you will do greater things than this"
[22:41](#) Feeling fear and the gift of discernment
[28:05](#) How do you define "spiritual warfare"
[32:18](#) Keveer: Is orientation guiding and leading
[46:22](#) Cheryl: If a traumatized person became skilled in TPM, would that negate a need for them to work with a trauma therapist
[49:49](#) Testimony about a child during sleep
[51:35](#) Remembering a grandchild calming down when asking for the Lord's truth
[54:20](#) Update on the new material

October 18, 2021 (8 PM)

[2:18](#) Carol: In a self session, are these solutions if I believed I shouldn't cry when grieving or when things get hard I wish I was dead
[15:10](#) Greer: How would address someone who is still in grief years later
[28:18](#) Greer: What about outside a TPM session
[31:30](#) Jim: Transformation after being ripped off
[38:10](#) Elizabeth: Is being unforgiving a solution of anger
[44:47](#) The difference between forgiveness and reconciliation
[47:19](#) ROLE PLAY: Introduction [Warning: This one contains multiple breaks in character]
[47:32](#) ROLE PLAY: Emotion box - feel sad and regret
[50:12](#) ROLE PLAY: Potentially in the solution box (if they get their role play straight)
[50:45](#) ROLE PLAY: Solution box - nothing comes to mind
[53:23](#) ROLE PLAY: Belief box - not remembering it keeps you from being overwhelmed (Joshua was right at [54:10](#))
[54:29](#) ROLE PLAY: Truth box
[55:00](#) ROLE PLAY: Transformation box - no transformation
[55:12](#) ROLE PLAY: Emotion box - regret, sadness
[55:41](#) ROLE PLAY: Memory box - my uncle dying
[58:26](#) ROLE PLAY: Looping question in the memory box
[59:11](#) ROLE PLAY: Belief box - I am lost, hopeless, and destitute
[1:00:32](#) ROLE PLAY: Truth box
[1:01:04](#) ROLE PLAY: Transformation box
[1:02:13](#) ROLE PLAY: Clock check
[1:02:21](#) ROLE PLAY: Emotion box - sad, regret

[1:03:00](#) ROLE PLAY Memory box - my uncle
[1:06:40](#) ROLE PLAY: Solution box - holding on to regret
[1:10:21](#) ROLE PLAY: Belief box - holding on to regret and sadness helps remind him of his obligation
[1:11:05](#) ROLE PLAY: Truth box [bordering on self session]
[1:11:33](#) ROLE PLAY: Transformation box [self session-ish]
[1:14:26](#) Debrief from role play
[1:15:01](#) An example the Lord bringing clarification after the lie is dealt with - tired from the list of tasks to do

October 25, 2021 (12 PM)

[3:13](#) Byron: The video format has been very helpful
[7:35](#) Peter: How are you doing
[8:17](#) Tom: How do I know I've arrived at the reason for a solution behavior rather than just another problem
[9:58](#) Example of floating down a river takes no effort unless you are trying to go against the current
[14:51](#) Breaking down the solution box
[20:41](#) It is the mentee who needs to discover their beliefs, not anyone else
[23:35](#) Greg: If you catch yourself in a solution in life, do you treat it like a solution happening in a session
[26:22](#) Example of realizing you are in a solution
[30:30](#) Arlene: Testimony of pain not being present in what would normally be a painful situation
[34:36](#) Ed reacts to the testimony
[36:30](#) Receiving faith as a gift of God, instead of faith being something we are required to put into God
[38:19](#) God has blessed us with Harbor Freight and I got an example of transformation from it
[47:14](#) Judy: Testimony
[51:48](#) Keep training and learning as the TPM training is being refined and enhanced
[52:58](#) Responding to pain in a healthy way
[56:38](#) Floating down a river example continued (God's truth diverting the current)
[59:43](#) Example of still being triggered but also seeing where Christ has already transformed my mind
[1:02:03](#) Who I am in Christ
[1:06:20](#) How do I study TPM

October 25, 2021 (8 PM)

[3:49](#) Bruce: How to present TPM to my leadership team
[8:00](#) What you want to present TPM as, is a discipleship program
[9:00](#) Bruce: The opportunity and potential for TPM here
[9:55](#) TPM is not recovery ministry, it is a mind renewal ministry
[12:00](#) Why is it so hard to do what you "believe"
[16:33](#) Robert: I pushed TPM too hard on someone
[19:55](#) Some folks come to a session with alterer motives
[24:01](#) "Emotionally wounded" is a misnomer, we all have lies that trigger our correctly working emotions
[27:43](#) Elizabeth: Testimony
[28:33](#) Confession has to do with alignment with God
[31:18](#) TPM is a systematic way to confess what we really believe
[32:07](#) Elizabeth: Are there physical things that pay into the TPM principles
[34:20](#) Dale: How do I get up to date
[38:35](#) Mary: Testimony - interacting with kids in school who were singing
[41:03](#) Mary: Addressing someone saying that they really enjoy being depressed
[48:20](#) Bruce: What if the mentee says, I don't know what I feel
[52:01](#) Sheryl: What does a session look like with someone who is experiencing dissociated or anger
[57:09](#) ROLE PLAY: Resistant to doing a role play
[1:00:00](#) ROLE PLAY: Checking for anger
[1:08:12](#) If you know the process well, it is easy to follow where the person is during the session

November 1, 2021 (12 PM - EST)

[3:13](#) Allene: A question about the anger in the solution box and where to go after question two
[5:58](#) Lie based solutions can logically seem untrue, but if they feel true, you need the Lord to change that

[10:33](#) Allene: Where do you go after the anger is resolved
[13:46](#) Working on the section on TPM principles for the new book
[15:57](#) Tom: Is the answer to question three a restated version of the answer to question two while in the solution box
[21:30](#) The importance of understanding the concepts of solutions
[23:30](#) Behavior is highly impacted by what we believe
[25:02](#) It is effortless to live in the truth you believe in your heart, just like it is effortless to live in the lie you believe in your heart
[26:52](#) Gene: What is your experience with military and people suffering with PTSD
[32:50](#) Gene: TPM in marriage
[39:02](#) Giving people strategies that they aren't able to do
[41:58](#) Judy: An example of an unbeliever hearing from God
[45:30](#) Other countries using TPM with success with saved and unsaved
[48:48](#) Keveer: Realized I could use the looping question when the mentee gives a response that could be an emotion or belief

November 1, 2021 (8 PM - EST)

[2:22](#) Trish: What do you do if people are angry at God but only identify the behavior of God instead of his character
[13:47](#) Trish: The responsibility for the mentee's journey was on me instead of him
[17:03](#) There is a real temptation for mentors to try and fill in the blanks for their mentee
[18:03](#) Which is better 20 people who get one off transformation or 1 person who becomes equip for life
[19:20](#) Elizabeth: Testimony about anger being transformed
[20:03](#) Elizabeth: Orientation about the anger box
[28:28](#) Barbara: Solutions flowchart in Indonesian doesn't really translate
[38:26](#) The questions are only supposed to be used as a reminder what the goal is and our role in getting there
[46:40](#) Susan: The exception of sadness not being in chapter 13 in the essentials book
[54:40](#) Susan: Is truth based pain resolved as quickly as lie based pain
[57:07](#) Byron: Testimony about not being stirred up after a hard day at the airport
[58:26](#) Byron: Can you give examples of how important it is to have your heart convinced

November 8, 2021 (12 PM - EST)

[audio is soft until [5:33](#)]

[4:35](#) Writing in the new book and reading the bible
[6:34](#) 1 Thessalonians 3:13 God has not called us to transform ourselves
[11:06](#) ROLE PLAY - Intro
[11:31](#) * correction about using the term "producing the fruits"
[13:17](#) God empowering and orchestrating
[16:28](#) Ten second history of this video series
[17:07](#) Ed remembers learning to swim
[19:55](#) Explanation for those who are new about the status of TPM training materials
[21:17](#) ROLE PLAY - Intro continued
[21:50](#) ROLE PLAY - Need for orientation on the purpose for and roles of TPM
[33:34](#) ROLE PLAY - Orientation on "you feel what you believe"
[37:30](#) ROLE PLAY - Orientation on "focus on what you feel" and "find the belief"
[38:48](#) ROLE PLAY - Orientation on biblical agreement and heart change
[41:20](#) ROLE PLAY - Orientation on the role of the Holy Spirit and how to cooperate with him
[43:17](#) ROLE PLAY - Orientation on the process steps in TPM
[47:01](#) ROLE PLAY - Emotion box - boxed in
[47:16](#) * explanation about what materials should be sent to a mentee
[48:45](#) ROLE PLAY - Emotion box - tries to remember bad memories
[49:19](#) ROLE PLAY - Orientation on association
[50:54](#) ROLE PLAY - Emotion box - he is going to kill me
[53:08](#) ROLE PLAY - Memory box - kid holding a bar or something
[54:32](#) ROLE PLAY - Orientation on what "seems or feels true even if we know it is not true"
[55:47](#) ROLE PLAY - Memory box - continued

[57:08](#) ROLE PLAY - Belief box - I am going to die
[57:30](#) ROLE PLAY - Truth box
[58:40](#) ROLE PLAY - Orientation on what the truth and transformation box accomplishes
[59:41](#) ROLE PLAY - Transformation box
[1:00:49](#) What to do next with a new mentee after your first session
[1:06:11](#) Melissa: Wouldn't that memory be filled with a lot of emotion
[1:08:06](#) No memories are filled with emotion
[1:11:47](#) There are no emotionally wounded people

November 8, 2021 (8 PM - EST)

[1:20](#) Learning the material well allows you to easily know what the mentee needs and the ability to equip them in the moment
[5:37](#) How to view the map
[9:40](#) Better that someone makes TPM a lifestyle, than getting some "big stuff" out of his life using TPM
[13:24](#) Me: The wording of self control as a fruit of the spirit has always confused me
[16:44](#) Ed at Harbor Freight realizing after the fact that he was bearing the fruit of the Spirit
[19:10](#) Mastery makes it effortless
[22:50](#) Me: TPM has made parenting easier for me
[23:58](#) Me: It's ok when I am not able to speak to the heart of my child
[29:16](#) Amanda: Is it normal to not feel a shift in the transformation box, but you can feel that there has been a shift days later
[33:20](#) Heather: Mentee believed no memory would surface because it would have been before three, is that a solution
[40:19](#) The role of memory and what is necessary for the TPM process to be helpful
[45:25](#) Memories from inside the womb
[47:15](#) Joshua speaks to womb memories
[51:39](#) Biblical example of baby John the baptist leaping in the womb
[53:40](#) Jane: If the mentee remembers believing something in the past but the no longer believe it now
[56:48](#) Jane: Where would you go to next
[1:00:10](#) Kay: How do you deal with people rejecting TPM
[1:03:48](#) The motivation to learn about TPM
[1:05:35](#) Laura: The Effortless Forgiveness book is a good seed planter

November 15, 2021 (12 PM - EST)

[2:45](#) Wanting to start a TPM ministry in church for those who are hurting
[20:38](#) Yolanda: Is there an article or a video that you show to people who are new to TPM
[26:47](#) Gene: What are your experience with people in the military
[30:13](#) Gene: People all over are hurting and need healing
[31:35](#) Ed's experience of working with people in the military
[33:25](#) Covid and the world situation isn't the source of your fear
[37:38](#) Gene: What are your thoughts on someone who has experienced disfunction from early life
[42:12](#) Viewing thing that happen in your life from a different perspective - Metal detector analogy
[46:34](#) Josua: What would you say to a mentee who does something to stop herself from feeling bad by saying she would repent
[48:31](#) "The sin, confess, repent, adjust my behavior and try harder not to sin" loop
[55:55](#) Old heart and new heart
[56:21](#) Old nature and new nature
[1:00:15](#) Josua: How do I deal with a solution behavior when all I want to do is that behavior when trying to deal with it
[1:03:25](#) 1 Thessalonians 5:23 He will accomplish it

November 15, 2021 (8 PM - EST)

[audio is soft until [1:52](#)]
[0:31](#) Getting benefit from TPM does not require agreement with Ed's theological views
[5:00](#) Chris: How do you treat guilt in the emotion box

[8:27](#) Example of dealing with truth based pain
[10:44](#) The added truth of a broader perspective
[13:16](#) The truth based problem of our need of a savior
[15:46](#) Elizabeth: What do you do if the mentee already knows their heart belief
[24:00](#) Matt: The new material on the looping question
[31:21](#) Matt: How I detect solutions
[32:08](#) The questions are to remind the mentee of what to do
[34:16](#) Trying to get TPM out before a window closes
[36:24](#) ROLE PLAY - Introduction
[37:49](#) ROLE PLAY - Emotion box - squashed and pushed down
[44:07](#) ROLE PLAY - Memory box - 4th grade class
[44:30](#) ROLE PLAY - Solution box - thinking about empowering fantasy
[46:07](#) ROLE PLAY - Belief box - focusing on fantasies keeps me from feeling pushed down
[46:19](#) ROLE PLAY - Truth box
[46:30](#) ROLE PLAY - Transformation box
[47:19](#) ROLE PLAY - Emotion box - sad
[48:33](#) ROLE PLAY - Memory box - 4th grade class again
[51:22](#) ROLE PLAY - Solution box - holding on to sadness
[52:18](#) *Joshua breaks down and reveals a new term "indicators" from the upcoming training material*
[54:03](#) ROLE PLAY - Belief box - by being sad it means you will be heard
[54:17](#) ROLE PLAY - Truth box
[54:27](#) ROLE PLAY - Transformation box
[54:56](#) ROLE PLAY - Emotion box
[55:53](#) ROLE PLAY - Anger box
[56:06](#) Explaining the ever improving process of TPM
[57:54](#) ROLE PLAY - Solution box - anger towards that teacher
[58:27](#) ROLE PLAY - Belief box - by being angry at her you hold her accountable
[58:42](#) ROLE PLAY - Truth box
[59:05](#) ROLE PLAY - Transformation box
[59:45](#) ROLE PLAY - Clock principle
[1:00:05](#) How Ed memorizes things, like the map
[1:00:42](#) The next edition will include another map with goals and objectives
[1:06:23](#) Truth based pain
[1:08:50](#) Your anger is not accomplishing anything
[1:12:38](#) Let your good deeds be driven by the fruits of the Spirit

November 29, 2021 (12 PM - EST)

[5:35](#) Peter: Living a transformed lifestyle
[9:44](#) Acknowledging the principles of TPM in a dream
[10:27](#) The concept of obedience
[17:41](#) 1 Thessalonians 1:3 on faith producing works, love producing obedience and hope producing endurance
[24:13](#) Gene: Romans 7 doing what I don't want to do
[36:04](#) Yolanda: What does a typical session look like with a well orientated mentee
[41:32](#) Making TPM a lifestyle
[43:23](#) Marleen: TPM becoming simple as I keep rereading
[47:38](#) Marleen: Needing so much TPM
[54:00](#) Jeff: The question I ask pastors and church leaders before presenting TPM

November 29, 2021 (8 PM - EST)

[Ed's voice is soft until [5:55](#)]
[3:07](#) Making the most of the time we have
[6:23](#) Jeff: What do you make of a situation where I am getting the different memory with the same emotion
[19:00](#) Kune Kune pigs and some chickens
[21:49](#) Dealing with manifestations

[29:33](#) 1 John 5:18 The One protects you
[31:03](#) Karen: Teaching TPM to young children
[32:27](#) Example of telling a bible story using the 3 p's of TPM
[35:33](#) How do you offer orientation to a kid
[38:38](#) Martin Luther's view on the devil
[41:44](#) Is there a place for TPM for "family systems" memories or do they need to be specific event memories
[47:23](#) [sneak peak of the new book!] We feel what we feel because of what we believe, and we believe what we believe because of what we have experienced
[49:02](#) Do all beliefs have a specific memory associated
[51:43](#) The purpose of memory in TPM (and E.T. was a scary movie)
[54:12](#) Amanda: I have given Satan too much credit for far too long
[56:42](#) Brook: Testimony about TPM after being left out of legal matters
[59:10](#) Ed's testimony about TPM after being spoken ill against
[1:01:22](#) Joshua's testimony of truth based pain

December 6th, 2021 (12 PM - EST)

[4:05](#) Marleen: Can you explain the belief and choice principle
[10:17](#) Association is already happening, but we need to follow the dots back to the belief
[18:00](#) Mariasz: What about when I keep coming to the same memories
[19:53](#) Mariasz: What if I don't go to new memories often, but keep going to the same ones over and over
[27:37](#) Yolanda: Being well equip, do you still find it beneficial to do TPM with a mentor
[30:52](#) The questions aren't necessary, if the mentee know what they are doing - driving a car example
[33:27](#) Next time you drive your car, pay attention to how you drive subconsciously
[35:30](#) Me: My 12 year old daughter finally wanted to try TPM and was instantly surprised when it worked
[36:14](#) Providing opportunity to connect with the presence of Christ in a way you wouldn't have other wise had
[37:44](#) Gene: Learning the culture is important to understand where their beliefs come from
[40:52](#) Being held captive by the devil's snare
[45:30](#) TPM points to the fact that it is a lot more simple than we think
[47:45](#) There is only three things we need to deal with - A new heart, a renewed mind, a transformed behaviors
[52:02](#) Cheryl: If a person spends most of their time receiving truth about solutions, the then next session, they deal with the same solutions, what is happening

December 6th, 2021 (8 PM - EST)

[2:02](#) Becky: Why do I need to take time to cool down before I can do a TPM session
[7:42](#) Practical application to dealing with our anger
[12:36](#) Best the case scenario for anger is still unnecessary
[21:47](#) What do you do if someone calls for prayer, but doesn't know about TPM
[24:24](#) John: How do I address my sleepiness as a solution
[30:30](#) [sneak peek at new material] Solution indicators
[34:45](#) Sharron: We have issues with Christians who have been taught to control their emotions and have issues connecting with them
[42:08](#) Comments on "A spirit of fatigue"
[45:00](#) Nina: Testimony about Theophostics
[45:53](#) Nina: Dealing with a loss of memory
[50:54](#) Nina: I am having troubles identifying an emotion
[52:20](#) Susan: Maybe my sleepiness is a solution too
[57:05](#) Addressing the problem vs wrestling with a solution you have engaged
[58:36](#) Judy: If a mentee is terrified to enter into the pain of past hurts

December 13th, 2021 (12 PM - EST)

[0:45](#) What Satan can and can not do
[11:04](#) New perspective on things you need "freedom from"
[14:25](#) Kaylyn: ...lies are themselves evil spirits that attack us like heart beliefs do
[17:29](#) Kaylyn: ...we have the ability to overcome with the truth

[23:35](#) Gene: What are your thoughts on Dr. Ed Murphy's view of spiritual warfare
[39:02](#) Get rid of the dung, get rid of the flies
[43:00](#) Maggie: Physical feelings being more pronounced than emotional feelings
[51:51](#) Mark: Solutions being replaced with other solutions, possibly demons
[54:45](#) If I have emotional pain from an lie based belief, I will do something about it
[56:00](#) Example of solutions "protecting" us from pain - buying a dog

December 13th, 2021 (8 PM - EST)

[5:37](#) Kay: Do lies get set in place during traumatic events
[7:47](#) Kay: Wondering if lies would be picked up during this situation and how to deal with it
[17:33](#) Making it complicated because the simplicity of it doesn't feel true
[18:14](#) Do you ever do live demo sessions
[19:54](#) Reminder to pray for the people affected by the tornado
[22:15](#) My son hates when I remind him to do TPM
[27:20](#) Mary: Testimony of TPM helping with relationship boundaries
[31:21](#) Mary: Some times the lies are strong, but learning the material makes it easier and it is really worth it
[36:09](#) Wendy: When I randomly drop something I find myself cursing, can TPM help with this
[43:53](#) Judy: Working with non-believers and explaining the truth box
[48:52](#) Carol: Is "I am forgotten" fit the definition of a state of being belief
[51:08](#) Carol: Am I, at some level, resisting hearing from the Lord
[59:57](#) Carol: Is there an age of accountability
[1:03:18](#) Bruce: What if no specific memory comes to mind, but that's how it always was

December 20th, 2021 (12 PM - EST)

[0:00](#) A thank you message
[10:45](#) Peter: When will the book "Effortless Transformation" be released
[12:27](#) Peter: Running into difficulties with those wanting to cast demons out
[19:04](#) If we had the same perspective on earthly sickness verse the eternal context
[26:50](#) It's a hard paradigm shift for those who fight the devil
[30:40](#) It's not so much what Satan lost at the cross, but how much we gained
[32:56](#) Mark: How important is it to get the details of a lost memory
[39:19](#) Mark: So it is not common to retrieve memories that seemingly don't exist
[46:01](#) Gene: Have you heard of the Firm Foundation and understanding the chronological aspects of God
[49:47](#) Even if I believe all these truths in my mind, that doesn't mean I will walk in victory there after
[54:02](#) Christmas as a trigger
[56:22](#) Yolanda: Will there be a revised process map
[57:56](#) Lucy: Are there any Spanish translations
[1:00:30](#) Looking back on this year
[1:03:03](#) Ed and Joshua recite a verse in unison

December 20th, 2021 (8 PM - EST)

[0:00](#) A thank you message
[10:42](#) Me: Any thoughts on doing fake TPM sessions with my kids
[12:05](#) Lucy: You encourage us to pray with people even if we aren't fully trained yet
[15:26](#) Matt: Is the new content out in public for comment
[19:30](#) Clarification on comments made on the devil
[20:30](#) How I now approach scripture
[30:44](#) John: How do I help my friend quit smoking using TPM
[40:42](#) Marsha: "Those who know the Lord, the enemy can't touch them" - is this just in the context of TPM
[44:51](#) Marsha: Listing to a sermon that started by talking about how the enemy has been attacking
[49:33](#) I didn't start out in this place on my understanding of what the devil can do
[52:18](#) That change happened in a ministry session - I realized that I have been played
[1:03:13](#) People come demonized for one of these two reasons
[1:11:26](#) The teaching after the cross

[1:13:44](#) Review of 2021 for us
[1:14:19](#) "Oppressed" by the devil early on in TPM - sleep paralysis

January 3rd, 2022 (12 PM - EST)

[2:20](#) Completing the tasks, not just answering the questions
[19:40](#) Questions remind us of the task at hand
[24:00](#) Revisions of the map in the coming edition
[27:12](#) Mariusz: How much do I need to be comfortable with TPM before mentoring some one else
[34:00](#) Find someone you know well to start TPM with
[36:00](#) Keveer: Want a crazy TPM session testimony
[41:52](#) God is at work the whole time
[42:43](#) God's pause is for our benefit
[47:38](#) Reading scripture in a new way you hadn't before
[49:08](#) I studied TPM 20 years ago, and have gotten so much from it
[52:53](#) Anyone can start their training with a group at any time (even though revisions will be coming)
[54:20](#) The training now is much easier than 15 years ago
[58:35](#) Has there been tweaks to dealing with grief, sorrow the loss of a spouse

January 3rd, 2022 (8 PM - EST)

[0:47](#) New year's solutions
[2:59](#) The reality of who we are in Christ
[6:15](#) Sharron: Testimony of TPM helping
[10:50](#) TPM is a way to participate with God, but what we need is our minds renewed by him
[15:50](#) TPM is very organic in that faith refinement, mind renewal and transformation all happen together effortlessly
[21:36](#) Addressing the beliefs
[24:00](#) The sweet spot
[27:31](#) Jeff: Comments on sadness
[40:46](#) Richard: If someone makes a vow, like they won't marry someone like their parent
[52:15](#) Richard: Do you ever address judgmental attitudes or anything after they get healing

January 10th, 2022 (12 PM - EST)

[0:00](#) Ed tells about a video of a pilot escaping death twice (https://youtu.be/Nvu5VGf_U9Q)
[2:15](#) The roles of the mentee, the mentor, the questions and the map
[9:34](#) Keveer: Reworking our training to include more role plays
[17:09](#) Keveer: Being a lifer, and trying to convey how TPM can improve ones life
[22:18](#) Introducing TPM to those I encounter
[36:58](#) Location initiated story about Ed passing out
[42:00](#) Jeff and Ed gang up on Joshua and try to talk him into revealing what is in the new book
[46:04](#) Joshua goes through the objectives of each of the boxes
[50:03](#) The process is fulfilling each of the objectives of each box
[55:37](#) Maryanne: Thank you and TPM has been so helpful
[57:54](#) Maryanne: My husband of 30 years is now gone, and I think I am angry, but I don't feel angry
[1:03:05](#) Maryanne: I also feel that I should be feeling grief, but I am not
[1:05:03](#) Maryanne: I want the family back, but I don't want him back
[1:06:45](#) Our focus is on equipping you for your journey so that you can receive the Holy Spirit's perspective

January 10th, 2022 (8 PM - EST)

[4:07](#) Lincoln: Will you do a role play as a 3 year old having a temper tantrum
[7:10](#) Encouraging children to listen to God's voice in everything - even in watching the squirrels
[10:04](#) Lauryn: When I focus on memory, more than one memory comes up
[15:56](#) Charolette: Have you worked with those struggling with same sex attraction
[17:56](#) TPM is not about behavior modification, its about identifying the lies, encountering Christ, getting his perspective, having are heart belief change and effortless fruit
[21:20](#) Its easy and effortless to behave in line with what you believe to be true

[24:18](#) Charolette: Wanting some insight from your experience with those who struggle in this area
[29:19](#) The deeds of the flesh: A way of suppressing or expressing negative emotions
[34:10](#) The difference between will and desire
[35:35](#) Getting honest with yourself
[36:19](#) An example of a person who had same sex attraction
[45:08](#) Jane: Clarification on a story Ed told and if what the mentee was feeling was true
[47:31](#) A lot of us, our "happy place" is not a good place
[48:44](#) Greer: Would it be beneficial for Charolette's daughter to watch that conversation you just had
[50:42](#) Lauryn: Where are the types and categories of beliefs
[53:53](#) The old term of osmosis lie
[56:45](#) Anything we are doing in an attempt to produce the fruit of the Holy Spirit comes from someplace other than a true heart belief
[1:01:44](#) Sylvia: Is the solution box for more than just anger

January 24th, 2022 (12 PM - EST)

[5:31](#) Sharing the principles first before talking about the process
[9:24](#) How do you explain how emotions should be free flowing
[12:04](#) Sandra: If someone has controlled their emotions their whole life, how do you explain what happens after TPM sessions
[16:50](#) What if someone is crying with no end
[19:03](#) Sandra: The mentee can't put her feelings back and that's scary for her
[23:29](#) Mariusz: After hearing the truth, I feel like it only partly doesn't feel true anymore
[33:16](#) An illustration to help see the difference between solution beliefs and heart belief (front wheel vs back wheel)
[36:06](#) Is anger coming from a "spirit of rage"
[41:50](#) Keveer: What is the protocol if someone is angry at everyone
[45:09](#) Why we don't speak about the taboo issues

January 24th, 2022 (8 PM - EST)

[4:45](#) John: If a mentee comes in and is concerned with a sinful behavior, would you start in the solution box and address that behavior as a solution
[7:03](#) James chapter 1 and TPM principles
[8:34](#) If a person comes to a session with a sin issue, do I start in the solution box
[10:51](#) Go to the solution box when the solution is engaged
[13:56](#) Matt: If the mentee is frustration should you go to the anger box
[14:51](#) When addressing anger, the focus is on what it is accomplishing
[20:46](#) Elizabeth: Does the repetition of anger mean I am not getting to the right heart belief
[23:43](#) Elizabeth: Most of my anger comes from stress
[24:18](#) The anger principles in the new book
[26:16](#) TK: Has anyone suggested that the presence of the devil causes painful thoughts
[28:03](#) What Satan can and can't do
[32:36](#) Realizing the reality of what Satan does
[40:17](#) Bruce: I recommend making a comment in the book about revisiting the same memory
[44:24](#) Elizabeth: I really enjoy seeing the principles of TPM pop up when I read the bible
[44:47](#) Reading the bible with all the tools available
[46:10](#) When being tempted, lets do this instead
[49:55](#) Interactions Jesus had with the devil
[51:17](#) Issues arise when we don't understand that we are bearing fruit instead of producing fruit
[56:40](#) The purpose of TPM in 1 Peter 5:6

January 31st, 2022 (12 PM - EST)

[6:45](#) Elizabeth: What is the protocol for dealing with sadness
[12:35](#) The wagon illustration - God carrying our burdens
[15:09](#) Reasons for continuing to feel truth based negative emotion
[19:08](#) Peter: What about expecting nothing so that you aren't let down

[22:45](#) Peter: How does God carry our pain
[27:45](#) The response to Lazarus with the right prospective
[31:13](#) Peter: What we are going through now
[33:12](#) It is important to realize what we are responsible for
[39:53](#) Josua: Question about the trust and authority principle
[43:44](#) Josua: What if you don't believe God is trustworthy
[47:47](#) Oops: Joshua shares too much about the new training [ignore this part]
[49:02](#) The current anger box
[51:06](#) Josua: What else will be in the new training
[53:30](#) Yolanda: If we are going through the training now, should we wait until the new training before starting

January 31st, 2022 (8 PM - EST)

[9:38](#) Keveer: Unsure if I encountered a solution or a heart belief about God
[16:11](#) The solution box should be used when the mentee leads you there
[26:26](#) Keveer: Its a good reinforcement to stop and orientate
[30:22](#) Ann Mary: Applying TPM to theological questions
[36:43](#) He needs to be the in charge
[38:27](#) Matt: Clarification on the memory box
[45:07](#) When to use the looping question
[48:18](#) We are trying to make it more and more precise
[51:51](#) Patricia: What do you do when people don't want to follow the process
[55:56](#) The goal of the mentee is not to motivate them, it is to equip them
[1:01:45](#) How long does it take to get good at TPM
[1:03:35](#) John: Should I have the map with me to show the mentee
[1:05:26](#) John: Having the mentee have their eyes open during a session

February 7th, 2022 (12 PM - EST)

[4:30](#) Working on the book concerning transformation verse conformity
[15:40](#) Blaming others and taking control instead of realizing that God is responsible for our transformation
[16:34](#) There is a purpose in your suffering
[23:14](#) Peter: Will the 'effortless transformation' book come out with the revised green and brown books
[26:00](#) Marita: Once you have explained TPM fully, what do you do with people who still find it hard to feel
[28:38](#) Marita: Maybe I explain too much, what else can I do
[30:33](#) Marita: Most people catch on intellectually, but when it comes time to feel, they are lost
[35:37](#) Marita: They seem to get stuck when we start to go deeper
[40:37](#) It is important that you as a mentor understand the concepts of TPM, but it is equally important that the mentee also understand
[41:11](#) How can we best pray for the people in Austria
[43:40](#) What God has done bringing TPM all over the world
[47:11](#) Is the church ready for TPM
[48:46](#) Marita: Is there a way that we could have an early look at the new material as we are translating into German
[53:07](#) Marleen: Is it appropriate to put your website on a business card I plan to make
[55:00](#) Jeff: Just a comment about how God can work to make things spread
[57:39](#) Josua: How do you handle a solution on a solution where the mentee is resistant to feeling if they are hesitant or not

February 7th, 2022 (8 PM - EST)

[7:15](#) A story about transformation regarding acceptable seasonal weather based beliefs
[10:27](#) Laura: TPM for me
[12:06](#) See this as a marathon, and not a sprint
[14:05](#) Laura: TPM with my grandchildren
[15:47](#) The principle of "you feel what you believe" is important when interacting with children
[19:15](#) Karen: If the fruit of the Holy Spirit is effortless, please explain self control
[29:03](#) The purpose of TPM

[32:36](#) Carol: Realising that I am always on the map and also have been unaware of my state of being beliefs
[43:33](#) Jeff: Soon I will be doing TPM in a shame based culture. Any tips to help with that
[49:10](#) Example of a cultural difference
[52:22](#) Jeff: An example of how strong the urge to deny emotion is
[56:38](#) If someone can make you feel something then you are trapped in that feeling
[59:20](#) David: The first requirement is the ability to own what you feel
[1:00:24](#) David: I have a mentee who was conditioned to not cry
[1:03:47](#) David: I really appreciate the old videos from live demos

February 14th, 2022 (12 PM - EST)

[4:11](#) The primary distinction of TPM compared to other ministries
[10:43](#) John: Why does the new testament emphasis turning from sin by act of the will if it is our lie based beliefs that cause us to sin
[14:26](#) While it is "in your members" it is not who you are
[17:09](#) The problem is that I don't yet know the truth
[19:16](#) If you feel that you are given a mandate from scripture, look for the contexts of who you are being described as
[20:41](#) Colossians 3 - We are dead, but have put on the new self which is being renewed in a true knowledge
[23:11](#) 1 Peter 1 - for these qualities are already yours and increasing
[25:41](#) Our behavior is a direct reflection of what we believe in our heart - whether those are truths or lies
[26:46](#) Colossians 1:10 with the context of verse 9
[31:37](#) The issue is lacking perspective
[34:00](#) Positional truth verse it always being the truth and we are progressively coming into the realization of it
[36:00](#) Peter: Choice, motivation and effort
[46:00](#) Joshua: A scenario where you are in the memory and a different memory comes to mind
[50:28](#) Joshua: Why would a mentee go to a new memory after being angry
[53:55](#) Donna: Does the term "out pouring" as apposed to effort make sense in the context of TPM
[1:00:25](#) If what you are trying to obey is not inline with what you believe, then it IS effort
[1:05:13](#) My best effort in trying to transform my behavior is controlled behavior

February 14th, 2022 (8 PM - EST)

[2:38](#) How far we have moved away from the earlier version of the book Healing Life's Hurts
[7:10](#) Download these videos
[8:04](#) Bruce: Sharing TPM with the church has seen some positive steps
[10:33](#) The initial response when I present this ministry to people
[14:04](#) God plays an important role in when people are ready to hear about TPM
[15:41](#) Youtube commenter: What are your thoughts on starting a session in the solution box
[20:20](#) Sandra: Are assumptions and conclusions meant to be treated like solutions
[25:10](#) Carol: Could a person use the assumptions and conclusions like a solution
[26:14](#) An example of an assumption being used to create a solution
[28:10](#) John: Reading the Effortless Forgiveness book before the first session helped inform my first mentee
[30:36](#) David: Addressing forgiveness using traditional counseling
[34:28](#) David: I think Jesus watched the guy who put the nail through his wrist and forgave him in that moment
[37:33](#) David: The gospel being kept a secret until the right time
[38:28](#) The devil is the one who is the most deceived
[41:15](#) Bruce: Is there a list of scriptures that displays the TPM process and principles
[44:02](#) The TPM process is not in the bible but the outcomes of TPM are
[49:02](#) Bruce: Encountering people who say, "All that feeling stuff is just psychology"
[51:00](#) I ask the question, "Is what you are doing naturally producing the fruit of the Holy Spirit"
[53:45](#) Bruce: It would be nice to have an appendix of scripture regarding spiritual warfare
[55:00](#) I do want to get back to my book on spiritual warfare after getting the training done
[57:43](#) Doubting salvation / lack of assurance

March 7, 2022 (12 PM - EST)

[3:57](#) The TPM community in Ukraine
[4:26](#) In the midst of the fire our beliefs will be revealed
[5:00](#) Reacting from what we truly believe
[8:40](#) The TPM community in Russia
[10:02](#) TV show "Alone" was a good example of people trying to survive without their solutions
[12:28](#) There are no emotionally wounded people, just different ways of managing our pain
[13:34](#) One of the show's participants freaks out
[14:36](#) Peter: What do you have to say about what is going on in the world as it relates to the spiritual realm
[25:30](#) The Christian journey is realizing what has already been accomplished
[26:30](#) If you feel you need to fight the devil, what is the motivation behind that
[29:55](#) What are solutions and how do you know you are engaged in one
[32:34](#) Q: Can you roll play the solution box with me because I have issues with the second question in the solution box
[36:13](#) This is the goal of the second question in the solution box
[44:20](#) Understanding solutions takes a different way of thinking, but once you get it, it is pretty simple
[46:31](#) The difference between the second and third question in the solution box
[51:22](#) Gene: Testimony of having faith in God
[54:22](#) The benefit of TPM is addressing the spots where you feel the need to try to believe God, and allowing God to convince us so that we actually believe God
[1:01:36](#) Anticipating what is coming in the world

March 7, 2022 (8 PM - EST)

[3:25](#) Dealing with truth based pain and the prodigal son
[12:32](#) Q: Does there come a time where you stop seeing a mentee if they continually avoid taking ownership
[14:00](#) There is no hope for you if believe your emotions are coming from someone else
[15:42](#) Example of explaining the concept of feeling what you believe
[17:20](#) The promise of peace in our life
[20:26](#) The consequence of mentees not studying the materials
[23:40](#) Carol: I can't think of how to know God without thinking of TPM
[29:06](#) Once we come into the realization of how much he loves us, we will love him
[31:50](#) The opportunities to get to know more about God present themselves continually
[35:00](#) Carol: Working with someone in a fear based culture makes it hard to get past some solution beliefs
[37:57](#) Roxanne: What else happened when we came to the cross and how does that fit with Jeremiah 17:9-10
[47:22](#) Colossians 3:9 You have put off the old self
[50:25](#) TPM does not require you to agree with all the purpose and principles to follow the process
[52:42](#) Mary Ellis: What I love about TPM is that I don't have to fix anything, and I am free to grieve with those who grieve
[54:00](#) Mary Ellis: What do you tell grieving people who say they aren't interested in learning about TPM
[59:58](#) Even in casual conversation, you can still be a mentor

March 14, 2022 (12 PM - EST)

[4:40](#) Barb: Clarification about Ephesians 6 and the armor of God
[23:18](#) Romans 13:14 clothing yourself with Christ
[27:34](#) Living and walking in truth is effortless
[29:54](#) Barb: I do have to work to force myself to bring my lies to God
[31:26](#) There is a discipline, but it is not what transforms me
[38:26](#) Neil: What if my mentee is a talker and seems to waste time with unneeded descriptions
[45:51](#) Your role as mentor
[49:00](#) Timothy: Could you comment more about demon manifestation being a choice
[58:48](#) Mon: Testimony about TPM for me and for my husband

March 14, 2022 (8 PM - EST)

[1:05](#) Reports from around the world finding TPM
[3:58](#) The motivation for TPM is coming

[9:58](#) Jeff: Giving a report from his travels spreading TPM
[11:58](#) Jeff: What do you do if the mentee is so used to their negative emotions, they don't realize that they are experiencing negative emotions
[19:21](#) Q: Are there new conferences or trainings planned
[20:16](#) Q: Can we use materials from Theophostic training
[24:15](#) Heleen: When explaining about giving up your anger to God, would it be good to do a bible study on God's anger
[27:53](#) Carol: Today is my ten year anniversary of being your onstage session example
[31:48](#) Q: Why can't I just make myself choose to do the process
[41:02](#) Q: What if I find myself in solution after solution after solution
[45:30](#) Mentee's often come in thinking they need to deal with one thing and end up dealing with another
[49:04](#) Cheryl: Are you saying that truths from out mind can be a solution
[56:41](#) God is the one who opens the eyes of your heart

March 28, 2022 (12 PM - EST)

[0:17](#) Explaining why Joshua is the only one in the studio
[5:13](#) Mary: Is there an audio version of effortless forgiveness in the works
[12:54](#) Maryanne: Can you explain the difference between the 2nd and 3rd question in the solution box, and also solutions on top of solutions
[27:15](#) Jeff: Mentee's often give a positive answer to "what would happen if you stopped doing that"
[34:44](#) Jeff: Mentee gives a result instead of reason on the 2nd question of the solution box
[35:33](#) What the mentee should be doing in the 2nd question in the solution box
[36:14](#) What the mentee should be doing in the 3rd question in the solution box
[39:51](#) In the 2nd question, we are looking for the reason the mentee they feel hesitant and resistant when asked the 1st question
[41:49](#) It is important to be able to recognize the feeling of resistance and hesitance
[46:18](#) Q: I have a friend who will not accept when God speaks, is it possible that it is not the Lord's voice
[50:21](#) Q: So if they hear a voice and no transformation, are we in the solution box
[53:14](#) Josua: TPM Testimony while painting at grandma's house
[54:50](#) Story of Ed's mother using TPM to get over her fear of flying
[57:29](#) A lot of people get triggered flying
[58:47](#) Amanda: I struggle with doing everything 0% or 100%
[1:03:08](#) Do whatever you do unto the Lord
[1:04:30](#) You can't have the right motive until you have a heart that is right

March 28, 2022 (8 PM - EST)

[0:24](#) Explanation for why it is just Josh tonight
[5:35](#) How our flawed thinking impacts the world around us [excerpt from the new book]
[9:36](#) You need God's perspective because the lies you believe are imaginary and not true
[10:25](#) You need God's perspective because the truths you perceive rightly, you don't perceive completely
[14:55](#) Mike: I have a mentee who is angry but seems to have a good perspective on the situation already
[19:35](#) You will run into issues if the mentee doesn't understand the goal of TPM
[22:51](#) How to deal with anger according to the training that will be coming
[25:37](#) Your role as mentor is to ensure the mentee knows how to do the process
[28:25](#) There are only two reasons for a session stalling
[31:14](#) Mike: How do I address the mentee's grief while going through the process
[48:48](#) Bruce: Can you go over the new protocols regarding the anger box
[1:04:04](#) The map will be updated too

April 4, 2022 (12 PM - EST)

[1:51](#) A message to those who are supporting TPM
[6:31](#) Watching old TPM videos and downloading just in case
[15:07](#) Marsha: Do you need someone to say that they are angry before going into the anger box
[22:50](#) Q: How do you deal with someone who has multiple identities that are in conflict with each other

[27:00](#) Q: I have issue identifying my emotions so I ask the Lord for help
[32:39](#) A note about the Lord helping you remember
[38:38](#) Comments about "God of this age is blinding the eyes of the unbelieving"
[40:30](#) Q: What do you do if a person is expressing multiple solutions at the same time
[45:08](#) Marleen: What if a mentee is not receiving truth
[48:25](#) How do I know I didn't just make up the truth I just received
[52:17](#) Mariusz: How do I get out of a loop where I feel that God wants me to suffer

April 4, 2022 (8 PM - EST)

[2:26](#) Message to regular supporters
[10:14](#) Update from Jeff
[16:45](#) The whole game plan, goal and the focus
[20:47](#) Why the church thrives during persecution
[21:48](#) Working with someone who is not interested in TPM
[25:30](#) Q: Do you think the reason for the pain is from a lack of understanding
[32:52](#) Bruce: Can you do a role play about solutions on top of solutions
[37:22](#) Mentors need to realize that they are not leading
[40:55](#) Bruce: I had a mentee who was fairly new with lots of solutions, and couldn't really answer the third question in the solutions box
[44:00](#) Every problem or situation you encounter can be solved by the mentee knowing the process well
[44:56](#) Bruce: I take notes to go over at the end of the session and it often triggers them again
[46:30](#) Teaching the mentee about the purpose and goals after they have just been in the transformation box
[55:02](#) Dawn: Can we adjust the training to be shorter so that we don't get as many people dropping out
[1:03:55](#) You can't force the training on people just like we can't force our will onto the pigs we are raising

April 11 2022 12pm

<https://www.youtube.com/watch?v=F6Sm9ZzEz0o>

[11:00](#) Performance based spirituality vs the fruit of the spirit
[17:40](#) What is driving your behavior
[23:38](#) Peter: Controlled behavior
[26:14](#) God is able to use imperfect tools
[27:51](#) Seeking transformation using human effort
[33:30](#) What our problem actually is, and what our problem actually isn't
[40:30](#) Knowledge of the scripture does not produce transformation
[45:40](#) Rommie: Testimony
[49:00](#) Rommie: Can I integrate TPM into family counseling
[54:32](#) Yolanda: Do you go to the transformation box even though you have discovered another solution that is engaged
[59:19](#) Yolanda: As I am listening for truth, I realize that I have a solution engaged

April 11 2022 8pm

<https://www.youtube.com/watch?v=E-75L0Wluul>

[4:30](#) How do you bring in the purpose and the principles in a ministry session
[8:27](#) Your primary role as a mentor
[12:40](#) When new people come in, watch for this
[15:48](#) Illustration of the concept "We feel what we feel, not because of what is being done to you"
[21:29](#) Carrol: Is it ok to enter a TPM session from a box other than the emotion box
[30:15](#) Carrol: Then what, I feel horrible because I have no solutions
[37:44](#) Carrol: TPM has helped me figure out why I was so angry
[38:33](#) Carrol: Can the "lost box" be an entry point
[39:08](#) Elizabeth: What was happening in the people's minds on palm Sunday

[40:23](#) For the joy set before him, Jesus endured the cross
[45:00](#) Jan: What if the mentee is offended with what you say
[52:06](#) Q: What about a spouse who is truly verbally, emotionally abusive
[1:00:16](#) All the truths sound great but if you can't actually believe it, than what is it worth
[1:04:32](#) Focusing on the finished work of the Lord

April 18 2022 12pm

<https://www.youtube.com/watch?v=l25qB5MI-YI>

[1:45](#) What does it mean to complete the training
[3:24](#) Why do we need to know TPM back to front
[7:02](#) Training is a process
[7:45](#) All disciplines work on the same principle of continual learning and relearning
[10:33](#) 1 Corinthians 13 Being in the process of things - seeing in part
[13:07](#) We have a blurred vision of who we are
[17:43](#) Excited about the revisions that are being made
[22:06](#) Gene: To what extent do our parents and early life affect our belief systems and relationships and marriage
[27:40](#) Gene: Parental expectation on what we do, but we need to focus on our motives
[34:01](#) Katelyn: TPM vs other ministries that just make you aware of where the lies began
[39:05](#) Greg: Are there any small groups doing training in south west Florida
[44:05](#) Yolanda: Going through the material multiple times has helped me pick up even more
[45:45](#) Yolanda: You don't need to know it super well to go through the training with a group of friends
[50:20](#) Carole: We practiced at the level that we were at and continual practicing and learning helped grow my testimony about it

April 18 2022 8pm

<https://www.youtube.com/watch?v=B17q3url5Mg>

[3:50](#) Testimonies from Russia about learning TPM
[4:50](#) The motivation for TPM is heating up
[7:05](#) Bruce: When presenting to church leadership, what is the best approach
[18:38](#) Q: Should I get off antidepressants before starting TPM
[20:33](#) Jan: How do you respond to concerns with TPM because one might hear a false spirit when attempting to hear directly from God
[24:53](#) Peaches: People may be defensive about TPM because talking to God is "way out there"
[28:17](#) Bruce: My sheep hear my voice
[32:13](#) Q: Testimony of physical pain being relieved
[32:51](#) Paul and the thorn in his flesh
[40:12](#) Q: What does it look like to share with the mentee the purpose and the principles
[46:22](#) Pig farming
[48:38](#) Q: A praise for God's healing
[56:35](#) The value of being deceived
[1:01:31](#) Susan: Does God ever ask the questions in a ministry sessions

April 25 2022 12pm

<https://www.youtube.com/watch?v=okV7DDLylU4>

[2:11](#) The purpose for being here
[5:09](#) Being seated with Christ in the heavenly
[10:58](#) Theology being kept separate from TPM training
[12:40](#) Zoom poll about "choosing to sin"

[16:41](#) An explanation of putting to death the deeds of the flesh
[25:30](#) Zoom poll results
[26:10](#) Struggling with sin is the evidence of...
[34:24](#) Romans 8 and the living in the spirit
[37:20](#) Romans 8 a distinction between those who are in the flesh and those in the spirit
[39:38](#) Keever: The objectives of the anger box and how they have evolved
[55:15](#) Theological comments being separate from the TPM process

April 25 2022 8pm

<https://www.youtube.com/watch?v=J5bJDPS2aTY>

[2:15](#) Laura: Theological question about what happened to Jesus on the cross
[15:25](#) How do we identify with a perfect savior when we are not perfect
[17:30](#) John: A testimony about how these discussions are helping
[19:09](#) Patricia: How much do you dig for an emotion and how much do you just accept how they say it, even if it sounds like a belief
[25:03](#) The objectives map will be coming out with the new training
[27:20](#) Zoom poll 2nd edition
[35:45](#) Warrick: My poll answer
[39:55](#) The old self and the new self
[47:07](#) Judy: My understanding of why we keep sinning after we become born again
[49:19](#) The cross didn't accomplish everything...
[56:10](#) Judy: I picked "all of the above" because we go through all those stages
[1:00:52](#) Q: How do we present the principles and purpose to a mentee

May 2 2022 12pm

<https://www.youtube.com/watch?v=i7Q65-yyBlk>

[2:16](#) Story about a proofreader being moved by the TPM followup book
[9:24](#) Peter: Could you make an intro video saying what you just said
[13:55](#) Reason for internalizing the principles and purposes as well as the process
[19:54](#) The blessing of Covid
[12:53](#) Story about a talkative neighbor on a flight
[25:19](#) Q: If you choose your beliefs will your feelings follow
[37:00](#) Q: Is it that TPM gives us a way to jump on Christ and know that he has the truth
[38:19](#) Being persuaded of the truth intellectually is different than being persuaded in your heart, but is still important
[46:28](#) Q: How does this work with a non-believer
[53:00](#) A biblical narrative of Jesus speaking truth to a lost person

May 2 2022 8pm

<https://www.youtube.com/watch?v=2cKWN3AgciU>

[1:28](#) Story about the deep end of the pool
[5:37](#) Proofreader making paradigm shifts as she goes through the book
[10:20](#) How do we do the "good works"
[13:16](#) John: I have a new mentee coming in who is dealing with being depressed
[25:36](#) Q: What is the connection of the armor of God and TPM
[33:30](#) Colossians 3 - description of what TPM is trying to accomplish
[37:31](#) Our new self is left with a mind that needs to be renewed
[39:04](#) Q: Am I being triggered, because I get startled by loud noises
[40:33](#) Story about Ed not being able to throw up because of a lie that was being believed

[43:50](#) Q: Is it ever difficult to understand the truth (within the transformation box)
[44:38](#) It is never the job of the mentor to interpret what the Lord is saying
[45:27](#) Make sure you invest the time into learning the process
[49:00](#) Excited about the revisions being updated in the training
[51:51](#) The new book will be about our purpose
[56:57](#) Discipline in the life of the believer
[1:01:09](#) Lucy: What format will the new training be in

May 9 2022 12pm

<https://www.youtube.com/watch?v=tLminWefd0I>

[1:47](#) Misplaced discipline
[3:47](#) Misplaced discipline in regards to obedience
[6:44](#) The proofreader that I found to for my book is really intrigued by the concepts of TPM
[8:39](#) Astronaut: Gaining a heavenly perspective
[11:40](#) Astronaut: God is directing and orchestrating and the process depends on my willingness to let the Lord be the light
[14:15](#) In the early years we had a lot of extra stuff included in TPM
[19:46](#) The goals map will be coming in the next version of the training
[25:20](#) Jeff: Updates from my trip
[27:14](#) Jeff: Help with someone who says they are angry, but insist that they have already forgiven them
[41:32](#) Love is not a choice just like forgiveness is not a choice
[46:46](#) Peter: How can we see what is happening at the moment from God's perspective
[58:30](#) Right now, you have a great opportunity to deal with your lie based beliefs while the heat is low

May 9 2022 8pm

<https://www.youtube.com/watch?v=Q2uIpObVV0Q>

[3:24](#) Carroll: Can you give a over all summary of the purpose and principles
[6:06](#) When to have a conversation about a principle
[8:30](#) What I do during an initial session
[12:00](#) Carroll: I try to introduce concepts in the context of my own life with those I care about
[13:50](#) Using the bar bones essentials when introducing principles
[17:40](#) Observations about sharing TPM
[18:50](#) Story about talking about TPM with "co-workers" in the "office"
[21:08](#) John: Comments about the skill it takes to do TPM
[22:31](#) John: Where do I start with someone who suffers from insomnia
[26:56](#) Q: I feel more angry now that I understand the principles and before I knew them
[29:37](#) Matt: What if the mentee feels like they are just not able to move forward
[41:41](#) Byron: Any more heart belief vs intellectual belief examples
[48:49](#) Trust and authority principle
[49:30](#) David: A suggestion of using experiential belief

May 16 2022 12pm

<https://www.youtube.com/watch?v=2ZqB02cWSY8>

[3:35](#) James: How should we be addressing solution behaviors outside of a TPM session
[6:00](#) James: How do I help someone see the moments of pain as golden opportunities for transformation
[9:30](#) How I would approach someone who doesn't understand any of the principles of TPM
[10:30](#) An illustration of "we feel what we believe" - Someone insulting you in a different language
[14:10](#) James: Something was communicated inadvertently to this person
[15:15](#) An illustration about how we don't chose our reactions - stick or snake

[16:00](#) The truth is still the truth no matter what you believe - seeing a snake in the leaves
[17:26](#) If someone submits to a TPM session they need to understand WHY they are there
[19:57](#) James: The real issue is that we need truth, not that we believe lies
[23:23](#) Marita: Question about the context of groups
[25:48](#) Marita: Is the focus only on the mentee learning the process for himself
[29:10](#) Peter: Is just telling someone with an inferiority complex how much the Father loves them, just giving them a solution
[32:22](#) Asking for the proof of transformation is often neglected, but is an important factor that should be done
[38:06](#) Movies stir up our emotions even though they aren't true
[40:41](#) Story about giving an offering to someone who ended up just lying to the congregation
[45:19](#) Yolanda: Can fear be a solution
[47:57](#) You are in the solution box when you aren't progressing
[53:33](#) What qualifies as a solution
[54:54](#) Peter: People using their identity to solve their pain
[57:24](#) It doesn't matter what is happening in our world - God's plan is right on schedule

May 16 2022 8pm

<https://www.youtube.com/watch?v=aTsbbCW2zlc>

[2:22](#) Common questions about the memory box
[3:03](#) A brief over view of protocols in the memory box
[7:10](#) Memory box demonstration: Intro
[7:44](#) Memory box demonstration: Memory of being belittled while reading aloud in Sunday school
[9:50](#) Memory box demonstration: Using the words "I feel..." when describing a belief
[11:55](#) Memory box demonstration: Using the looping question
[12:39](#) Memory box demonstration: New information in answer to the looping question
[19:19](#) Bruce: What is the definition of "heart belief"
[20:45](#) Ivis: What is the belief you are coming to the memory box with
[22:39](#) Carrol: Is it true that you go to the anger box any time anger appears, or only when anger is stopping the process
[25:20](#) Q: Does TPM work on nightmares, when that didn't actually happen
[27:50](#) Jeff: Is core belief the same as heart belief
[29:29](#) John: Clarification on what the belief question would be in your demonstration
[31:14](#) Lee: When I come to the truth box, I get stuck - How do I know that there is a shift
[35:55](#) Greer: How would you respond differently to someone who knows TPM, someone who doesn't and someone who isn't a Christian
[40:29](#) My reaction when I was diagnosed with cancer
[41:40](#) Greer: Reacting in a prayer meeting for those who understand the TPM principles
[45:03](#) Rejoicing in our tribulation can only come from being convinced of the truth by God in our hearts
[47:34](#) A normal response is how Jesus would respond, everything else is abnormal
[49:11](#) Elizabeth & daughters: What do you do if you are talking to Jesus and you don't hear from him
[54:57](#) James: Finding the sweet spot where I am in harmony with the process

May 23 2022 12pm

<https://www.youtube.com/watch?v=3XmTo8fgykE>

[1:18](#) Philippians 4 - coming to agree in the Lord
[9:30](#) James: Singing a birthday song to Ed
[10:25](#) James: The benefit is on going
[14:21](#) Transformation is in the moment - every moment

[14:50](#) When we do not cooperate - like Jonah
[19:47](#) Amanda: I am trying to surrender but I am stuck. What am I doing wrong
[29:40](#) Ed roleplaying Amanda's situation
[32:09](#) Are you in engaging in a solution that stops the process
[34:07](#) Amanda: I am stuck in the solution box
[38:18](#) Break glass in emergency option to get unstuck
[40:32](#) Rami: What if you associate with a memory that is before you would remember something
[45:54](#) An example of something that is not real providing an opportunity for mind renewal
[49:33](#) Marta: Is there a list of potential solutions
[49:55](#) Laura: Does it matter what emotion they are feeling
[52:02](#) Truth based pain can evoke the same emotions as lie based beliefs
[56:06](#) Cheryl: Can you clarify about the need for accuracy of memory
[59:28](#) Gene: Romans 8:28 is good but sometimes hard to believe
[1:03:00](#) Follow up on proof reader

May 23 2022 8pm

<https://www.youtube.com/watch?v=ypv94eObpol>

[2:10](#) Ed's birthday party - family photo
[7:05](#) You always have reason to be joyful, but you can't make yourself feel joy unless you believe the truth in your heart
[11:33](#) The role of personal discipline in our life
[14:14](#) Elizabeth: Can worship music be a solution behavior
[21:27](#) Linda: It is sad that the church teaches that joy is a choice
[22:30](#) Annette: Mentees have a hard time answering the second question in the solution box
[24:31](#) As a mentor, its all about figuring what orientation is needed in this situation
[29:12](#) Be up front about the mentor / mentee relationship
[31:06](#) Annette: Mentees seem to want to get to relief instead of becoming familiar with the process
[32:40](#) If the mentee doesn't come to understand the purpose of TPM, they will assume it's about pain management
[40:40](#) Annette: This way of framing can help people who are not strong believers to see that God will do a work in them
[42:44](#) God is calling you into rest
[46:30](#) 2 Peter 1 - it is not a mandate, it's an outcome
[51:35](#) Illustration of how we are ignorant of the truth - God has paid for the buffet dinner so we can enjoy if we know and believe that
[55:20](#) Christine: How do you guide a mentee who is distracted
[1:05:24](#) The world is falling apart as it must do

June 6 2022 12pm

<https://www.youtube.com/watch?v=xWVW3e9KVAI>

[3:30](#) God has taken this ministry around the world
[8:49](#) Lisa: During this session, what I having truth based emotion
[12:22](#) The emotion is just how we get where we are going. It is the gas in the car
[16:47](#) Be careful not to rush out of the truth box - look for pushback or resistance
[19:07](#) God doesn't cause us to remember things, because he doesn't need to
[21:55](#) Story about remember things that had been long forgotten - visiting home town
[24:17](#) Keep pressing on because God is always ready, we are just sometime not ready yet
[26:45](#) Clarification on what truth based pain is
[29:15](#) A truth greater than my reason for crying

[38:17](#) Carmen: What is the best way to explain to a pastor who has the wrong idea about TPM
[42:01](#) Don't waste your opportunity just because they are wasting their opportunity
[45:10](#) LeAnne: Can you make a solution with information you don't have
[50:34](#) Subconsciously aware of beliefs that make you sad - The story of "Sara week" for Ed
[53:04](#) Kever: Clarification about current feelings vs feeling that you remember feeling in the memory
[57:10](#) An illustration of physical pain with a heavenly perspective

June 6 2022 8pm

<https://www.youtube.com/watch?v=JtfJlvoD0tY>

[2:54](#) Motivation for reading through the material and watching the videos
[5:08](#) If I am mentoring someone who is mentoring and they stray from protocol, should I bring that up with them
[11:50](#) The TPM process can self correct if you continue to follow the map
[16:30](#) Brook: If they are angry at a long list that includes God, what do you do
[25:55](#) Comment: No matter how many times you hear it, you get it from a different angle
[34:07](#) Q: What if someone is angry at themselves
[34:25](#) Q: What is the youngest group of people that have gone through the TPM training
[35:23](#) Q: Is there an update on the revised book
[36:52](#) Linda: Testimony of TPM helping me years ago
[37:27](#) TPM is not healing anything, it is an avenue to come into the truth
[39:09](#) Paradigm shifts throughout my life
[44:20](#) The purpose of TPM is to move a person to the place where they experientially realize who they are in Christ
[46:00](#) There is a big difference between walking in good works and doing good works
[55:49](#) Why we apply TPM in our lives
[58:26](#) Mary: What is meant by "deny yourself and pick up your cross" in Mathew 16:24

June 20 2022 12pm

<https://www.youtube.com/watch?v=F4hNSJEIJ6E>

[4:28](#) Colossians 3 - We are with Christ in the heavens but see a distorted reflection of ourselves
[14:54](#) Story of recognizing transformation from a situation with Best Buy and a computer bug
[20:10](#) Laura: Wouldn't just remembering that we are crucified with Christ be a more instant way to allow Jesus to live for me
[26:20](#) Laura: The more I practice remembering that we are crucified with Christ the more instant it becomes
[29:47](#) I don't have to remember that truth to have the peace of Christ
[30:37](#) Kever: Using the new "Anger toward God" process
[37:10](#) Peter: How do I politely challenge someones controlled behavior
[40:54](#) God has not called me to convince people of anything
[42:59](#) Peter: On individual is choosing to act a certain way, and you think, God, what can we do
[44:33](#) Story of not getting triggered during a trip to Harbor Freight that took longer than expected

June 20 2022 8pm

https://www.youtube.com/watch?v=Az_PxMWSr9g

[1:37](#) What these video broadcasts are for
[7:20](#) Q: Are regrets a form of anger (or a solution)
[11:38](#) A primary characteristic of the anger category
[15:38](#) Laura: Do you stop and pray with the person often or wait until the end of the session
[20:38](#) Laura: When do you take it to the Lord

[23:33](#) John: Appreciate the intro video and a hypothetical situation where someone said they were losing hope
[28:24](#) Ruth: Do you deal with disassociated memories resulting from traumatic childhood memories using regular protocol
[35:42](#) Judy: What if a person says they don't believe in God. How do we bring it to God if they don't believe in him
[39:40](#) Ruth: Could there be hundreds of solutions to get to one memory
[41:08](#) Lee: What is sin

July 11 2022 12pm

<https://www.youtube.com/watch?v=7Dg8ufKTczs>

[6:20](#) Byron: Is the trust and authority principle where children were implanted with lies
[15:30](#) Greer: If someone apologizes saying hurtful things, what should we do
[17:44](#) Greer: If it didn't hurt because you know it is solution behavior, do we still say I accept your apology
[20:00](#) Joshua: Where you start when introducing orientation
[21:40](#) Ed: Forgives is easy unless we believe something that keeps us holding on to it
[23:09](#) Ed: Introducing the book "Effortless Forgiveness"
[26:20](#) Joshua: Illustrating what the debt that needs to be forgiven looks like in the context of eternity
[30:48](#) Jeff: Many people say I already chose forgiven him
[33:20](#) Jeff: I take mentees to the solution box when they have resentment from unforgiveness
[35:39](#) Joshua: Choosing to forgive is just as effective as holding on to the debt, what you need is God's perspective
[39:14](#) Viewer: Would you please expound on the verse "forgive or your father in heaven won't forgive you"

July 11 2022 8pm

<https://www.youtube.com/watch?v=NMI00jBIhAQ>

[9:30](#) Bruce: The importance of remembering that it is all about getting to Christ more completely
[13:05](#) You are only tempted by what is already there
[16:38](#) An illustration about perspective: "The wrong pair of glasses"
[20:06](#) Bruce: We see two common obstacles - Seeing sin as the problem and our efforts to fix them as the appropriate solution
[22:57](#) Q: So we get his perspective by getting rid of the lies
[24:50](#) Greer: How can Satan is the father of all lies if we can lie to ourselves
[27:29](#) What projects are coming up next
[31:12](#) Richard: Should we wait until the new book comes out to continue our training
[34:12](#) Story about learning the content well
[37:54](#) Becky: In the new anger protocol, could you role play someone who can't name the emotion they are feeling
[43:43](#) Q: How does TPM deal with demons
[46:36](#) The book I am writing about post resurrection deliverance
[52:00](#) Ruth: Do they need to go to the source memory of the lie
[55:23](#) The biggest part of being a mentor is teaching the mentee about how to do the process better
[56:40](#) An example of a bible story for children the helps teach TPM principles

July 18 2022 12pm

https://www.youtube.com/watch?v=Vuz1g_15uz0

[3:49](#) Miriam: How I heard about TPM in Equator
[9:00](#) Jim: Issues in the anger box - they couldn't let go of the anger

[16:27](#) Jim: The person who the mentee was angry at has passed away
[17:02](#) A summary of the solution box via the anger box
[27:06](#) Josua's mom: Comments on the training in South Africa
[31:12](#) Peter: Should we be reading the green and brown books for training at this point
[37:27](#) Kioshi: Testimony learning TPM
[39:46](#) Kioshi: Testimony using TPM
[41:40](#) It's not that I am empowered to do the right thing, it's that I am not drawn to do the wrong thing
[45:17](#) Kioshi: Can anger be handled in the emotion box
[50:36](#) Is it possible to identify a heart belief without addressing our anger

July 18 2022 8pm

https://www.youtube.com/watch?v=_mTOfq9Hmbs

[1:57](#) Q: Should we wait on the new book before getting started training
[3:17](#) Brooke: If what comes to mind in the emotion box is a general theme, do you just keep asking the questions until something specific comes up twice
[10:16](#) Why do we keep asking until their responses start looping
[11:40](#) Trisha: What is the minimum amount of training needed before your first session
[12:11](#) Minimum as a mentor
[13:41](#) Minimum as a mentee
[19:03](#) How I handle mentoring someone through their first session
[24:24](#) The most helpful place to start with someone new to TPM
[25:04](#) Paul: If someone is angry at God because he is more powerful, should I stop the session and explain God's omnipotence
[31:47](#) Joy: Is the TPM process different for children
[32:52](#) Story of a grandchild going through a session about a spider
[35:05](#) Amanda: How do you get someone who uses their bible knowledge to avoid going through the process
[42:36](#) Cheryl: Is it uncommon for God to use bible verses to share truth
[45:40](#) Cheryl: I am dealing with my angry mother and don't know where to start in helping her
[49:54](#) Bruce: Have you ever had to ask the second question in the solution box twice so the mentee understands what you are asking
[52:15](#) Cheryl: God is doing great things in me, but I am at a loss as what to do with my mother
[56:31](#) Q: Can good boundaries be helpful
[58:05](#) Story about someone who needed Ed to pray with her right now
[1:02:17](#) Q: Are you saying that if we are offended or upset in any way, then it is us.

July 25 2022 12pm

<https://www.youtube.com/watch?v=B0tM6yFECBE>

[6:32](#) Patricia: What do you do if they hesitate hearing from the lord in the truth box
[14:59](#) Story about checking for transformation after a prayer experience
[22:49](#) Jeff: Advice for having a mentee that didn't feel much better after session
[35:24](#) Jeff: It was my gut feeling that there was something there, and I was trying not to lead him there
[36:22](#) Story about working on the tractors and feeling slight hope
[44:15](#) Amanda: Why is the looping question important
[52:54](#) How to help and not become a crutch
[55:28](#) Monica: Is there a place for TPM in the midst of a crisis
[1:05:23](#) TPM is designed to help you to see opportunities to get God's perspective, and the tools to help you receive it
[1:12:15](#) Story about TPM used after infidelity was discovered

July 25 2022 8pm

<https://www.youtube.com/watch?v=vHQ5P5iVL04>

- [7:15](#) Susan: How do we hint to family members that they would benefit from TPM
- [11:00](#) Story about loaning a TPM book out
- [14:14](#) Susan: The best thing that TPM has done for me is make me a better listener
- [15:25](#) David: How do you deal with people who will not admit that they are angry at God
- [26:04](#) David: How do you solve the emotional problem with intellectual understanding
- [34:42](#) Illustration about not "moving forward" because of the current belief
- [41:47](#) John: Can you do TPM with someone who has severe amnesia
- [50:00](#) Barbara: If the mentee loops on "I deserve to be rejected" is that a heart belief
- [53:09](#) Byron: Some people in my family aren't happy with the changes being made from using TPM
- [56:16](#) Byron: Thankful for these live videos
- [57:07](#) David: What about the principle that if you feel it, then there is something in your memory that causes it

August 1 2022 12pm

<https://www.youtube.com/watch?v=xioAFTtw5oc>

- [3:33](#) Investing in the training enough to mastering the materials
- [4:33](#) Being a TPM mentor
- [5:20](#) The benefit of problems
- [11:00](#) The mentor's role is to equip the mentee
- [12:02](#) An example of doing a session with a mentee who is well equipped
- [16:47](#) Q: How did people find truth before TPM?
- [27:57](#) Esa: Is this an example of a solution on top of a solution
- [32:55](#) Solution with truth-based pain
- [35:26](#) Esa: If I sense that I am resisting hearing, can I skip to that solution first
- [39:07](#) Esa: Is there any harm in bringing a heart-belief to the belief box too soon
- [42:50](#) Esa: Heart beliefs are harder for me to be confident detecting
- [46:15](#) Esa: How do you close a session when you aren't at a good stopping point
- [49:18](#) Christy: Can you speak to the difference of desire versus will in relationship to God
- [52:17](#) Dealing with the actual problem, instead of the symptom of the problem
- [55:10](#) Cheryl: Question about SRA
- [1:01:07](#) Cheryl: Is it important for the mentee to remember the abuse
- [1:03:50](#) Jacob: Do you know anyone in Poland who can do TPM with me
- [1:07:39](#) James: What is next after the training update

Aug 1 2022 8pm

https://www.youtube.com/watch?v=BfaKH8s8_sM

- [5:25](#) Carol: Is anger always a solution
- [11:18](#) Clearing up some confusion about anger and solutions
- [16:16](#) Carol: Are solutions related to specific memories or lies, or do we just reapply it even after we have dealt with it before
- [17:49](#) Illustration of repeated solutions
- [21:17](#) Carol: Can you speak on the transition from the memory box to the belief box. Do I have too rigid of an understanding of a heart belief
- [28:02](#) Not a heart belief, but is an assumption and conclusion
- [28:55](#) Not a heart belief, but is a solution
- [32:38](#) Mark: Could a solution belief be rooted in a memory and be resolved if the heart belief is resolved

[41:16](#) Solutions in their proper place
[50:51](#) What it looks like to be a good TPM mentor
[53:16](#) Beverly: Do you know who I could learn with in my area
[57:58](#) Laura: People who love their solutions might be sincerely stuck

Aug 29 2022 12pm

<https://www.youtube.com/watch?v=fhhDwjkhCJo>

[2:03](#) Ed: What would you say to a person who shows up to a session but is new to TPM
[4:00](#) Byron: Appreciate the advice to not start in on the process first, but start with the principles
[6:30](#) Byron's answer to Ed's question
[10:20](#) Ed: What would you say to a person who is unhappy with their job and doesn't like the "fire"
[11:52](#) Peaches' answer to Ed's question
[15:30](#) Jeff's answer to "How do you explain TPM to someone who thinks that it is counseling"
[17:25](#) Ed: Explain why I need my faith refined and what that is
[35:41](#) Definition of faith from a TPM point of view
[43:09](#) Julie: The mission statement of Serenity Retreat and how I start the conversation
[46:23](#) Q: How do we do orientation and where do we start
[51:00](#) Story about Josh sharing TPM in a natural way
[55:07](#) Kay: Do you have TPM pamphlets for us to hand out
[58:45](#) What I see coming

Aug 29 2022 8pm

https://www.youtube.com/watch?v=p7gl_KyXkpM

[2:20](#) The definition of "faith"
[5:18](#) Are you worried about what you see coming
[12:38](#) Michael: Have you had an opportunity to interact with some other popular Christian psychologists
[20:58](#) Barbara: What if a mentee is feeling "accusation" at someone
[28:36](#) Elizabeth: What is the difference between urgency and worry
[33:33](#) Carol: Where do you categorize disappointment
[41:13](#) Carol: What is your next question if a mentee says, "I think I feel angry with God because I don't believe I can trust him"
[44:24](#) Bruce: What do you say to someone that claims TPM is only psychology and all they need to hear from God is the Bible
[52:44](#) James: The eunuch needed a good mentor to explain the bible to him
[59:16](#) Q: What if you ask an emotion box question when you should be asking a solution box question

Oct 3 2022 12pm

<https://www.youtube.com/watch?v=Ef7E4elUrCc>

[2:11](#) Some words on Florida after the hurricane
[5:14](#) The two purposes of the fire - refinement and affirmation
[10:38](#) Terry: How different is the new training going to be and should we wait to buy
[25:13](#) Mariusz: I feel like I can't get rid of my anger
[32:45](#) Mariusz: I did get rid of some of the anger but I can't seem to get rid of all of it
[37:52](#) Richard: How important is it in TPM to use listening prayer - posing a question to God and listening for his response
[43:15](#) TPM not only asks what do I believe but how did I come to believe that
[45:08](#) Blane: If we can't make it happen, what do we bring to the table
[46:09](#) I can't change my own heart belief
[48:54](#) Truth we believe with our head and not with our heart will not feel true

[49:26](#) Challenge yourself when you read the bible: ask yourself if it feels true

[51:14](#) Laura: Could you do some live demonstrations

[55:50](#) The goal of a TPM session

[58:15](#) How TPM is different from other ministries

Oct 3 2022 8pm

<https://www.youtube.com/watch?v=4xITNX4YrGw>

[2:18](#) Acknowledgement of the hurricane in Florida

[4:08](#) Transformation expressing peace in the midst of devastation

[6:58](#) God is ready to convince our hearts

[9:30](#) Elizabeth: Why doesn't the bible spell out the TPM principles

[15:01](#) Boiling TPM down to the most essential pieces

[16:55](#) Elizabeth: Running up against the "try harder" doctrine

[19:30](#) Being double minded

[21:58](#) The fruit of the spirit

[24:00](#) The behavior that God expects from us, are found in the fruit of the spirit, so how can we produce that

[25:52](#) Bruce: What about having two different videos with different messaging

[30:38](#) What I point people to when introducing TPM

[34:33](#) Bruce: Alternate question suggestion

[43:21](#) What a TPM session looks like with someone who knows TPM well

[46:08](#) Susan: Will we be able to see the new map any time soon

[47:29](#) Susan: Sometimes people get stuck with the idea, "is it in the bible" - Seeing the principles in 2 Chronicles [6:28](#)

[54:43](#) Matt: Can you give an example of a mentee not understanding the second question in the solutions box

[1:02:00](#) Matt: An example of good orientation when the second question confuses the mentee

[1:05:33](#) Preview of the updated solutions flow chart

[1:09:05](#) Chris: Is there another emotion that can be used as a solution

Nov 7 2022 12pm

<https://www.youtube.com/watch?v=IDmRheNJGf0>

[11:32](#) A page out of the new training

[17:42](#) The lie is not the problem, the problem is not having the truth

[19:55](#) Fruits of the spirit are outcomes of the spirit persuading your heart of the truth

[22:33](#) Defining TPM as a positioning ministry

[24:26](#) Things that we need to lay down: Stop blaming others, God or the Devil

[27:05](#) What happens when we get into position

[31:18](#) James: How is the book progressing

[33:54](#) Byron: Vimeo videos aren't up to date

[35:53](#) Lucy: Can I be a part of translating once the books are published

[40:58](#) Q: Can one engage in a solution with a truth based problem

[46:20](#) Personal truth based pain example of the death of Ed's daughter

[50:25](#) Annie: How does denial effect a person's ability to resolve truth based pain

[52:10](#) Seeing the need for TPM in one's own life

[55:37](#) Cara: The differences between TPM and SOZO

[59:33](#) TPM puts the responsibility on the mentee to receive from God instead of the mentor to impart

[1:02:45](#) Ephesians 6 - Wrestling is not what we are encouraged to do, we are called to stand

[1:04:55](#) Evaluation question for a ministry: Are they making me do something to solve a problem

[1:05:36](#) Cara: How can I incorporate my experience with what my church is already doing

[1:07:19](#) Cara: Are you developing something for children

[1:08:06](#) How I do TPM with my grandchildren

[1:12:14](#) Peter: How is TPM different than counseling

[1:15:35](#) My experience being a counselor

[1:18:15](#) Gene: My experience with the death of my daughter

Nov 7 2022 8pm

<https://www.youtube.com/watch?v=fA9qxypzpl>

[4:14](#) I thought TPM helped with the problem of people believing lies, but really was addressing their lack of God's perspective

[7:33](#) Excerpt from the new book - Defining the real problem

[9:26](#) Ed's story about wearing the wrong glasses and needing, not only to take those off, but find the right glasses

[14:58](#) Listening to God when he is letting us know that we lack his perspective

[17:03](#) It would be literally impossible to worry or fear if we were walking in the truth

[20:16](#) Q: Do you know someone in my area doing TPM

[22:52](#) Q: Any advice about starting a group around your book Effortless Forgiveness

[23:30](#) Forgiveness is not what we chose to do, it is an outcome

[25:53](#) Using the Effortless Forgiveness book to introduce people to the principles of TPM

[28:17](#) Cheryl: Could you jump ahead to forgiveness before addressing the issue that the forgiveness is needed for

[32:57](#) Letting go of anger

[41:00](#) Esa: Clarification on the Truth And Authority Principle

[44:51](#) Perpetual and gradual interpretation of belief

[48:47](#) Esa: Even if you are being rejected by everybody around you, there is no reason to feel rejected

[53:55](#) The principles are laid out more clearly in the new material

[55:22](#) Taking every opportunity to teach TPM principles to your kids and grandkids

[57:14](#) Conor: Are there things that could be done to better prepare ourselves for TPM sessions

Dec 5 2022 12pm

https://www.youtube.com/watch?v=bxK3_ygl1Kw

[12:02](#) Marita: What do you do avoid or deal with situations where the mentee falls back into a traumatizing experience and is re-traumatized

[16:00](#) Marita: Yes, but the mentee was so out of control that we couldn't continue with TPM

[17:39](#) Marita: They fell into their emotion and were so overcome that they couldn't do anything

[20:33](#) It has been with them ever since it happened, but they have just chosen to look

[21:28](#) The mentee is in the driver's seat, the mentor is the driving instructor

[26:15](#) Marita: The fear is that people will be left in this overwhelmed state and not know how to come out of it

[28:10](#) Marita: If the mentee chooses not to move forward right when they are overwhelmed, they will think TPM did this to them

[35:35](#) Ed tells a story about having shrapnel pulled out of his arm and how he endured the pain because of the benefit he knew would come from it

[39:57](#) Barbara: How do we have old heart beliefs if we have a new heart

[43:36](#) Barbara: Can you have another solution right out of the transformation box or do you need to go back to the emotion box

[47:17](#) Mentees shouldn't make assumptions

[50:25](#) Peter: What if intense pain gets labelled as demonic

[59:26](#) Peter: What about practices of cleansing the ground and exorcisms
[1:02:19](#) Dimitri: What if a mentee becomes unresponsive
[1:03:40](#) Mentees who are equipped vs those who are not
[1:07:18](#) Esa: Personal experience of being triggered being easier to get through when you know it is just a belief
[1:09:42](#) Those emotions aren't coming from the memory, they are coming from what you believed before even looking at the memory
[1:13:29](#) Esa: How do you explain that the mentee does need to identify memories, but you don't need to share those with the mentor
[1:18:00](#) Esa: How do people respond when you tell them that you don't have to share every detail to get the healing

Dec 5 2022 8pm

<https://www.youtube.com/watch?v=bJ73fmVZshM>

[5:09](#) Susan: Why can a heart belief not be about another person
[11:54](#) What in the world would my belief about someone else have to do with my self belief or belief about God
[15:32](#) Wendy: A testimony about realizing that I am not reacting to stress the same way
[18:03](#) Ed telling the story of effortlessly feeling peace
[20:31](#) The reason we have to have discipline to do the things we say we believe is because we don't believe it
[28:55](#) Phil: How can I do TPM when a memory doesn't come to mind
[32:38](#) The analogy of driving a car and trying but also trying not to - feet on both pedals
[35:20](#) Demonstrating the solution box
[37:37](#) The role of the mentee in the memory box
[40:00](#) ROLE PLAY: Solution box
[52:16](#) Cindy: Testimony about being able to speak in front of groups
[57:48](#) Bruce: How can we make the text easier to get started with
[1:12:12](#) Bruce: I see the main purpose of TPM is to increase intimacy with God

Jan 9 2023 12pm

<https://www.youtube.com/watch?v=nzCTtFu2Qw>

[2:52](#) When do you know when you are in the memory box
[10:33](#) The requirement that need to be met to move boxes, don't necessarily mean that you accomplish the objectives in that box
[16:53](#) Training up Joshua
[19:27](#) If the mentee focuses on the current situation, it is a good opportunity to teach a principle instead of trying to get them through a session
[31:19](#) It will take more time and effort to become an effective mentor
[35:11](#) Mentoring my seven year old daughter
[40:04](#) Esa: What do you do when someone states a solution behavior as their belief
[52:33](#) Esa: What does it look like if you are having issues in the memory box
[56:24](#) Esa: Why would someone not be able to accomplish the objective in the memory box with the memory that came to mind
[1:02:10](#) Marita: Was it inviting your daughter to try and tell herself the truth in your earlier example, Josh
[1:04:04](#) Do I "go back" to the spot we were at before
[1:05:59](#) Dimitri: Needing some clarity on if a mentee says they cannot hear from the Lord
[1:20:50](#) Linda: What about people who argue that what happened to them is the cause of their pain

Jan 9 2023 8pm

<https://www.youtube.com/watch?v=EkzyaJZHF2Y>

[4:46](#) Michael: What experiences have you had involving other ministry techniques conflict with TPM?

[9:10](#) Ed: Jesus doesn't need to take people to memories

[11:43](#) Ed: Experiencing a ministry technique that felt flawed in it's approach

[14:29](#) Joshua: A mentor's priority is bridging the gap between what the mentee knows and doesn't know about TPM

[16:29](#) Thomas: Did I choose to believe lies?

[21:33](#) Sharron: How do I process the loss of my daughter using TPM?

[27:07](#) Ed: Story of a woman who lost her daughter to a drunk driver receiving from TPM

[31:04](#) Thomas: (follow up) How is being persuaded not a choice?

[34:07](#) Ed: The moment you are convinced you can't choose to not believe it

[36:42](#) David: The difference between intellectually knowing something and deeply feeling that something is true

[40:27](#) Joshua: How beliefs come to be true in your heart and in your head

[43:38](#) Ed: How choice plays a part in TPM

[47:34](#) Beverly: Can you explain how people don't choose to see themselves as a victim, for instance?

[48:37](#) Ed: We can only behave in the parameters we truly believe

[1:01:08](#) Ed: What to do if you stall out in TPM

Feb 6 2023 12pm

<https://www.youtube.com/watch?v=WadnwZ7BHXM>

[6:42](#) Erf: Testimony - Saw the power of TPM as an interpreter in Turkey

[9:51](#) Joshua: Viewing how TPM fits in with what God has always been doing

[11:39](#) Ed: TPM showing up around the world without me taking it any where

[15:59](#) Lyle: How is anger treated differently

[23:19](#) Joshua: Where to start when training others on the process of the anger box

[31:22](#) Lyle: Summary of the anger box

[35:28](#) Lyle: How do you handle it when they say that they can't hear God

[39:12](#) Ed: Reasons for not hearing God

[43:10](#) Teresa: Testimony - Ministering to pastors

[34:44](#) Teresa: Any advice on ministering to teenagers and self ministry, specifically regarding solutions

[50:28](#) Ed: A story about approaching Joshua when he didn't want to do TPM when he was younger

[54:48](#) Marita: Question about why the anger box protocol includes asking why they are angry

[59:13](#) Marita: I find it helpful to really come to grips with what I really believe about God

[1:08:40](#) Byron: Testimony - I wasn't upset when I got off the phone with Comcast

Feb 6 2023 8pm

<https://www.youtube.com/watch?v=7hQ1HqxOm7Y>

[7:18](#) Ed: About the book series living in the post resurrection world

[15:38](#) Keever: Is the first question in the truth box needed every time

[19:50](#) Joshua: When asking the questions, it really is about mentoring more than getting them to

[26:16](#) Demitri: Physical pain stopping the sessions

[34:24](#) Peter: How do you respond to someone who doesn't have a positive view of TPM

[37:47](#) Susan: How can I get the objectives map

[43:20](#) Keever: Clarification on when someone is looping with a belief without it being a heart believe

[54:00](#) Ed: Training in TPM in Hawaii

March 6 2023 12pm

<https://www.youtube.com/watch?v=N88PNb83bVI>

[5:05](#) Ed: Our relationship with the armor of God

[22:46](#) Peter: Clarification on the use of the word "Transformation"

[29:56](#) Joshua: Where the discipline comes into play. You can go to him first

[33:50](#) Ed: What endurance is

[41:55](#) Jeff: How do you address a mentee when pain has been normalized for them [solution box]

[53:44](#) Anonymous: How do you help someone to forgive and forget

March 6 2023 8pm

<https://www.youtube.com/watch?v=B7JOyysbaYA>

[11:29](#) Byron: Will you have live demos

[14:51](#) Anonymous: Can TPM work in a group setting for training

[17:02](#) Marilyn: Are strong holds just a cluster of lies that need to be dealt with

[20:02](#) Ed: Ephesians 6 - two analogies about wrestling [victory over the devil]

[23:15](#) Gary: Are we not walking in victory because we don't see ourselves seated with God

[28:07](#) Gary: What about when Paul casts out the demon from the servant girl

[42:07](#) Cyndi: How do you know what memory to focus on if there are many that come to mind [memory box]

[44:44](#) Robert: I can only get somewhere when I am doing TPM with someone else, but not when I do it on my own

[49:53](#) Lynda: What do you do if someone says that they are being attacked by the devil in a ministry session

[55:02](#) Sheryl: What if the mentee isn't sure if it is a real memory that has come to mind or their imagination

[59:22](#) Ed: The importance of memory when dealing with a heart belief in TPM

April 3 2023 12pm

<https://www.youtube.com/watch?v=b7vM2qhNdpc>

[12:39](#) Peter: I appreciate you unpacking the meaning of endurance and "put on"

[20:23](#) Jerry: What are the differences in the current map and the past map

[27:27](#) Yolanda: Am I the only one who has taken up permanent residence in Solutionville [solution box]

[31:15](#) Ed: An example of when I was engaging in a solution [solution box]

[35:54](#) Kyle: Have you seen any inner healing

[42:22](#) Yolanda: What if a mentee has resigned themselves to the negative belief

[44:46](#) Jerry: How much of our life do we live unconsciously

[47:58](#) Ed: Being introspective without knowing what to do after you discover your beliefs

[51:36](#) Peter: What you said was really helpful

[52:50](#) Ed: Trusting emotions to identify your beliefs

[53:29](#) Kyle: Do you know of churches teaching TPM

[58:42](#) Brook: What about a person who has a pesky solution behavior? Where do you start

April 3 2023 8pm (part 1)

<https://www.youtube.com/watch?v=UTkkpdGgkGw>

[19:16](#) (Stream Begins)

[25:25](#) Barbara: If someone says they are stuck, does that mean they are engaged in a solution

[28:07](#) George: When we are born again, do we get a new set of emotions as well

[35:00](#) Ed: The purpose of emotions (interrupted)

April 3 2023 8pm (part 2)

<https://www.youtube.com/watch?v=gyqi5Sdthv8>

[0:46](#) Ed: Asking insightful questions doesn't always transform a heart

[6:26](#) Ed: If someone genuinely believed God loves her, she would feel loved by God

[8:16](#) Ed: Head knowledge versus heart knowledge

[11:28](#) Carol: Encouragement to keep at it

[13:21](#) Joshua: The truth of God's love versus the belief that God loves me

[19:57](#) Joshua: Perception is effortless

[25:12](#) Byron: Testimony praying for someone instead of going to anger

[27:56](#) Ed: The theological purpose of TPM

May 1 2023 12pm

https://www.youtube.com/watch?v=3_1-whlxTs0

[1:58](#) Ed: How to read the TPM book

[5:16](#) Ed: The word translated as "repentance"

[5:57](#) Ed: The purpose of this book

[7:29](#) Ed: Knowing in your head versus knowing in your heart

[8:49](#) Ed: God refining our faith through life experiences

[10:17](#) Ed: Evidence of believing the truth in your heart is the fruit of the spirit

[10:48](#) Ed: Who is this book for

[11:52](#) Ed: Is this the final version of the book

[13:38](#) Ed: How long will the book take

[18:43](#) Ed: The roles in a TPM session and how to mentor

[27:22](#) Ed: What to do if you encounter a problem in TPM

[34:55](#) Ed: Testing for transformation in TPM

[37:13](#) Ed: How do I take TPM to my church

[45:55](#) Peter: Thank you to you Ed & Joshua

[46:33](#) Peter: Could you expound on TPM not being counseling

May 1 2023 8pm

<https://www.youtube.com/watch?v=n0QUQ9NFrH4>

[3:25](#) Ed: Introducing the new TPM book

[8:13](#) Ed: Your role in TPM

[9:12](#) Ed: How to approach the training

[12:57](#) Ed: How long will the training take

[15:08](#) Ed: The purpose of the TPM book

[16:02](#) Ed: Defining faith

[19:50](#) Joshua: How you get the latest material - the book, downloads and flowsheets

[25:51](#) Ed: Who this book is for - You the mentee

[26:39](#) Ed: The outcome of TPM

[27:31](#) Ed: We are a new creation, not becoming a new creation

[28:45](#) Ed: What is being transformed

[33:23](#) Ed: The roles in the TPM process

[39:16](#) Ed: How is TPM different than other ministries - an equipping ministry

[43:07](#) Ed: There are no emotionally troubled people in the world

[45:29](#) Joshua: Using the glossary and notable illustrations guide in the new book

[52:38](#) Ed: How to encourage others to go through the book

[55:21](#) Dimitri: Paradigm shifts that I have had

[57:16](#) Cynthia: Testimony of Ed calling on me to come up for ministry

[59:33](#) Ed: Seeing abortion as solution behavior

June 12 2023 12pm

<https://www.youtube.com/watch?v=qiTtJl76J1k>

[5:53](#) Ed: A history of TPM

[22:27](#) Scott: Testimony of how TPM has helped me

[31:16](#) Dominick: I am still suffering from feeling that my wife is making me feel

[38:50](#) Dominick: I know why TPM isn't working for me

[40:00](#) Joshua: The role of emotions in our life

[44:24](#) Bryon: Can you give a short description of TPM

[56:28](#) Joshua: Introducing TPM starting with the purpose

[1:00:07](#) JP: Testimony of introducing TPM to our small group

[1:02:02](#) Ed: TPM as a lifestyle not just a session that ends and you go on your way

[1:02:50](#) Ed: Once people start seeing things differently, they start to question what they are being taught

[1:04:53](#) Lucy: Our small group is really getting into TPM and it has been great

June 12 2023 8pm

<https://www.youtube.com/watch?v=8STeXUwB8mQ>

[2:00](#) Ed: Approaching the training in a different way

[12:34](#) Byron: Are there examples of only having trust or authority but not both

[26:00](#) Marta: The book has been so helpful

[29:00](#) Ed: How do we come to believe something

[35:56](#) Ed: Being motivated by truth instead of lie-based pain

[41:29](#) Randal: Trying to get God's life through other people instead of God

[43:17](#) Ed: Operating from a lie-based perspective without knowing it

[50:38](#) Joshua: Two sets of beliefs

[55:21](#) Ed: No longer think we have a dual nature

[59:18](#) Enushka: How do you respond to someones accusations without offending them

July 10 2023 12pm

<https://www.youtube.com/watch?v=F0u4XcD9lTU>

[5:48](#) Quiz for TPM Live listeners

[5:57](#) What are the three elements of TPM?

[7:47](#) In TPM why do we say that there are not emotionally wounded people?

[9:11](#) Does God need to heal your memory?

[9:56](#) If we don't need our emotions or memory healed, what we need is what?

[11:55](#) Ed: Prospective example seeing a bear

[15:08](#) Which of the three elements are the most important?

[20:00](#) Which of the three elements is most important during the process?

[24:55](#) What are some of the shortfalls that a mentor can encounter if the focus is on process?

[30:16](#) Ed: I get asked often "Where can I go to get TPM?"

[37:16](#) Because TPM is set up as a mentor/mentee relationship, how should you approach TPM training

[58:56](#) Ed: No need to manage emotions, instead use it to figure out what I believe

[40:29](#) Joshua: The principles are there to help you see the signs so we can work with God

[44:04](#) Listener: Let's take a look at what God is saying through this pain

[44:48](#) Joshua: Any one of the principles can be used as a starting point

[46:43](#) Listener: Reteaching and questioning my original motives for learning this

[48:16](#) Ed: Bringing the "good things" we do into the light of questioning our motives

July 10 2023 8pm

<https://www.youtube.com/watch?v=RidTLWYf5tY>

3:08 Reactions from the new TPM book

10:40 What are the three elements of TPM?

11:52 What is the most important element of the three elements of TPM?

15:56 Which of the three elements was your focus when you started TPM?

16:38 What are the shortfalls of only doing the process, even if you do it very well?

21:40 Where is the ideal place to go through a TPM session?

22:44 You go a doctor to be treated, a counselor to be counseled, and a TPM session to be, what?

26:26 How should you approach the TPM training, knowing TPM is set up as a mentor/mentee relationship

32:03 Ed: A story of God being faithful even when the process is not fully followed

41:14 Carol: Testimony about using the new book.

43:47 Listener: Is it possible to teach TPM in 10 weeks

51:12 Listener: Do you have any tips for mentor to get the mentee to get more honest with you

1:01:15 Listener: How would you do ministry with a non-believer

August 7 2023 12pm

https://www.youtube.com/watch?v=a1DIS_RIOTs

6:00 Ed: This ministry is about identifying the impurities in our faith

11:02 Ed: I don't believe it takes any effort on our part to produce any fruit of the spirit

17:54 Terri: Testimony about what TPM has done for me

21:16 Ed: Cautioning running ahead of yourself before mastering the material

27:42 Joshua: A common question is how long does it take to train

35:30 How do I move past someone who doesn't want to hear from the Lord

41:06 Mentee is frustrated and I couldn't get anywhere with that

44:04 Joshua: Remember who is in charge of the session

50:07 Julie: I am doing this as a mentor but am having difficulty with it not changing my behavior

1:01:47 Ed: People have said to me "my behavior is not changing. Why not?"

August 7 2023 8pm

<https://www.youtube.com/watch?v=TZ5GgFFaotc>

5:58 Windy: How do I apologize when it is their stuff

15:32 Diane: What would you say to someone who says they are stuck on feeling they are a nobody

20:40 Joshua: Indicators that you are engaged in a solution

21:13 Joshua: 1) Compelled behavior

21:43 Joshua: 2) Alleviated problem

22:20 Joshua: 3) Hesitancy at the thought of a behavior

23:57 Joshua: Then find the perceived problem

28:09 Ed: What do you do when someone gets stuck

34:08 Ed: Example of someone identifying a heart belief before going to the memory box

35:57 Dimitri: I tend to go to memories when I get angry

40:44 Carol: What if someone lists emotions they are feeling and it includes anger

42:20 Barbara: Question about page 58: Is "I'm not loved" a heart belief, or an assumption and conclusion

45:50 Joshua: We get lots of questions about how to access TPM without a mentor

54:01 What if I don't feel loved

54:28 How do I get the TPM book

55:15 Ed: The word appropriation - We have everything we need - We just don't fully believe it in our heart

58:17 Wanting to thank you as a Catholic

September 11 2023 12pm

<https://www.youtube.com/watch?v=O04-rcRUzvl>

- [1:11](#) Ed: Recalling the Sept 11th 2001 and asking for wisdom
- [6:33](#) Ed: Walking in truth is effortless to do
- [14:07](#) Ed: Reading "Birth Right" (by David Needham) in 1979 for the first time
- [20:00](#) Viewer: Does being on anti-depressant medication limit the benefits of TPM
- [29:58](#) Viewer: I have emotion and anger that I can't get rid of even though I am using TPM
- [37:08](#) Sharron: Thank you for putting all the information out online for me to learn
- [38:56](#) Sharron: My goal is to get people excited to start their own journey
- [42:21](#) Byron: Remembering Sept 11th and visiting New York
- [44:04](#) David Needham: An encouragement to you
- [52:28](#) Randy: How is unforgiveness and hatred for self addressed in TPM
- [1:01:48](#) Terry: Are our hearts being renewed or our minds being renewed
- [1:06:33](#) Ed: Something in my heart was stirred from a passage that I have read many, many times

September 11 2023 8pm

<https://www.youtube.com/watch?v=SYqAKuHm8n4>

- [10:22](#) Terry: Is it absolutely necessary to go to a memory before we get truth
- [23:54](#) Joshua: When you get to the truth box and the mentee doesn't know what voice to listen to
- [29:02](#) Ed: Story of a person being transformed "without" hearing from God
- [32:12](#) Ed: You don't have to put any effort into maintaining a belief that you truly believe in your heart
- [33:49](#) Viewer: If a person only feels the physical reaction but no emotion, how do we find the lie
- [37:50](#) Joshua: If a person is not triggered
- [38:51](#) Ed: Indicators of solution behavior - even using worship music as a solution
- [42:00](#) Cara: One option of not feeling is being heavily medicated
- [42:44](#) Barbara: If there is a pattern of not hearing the Lord, when do we stop and give orientation
- [50:09](#) Maryline: I am stuck because the lie I feel is that God cannot be trusted
- [58:08](#) Joshua: Would a solution also be known as a safety behavior
- [59:53](#) Ed: Explaining what a solution does for us

October 2 2023 12pm

https://www.youtube.com/watch?v=cGeL_x39FbA

- [4:08](#) Ed: Reflecting on the power of death that has been broken by Jesus
- [12:44](#) Terri: Why have we changed the way we handle anger
- [23:21](#) Ann: Showing the anger iceberg image
- [26:10](#) Joshua: What distinguishes anger from other emotions
- [28:55](#) Lawrence: Clarity on powerlessness being lie based or truth based beliefs
- [34:03](#) Sharron: Teach TPM and using Michelle to help students see what they need to learn more about
- [40:28](#) Jacob: Why do we have a distinction between truth based and lie based pain and why list them
- [53:24](#) Ed: My truth based pain illustration
- [55:25](#) Beverly: Aren't you supposed to feel sad
- [1:05:33](#) Joshua: Indicating that you need his truth about the lie or a broader truth if you lack a greater perspective
- [1:07:51](#) Joshua: Example of a greater perspective informing truth based pain

October 2 2023 8pm

<https://www.youtube.com/watch?v=9kflo0AQi8A>

- [1:20](#) Ed: How you know when an emotion is lie based or truth based

[5:16](#) Byron: Testimony about how impactful the videos are
[7:20](#) Keever: If you are asking the second question in the anger box, but they used a word other than anger [anger box]
[14:07](#) Keever: Is there a place to detect if they are in the time of grieving for truth based grief [truth based pain]
[17:12](#) Ed: How I handle a situation where the mentee is feeling truth based pain
[21:11](#) Joshua: How long do we need to know a painful truth without knowing God's perspective
[26:01](#) Ed: My experience with people who have lost something is they feel pain for something other than the loss
[28:59](#) Ed: You will believe it when God convinces your heart
[29:59](#) Keever: The mentee said "The Lord wants me to give him all my hurts"
[32:37](#) Marta: How do you know when you are not crossing the line between TPM coaching and counseling
[43:34](#) Carol: Is the looping question also for memory content [memory box]
[56:03](#) Sharon: Is there an issue meeting with mentees over video chat
[1:00:05](#) Ann: Are there more maps than I have
[1:05:44](#) Ed: Steps to take and things you will learn on the TPM journey
[1:11:22](#) Ann: How do you find people to start doing TPM with
[1:13:28](#) Ann: Is it important for the mentor to be able to see the mentee's mannerisms and body language
[1:15:33](#) Bruce: If the mentee says they feel confusion in the memory box, is that a feeling or an observation
[1:19:21](#) Viewer: Why not take authority over our feelings

November 6 2023 12pm

<https://www.youtube.com/watch?v=Zv9uLdM2SZc>

[9:28](#) Joshua: Navigating the TPM website to access training materials
[26:25](#) Barbara: Where does betrayal land in the anger box [Anger box]
[38:14](#) Beverly: Can you have a solution belief that is also a heart belief
[40:53](#) Beverly: If you get thought instead of an emotion from the question "How does that make you feel?"
[52:33](#) Frank & Sharron: What would you do with the last two hours of a training group
[1:00:22](#) Peter: Greetings and prayers for Ed
[1:01:53](#) Peter: Do you think we are so used to offering advice that it makes it hard to mentor in TPM
[1:04:20](#) Peter: How can we draw other into the TPM journey that we are on
[1:13:40](#) Keever: Is it a only a repeating belief that indicates that we are ready for the looping question
[1:20:22](#) Keever: Are we to assume all memory references bring us into the memory box
[1:26:36](#) Joshua: What it looks like if the mentee doesn't ever give a clear belief in the memory box
[1:28:09](#) Keever: It is hard to not focus on making sure that the mentee hears from Jesus

December 4 2023 12pm

<https://www.youtube.com/watch?v=-m8zTtGaKfA>

[11:36](#) Elizabeth: What role does the devil/spiritual realm have in TPM
[12:41](#) Ed: Story of someone applying the principles to a woman who was manifesting
[19:33](#) Elizabeth: What if the mentee is so deeply entangled in solutions behavior they don't know they are doing it
[20:20](#) Peter: What if someone is so entrenched in the devils lies that he can't resist
[27:37](#) Yolanda: TPM helps me to check my motives
[30:20](#) Ed: Phases that I went through when I started questioning my motives
[33:05](#) Susan: Is there a way of peeling away the solution beliefs from the mentee
[41:08](#) Ed: Why people come for a ministry session vs what is on offer during a session

[42:06](#) Joshua: The importance of comprehension over completion and why it matters for the mentee and mentor

[44:22](#) Susan: Do I give the mentee homework

[47:26](#) Ed: Showing mentees the value in learning and mastering it

[51:15](#) Joshua: Seeing Jesus as a service instead of seeing what he is offering

[55:18](#) Susan: Mentee reporting having trust issues

[57:11](#) Ed: Story of Joshua having a belief issue that persuaded him to not jump to me in the pool

[1:01:06](#) Ed: I now hold the victory flag with both hands

December 4 2023 8pm

<https://www.youtube.com/watch?v=a0vsN4gQnYg>

[2:50](#) Joshua: Do I need someone to help me do TPM if I am not trained in it

[5:41](#) Joshua: I am worried I will be doing it wrong

[9:24](#) Frank & Sharron: Testimony about the class I just finished leading

[13:04](#) Ed: As you are trying to share TPM with others, focus on the purpose and the principles

[15:24](#) Byron: Is truth based pain still a result of a lie

[22:38](#) Ann: Is there someone near me that can help me go through TPM

[30:07](#) Ann: Do you do TPM on a regular basis

[36:13](#) Joshua: Doing TPM every day isn't a negative, but a positive that you are gaining God's perspective

[41:15](#) Ann: When you hear someone struggling in life, to you go into TPM with them

[44:20](#) Sharron: Testimony about allowing others to own their journey

[46:26](#) Sharron: The chapter on spiritual warfare being unnecessary was hard for some of the people

[52:26](#) Ed: My views on Christmas time have changed since doing TPM

[56:09](#) Ed: Belief will stay there until you are persuaded otherwise

[58:15](#) Ian: How do you introduce TPM to men who are resistant to dealing with feelings

February 5 2023 12pm

https://www.youtube.com/watch?v=OP6zGfbN_6Y

[6:25](#) Premier Video: TRUTH BASED PROBLEMS

[16:25](#) Ed: Truth based problems and lie based thinking

[28:39](#) Joshua: Viewing anger as a solution that needs to be dealt with

[42:17](#) Annell: How do you get to the belief a mentee holds when they have anger towards God [Anger Box]

[57:00](#) Annell: Is there a list of topics that are discussed on these TPM Lives

[1:01:53](#) Links to list of topics

https://docs.google.com/document/d/1Pk3GUBSS2SIUIKFeQcb5rODNK_JBnOyfcSSxj70259w/edit?usp=sharing&swcfpc=1

[1:04:26](#) Peter: Is Joseph's belief about what happened to him an example of having truth based situation with the addition of greater truth

February 5 2023 8pm

<https://www.youtube.com/watch?v=Gw0rPQk5MhQ>

[4:55](#) (2nd) Premier Video: TRUTH BASED PROBLEMS

[15:22](#) Ed: Seeing the truth through our current lenses

[19:32](#) Joshua: Truth based problems explained

[24:46](#) Ed: Most of the problems we face day to day don't exist

[38:10](#) Becky: Is there still need to come along side mentees if it is still resent

[39:22](#) Joshua: Illustration of knowing a broader truth when we have bought him a new truck and beat up his old one

[44:15](#) Ed: How we approach each problem in front of us - whether truth based or lie based
[47:18](#) Ed: Defining faith as what we are persuaded to believe and have absolute assurances of
[55:40](#) Ed: Faith is what we possess, it is not what we do
[57:52](#) David: Hearing from God can take away all that dread I have had over my situation
[1:01:01](#) Ed: When mind renewal occurs the fruit of the Holy Spirit follows
[1:03:35](#) Joshua: Nobody would want God to undo what he has done when we know the end of the story

March 4 2024 12pm

<https://www.youtube.com/watch?v=E08m3r4VY8Q>

[2:54](#) Premier Video: LIE BASED PROBLEMS
[19:45](#) TP Johnson: How would you describe what the Lord is holding the travelers on the road to Emmaus accountable for
[22:48](#) TP Johnson: Is Jesus scolding them for their prospective
[23:23](#) Ed: Practical example of the spirit of the Lord convincing my heart of what the word says
[28:20](#) Viewer: "Persuading" or "convincing" sounds like God becomes a sneaky salesman
[31:22](#) Ed: God is trying to convince us of something no one else can
[33:44](#) Jacob: What happens if they answer both questions [emotion box]
[46:00](#) Jacob: What is the practical reason for the mentee to determine why they believe what they believe
[54:20](#) Janice: Are you saying that we only get truth from God convincing us
[1:09:17](#) Viewer: The book seems to have an example of asking three times about a belief
[1:14:44](#) Laurence: When is it appropriate to interrupt the mentee with orientation if they seem to miss something

March 4 2024 8pm

<https://www.youtube.com/watch?v=pZYqpA49ofI>

[3:11](#) (2nd) Premier Video: LIE BASED PROBLEMS
[11:14](#) Ed: Most of my problems are about imaginary things - the future, what could be, etc..
[16:02](#) Sharron: The videos are great! And I like the old video of the match transforming
[17:55](#) Kay: Living in Israel there is so much trauma here
[24:52](#) Anne: I am having trouble going through the process about my father's car accident
[44:04](#) Carrol: How do you work with someone with PTSD who knows nothing about the TPM process
[47:12](#) Ed: People with PTSD tend to think the problem is what happened,
[56:56](#) Karen: I had such a bad experience publishing my last book, I don't want to write any more - how do I move forward
[1:06:40](#) Viewer: The choppiness of the new short videos are distracting

April 1 2024 12pm

https://www.youtube.com/watch?v=cy9r_PORNNw

[3:11](#) Ed: Explains truth based pain
[4:22](#) Premier Video: TRUTH BASED PAIN
[15:06](#) Ed: What I do when someone presents what appears to be truth based pain
[18:59](#) Ed: Example of someone holding on to truth based pain
[21:01](#) Ed: What the Lord revealed to us about the loss of our daughter
[23:20](#) Cindy: Who does the illustration paintings
[24:48](#) Ed: The age of AI
[27:33](#) Yolanda: Have people reacted as if you are wrong to not feel grief over the death of your daughter
[28:46](#) Ed: Why do we feel what we feel
[33:59](#) Alison: What if the situation will be an ongoing thing instead of one event
[39:58](#) Joshua: You have to have both the current truth and the greater truth

[43:01](#) Ed: Our life difficulties don't last forever and we will get through it - but did you benefit from it
[50:07](#) Ryan: How do I get started with TPM
[57:04](#) Joshua: TPM three elements in a nutshell - Purpose, Principles and Process
[58:22](#) Viewer: It seems too simple to be true

April 1 2024 8pm

<https://www.youtube.com/watch?v=beqdXFXaisU>

[0:29](#) Intro ends and video begins
[3:18](#) (2nd) Premier Video: TRUTH BASED PAIN
[13:55](#) Ed: Understanding truth based pain
[16:27](#) Ed: What the Lord revealed to us about the loss of our daughter
[19:40](#) Becky: Do we need to receive truth if the time for mourning is over and we still miss them
[26:40](#) Ed: Holding on to your grief because it is serving something
[30:20](#) Sharron: Is there another way to ask the first question in the solution box
[31:02](#) Ed: The purpose of the questions in TPM
[34:01](#) Joshua: The questions are the least amount of orientation possible
[37:00](#) Sharron: What do I do when I get lost
[41:16](#) Ed: Responding to emails from people who are stuck because their ongoing situation is so hard
[47:50](#) Joshua: You don't choose to be joyful in the same way you don't choose to grieve
[50:11](#) Joshua: Lie based pain, truth based pain and solution behavior all need the same thing: truth
[53:35](#) Byron: Is truth based pain only related to grief and does it change into lie based pain
[57:33](#) Joshua: Lie based pain vs truth based pain
[1:02:20](#) Ed: Tangible example of when lie based pain creeps in

May 6th 2024 12pm

<https://www.youtube.com/watch?v=TW6B2FYGHoM>

[1:11](#) Ed: The essentials of our theology
[6:27](#) Premier Video: THE PURPOSE OF TPM
[13:53](#) Ed: What TPM is and the purpose of it
[19:18](#) Byron: The "purpose" video is great
[23:43](#) Peter: I appreciate you sharing your experience of truth based pain
[25:57](#) Joshua: "Not experiencing" God's completed work is tied to not believing it yet, not Him not accomplishing it yet
[32:58](#) Ed: We are trying to get accurate translations for everyone who wants it in their language
[36:26](#) Viewer: I am blown away by how heart belief has an effect on the physical body
[38:45](#) Mary: As someone who has been on a diet from the 5th grade, I am trying to find out what truths God has for me
[42:32](#) Sharron: I get two types of people: those that need to help the world & those that need a world of help
[46:37](#) Joshua: We are trying to get people to shift from "removing a bad thing" to "shifting to a good thing"
[50:00](#) Sharron: Most of my students haven't known how to hear or sense God until using TPM
[52:29](#) Lorens: People are stunned at the statement about there are no problems for God
[52:42](#) Lorens: Are the different types of solution indicators important to defined

May 6th 2024 8pm

<https://www.youtube.com/watch?v=hWUa7wlmoWl>

[0:52](#) Ed: Why people come for ministry and what it actually is
[3:04](#) (2nd) Premier Video: THE PURPOSE OF TPM
[15:36](#) Ed: Dealing with the word "repentance" and the meaning God granting a change of belief

[21:50](#) Page 367: List of terms including the word repentance
[30:25](#) Carrol: How can I better shift my motivation to drawing closer to truth instead of stopping the pain
[36:33](#) Ed: Teaching TPM for the longer term
[41:41](#) Carrol: How do you convince people that they need more than just a quick fix
[47:28](#) Diane: I am having a hard time getting people to understand what TPM has to offer
[50:11](#) Ed: Here is how I share TPM now a days
[55:00](#) Ed: Learn it to speak from your own personal journey
[57:18](#) Byron: If I believe a lie, am I effortlessly sinning
[1:03:16](#) Byron: Is it true that you live effortlessly producing fruits of the spirit, or fruits of sin

June 3 2024 12pm

<https://www.youtube.com/watch?v=4qVikKQw80Q>

[7:33](#) Premier Video: UNDERSTANDING FAITH AND BELIEF
[15:50](#) Premier Video: UNDERSTANDING ENDURANCE
[25:43](#) Viewers: Once you have transformation, is it ok to go back to the original emotions to check for transformation
[53:32](#) Viewers: What do you do if someone does chose to release their anger [Anger box]
[1:06:04](#) Joshua: God is so much better than what we commonly allow ourselves to think
[1:08:26](#) Viewer: Tis the most difficult part of TPM the anger box

June 3 20204 8pm

<https://www.youtube.com/watch?v=HBDqVwCDtI4>

[2:06](#) Ed: How to use the videos
[5:47](#) (2nd) Premier Video: UNDERSTANDING FAITH AND BELIEF
[12:03](#) Ed: Emotions help identify impurities in our faith
[15:02](#) Ed: The definition of faith is whatever we believe with our heart
[15:33](#) Ed: Surprised by just how lacking my faith was
[17:00](#) (2nd) Premier Video: UNDERSTANDING ENDURANCE
[26:21](#) Ed: Using the videos as a training tool and using TPM sessions for training primarily
[31:29](#) Marta: These two videos help describe the over all purpose
[36:33](#) Joshua: Showing the mentee what is really available to them
[43:40](#) Ed: We are considering a special session specifically for mentors
[47:36](#) Sharron: I am reading the book for the third time and still learning from it
[54:36](#) Keever: Jesus modeled proving his faith
[1:03:55](#) Joshua: It is about entering into a good thing not escaping a bad thing
[1:05:25](#) Keever: You are getting a taste of the goodness that is to come

July 1 2024 12pm

<https://www.youtube.com/watch?v=0rTdj9RDv8>

[1:52](#) Joshua: Explaining the purpose of the premiering video
[4:26](#) Premier Video (almost): TPM SESSON ORIENTATION
[17:18](#) Ed: Responds to TPM for children
[20:25](#) Joshua: Example of TPM with his oldest girl in the car
[24:50](#) Ed: A common objection people have to "No one can make you feel what you feel"
[29:00](#) Amanda: I get lost when someone says they are angry and don't know how to get back to the main belief [anger box]
[38:12](#) Amanda: What if the mentee reports "it has always been this way" instead of a specific memory coming to mind
[49:00](#) Peter: Encouraged by the video and wanting to live the TPM life

[52:02](#) Ed: We don't understand how to come into his rest

July 1 2024 8pm

<https://www.youtube.com/watch?v=xwGR4NSR3mq>

[0:53](#) Ed: Explaining the purpose of the premiering video

[2:30](#) (2nd) Premier Video (almost): TPM SESSION ORIENTATION

[12:32](#) Mike & Sandy: Is there a shift away from lies being the issue to lack of truth being the issue

[21:53](#) Martha: Can you expound on the idea of God communicating with us inside and outside TPM

[27:32](#) Ed: Not about God giving me something, it's about getting what is stopping me from receiving out of the way

[31:13](#) Ed: Where choice comes into transformation

[34:43](#) Viewer: What part does community and marriage play in TPM

[39:45](#) Viewer: How do you get TPM into my church

[43:36](#) Ed: Transformation is effortless

[46:10](#) Byron: I am continually blessed by your ministry

[48:44](#) Viewer: What is the difference between thoughts and beliefs (new to TPM)

[58:28](#) Steven: I have a hard time doing TPM without a mentor

August 12 2024 12pm

<https://www.youtube.com/watch?v=B4ghu-eAyTk>

[3:55](#) Ed: Side note about being a regular at Panera Bread

[6:58](#) Ed: Update on how translations are going

[13:29](#) Viewer: How do I hear from God when I am not being emotional

[17:51](#) Ed: What do to with solutions on solutions

[21:16](#) Joshua: You may not be able to find a mentor, but you have the Counselor

[23:49](#) Viewer gives a summary of TPM but Ed and Joshua go through it and make corrections

[35:00](#) Ed: God has always been willfully limiting himself as he creates

[36:51](#) Rob: What if transformation didn't happen

[40:44](#) Viewer: How can we be delivered from fear of the reality that something bad may happen again

[46:07](#) Ed: A story about working through trauma with a 15 year old girl and watching God transform her heart

[48:58](#) Joshua: God takes ill motives to create good

August 12 2024 8pm

<https://www.youtube.com/watch?v=vSjBeuQSkOc>

[1:54](#) Ed: I saw my Christian life as a partnership - me obeying, God helping. Now I believe differently.

[4:12](#) Ed: I am not becoming new, I am realizing what really happened on the cross

[9:23](#) Ed: God has blessed me

[11:22](#) Michael: Needing help mentoring someone with same sex attraction

[12:40](#) Ed: One of the advantages of TPM is that it is not focused on behavior

[16:58](#) Joshua: Framing the purpose of meeting together in a TPM session is not to change behavior or perspective

[18:38](#) Ed: Not wanting to hear about a specific issue means they don't understand the purpose of TPM

[23:04](#) Ed: If someone comes in focusing on a sin, I would treat it like a solution

[24:53](#) Joshua: If the mentee gets stuck they either don't know what they are doing or have reason not to

[26:37](#) Joshua: The mindset that the mentee is always acting out what they currently believe to be true

[31:55](#) John: If someone starts a session with I want to stop drinking, would we go to the solutions box

[39:15](#) Ed: It requires a major shift to reframe sin as not the problem, but the way I am trying to fix things

[44:43](#) John: Trying to convince my sons to do TPM even if it isn't from me

[48:12](#) Robert: Stuck while doing TPM on my own, can't get past the belief that I don't deserve good things
[54:02](#) Joshua: Explaining solution behavior and pointing out who is in control
[56:56](#) Robert: Told some Christian counselors about TPM and am hoping that they can help mentor me once the learn it
[57:50](#) Sharron: Speaking to a group of middle school student parents to convey the benefits of TPM in under an hour
[1:04:25](#) Ed: I believe we are on the edge of a very hard time that can be very beneficial if you know how to cooperate with God
28:00 -follow up

September 2 2024 12pm

https://www.youtube.com/watch?v=p_tWS-ir5RI

[4:10](#) Ed: What your donations are used for
[8:48](#) Ed: AI is everywhere
[12:10](#) Viewer: Is there a certificate and do I need one to administer TPM
[17:24](#) Viewer: When does truth based pain become lie based pain
[24:16](#) Viewer: What is the name for AI biblical references (ChatGPT)
[27:37](#) Viewer: I am new to TPM, can you give an overview of the sequence of the map
[32:51](#) Joshua: Here is a resource for people new to TPM
[36:00](#) Ed: The goal is not to know the truth better, it is to continually respond in a way that results in receiving truth
[37:46](#) Ed: Some people want to be certified in TPM but we can't certify anyone
[40:34](#) Dianna: How do I know if the physical pain is rooted in a lie
[45:58](#) Ed: A lie may not be causing cancer, but is God using cancer to refine the impurities in his faith
[47:16](#) Brooke: How can TPM be helpful for those with anxiety, phobias, or compulsive behaviors
[50:22](#) Ed: An example of behavior being a symptom of belief
[54:06](#) Brooke: As the truth is discovered people are able to change their beliefs with the help of the Holy Spirit
[56:58](#) Ed: Example from life of the fact that we perceive, feel, and act on what we believe
[1:02:30](#) Joshua: Example of being persuaded about Santa

September 2 2024 8pm

<https://www.youtube.com/watch?v=q3FIhoNcs84>

[9:20](#) Ed: The early name of TPM - Theophostic Prayer Ministry
[11:45](#) Ed: The Whataburger/kidney stone story
[16:00](#) Viewer: I have been doing TPM and getting truth but it doesn't seem like I am making progress
[18:23](#) Joshua: The difference between head belief and heart belief
[24:24](#) Viewer: What is the test for transformation
[27:27](#) Ed: In the TPM process there is only one thing in the process that only God can do
[32:07](#) Mary Alice: Would substance abusers still go through withdrawal even after getting truth about the addiction
[34:58](#) Ed: Story from when Ed was a young man and was introduced to alcohol
[43:32](#) Ed: When someone who hasn't tried TPM and has hesitation about going back to those painful memories
[46:08](#) Viewer: How does generational sin (eg alcoholic parents) impact TPM sessions
[47:32](#) Ed: The topic of demons and the devil and spiritual warfare
[48:38](#) Ed: How I would handle generational issues
[53:04](#) Joshua: What it is to be "in the midst of" wanting sugar, and what to do with it
[56:35](#) Marta: This is what I do when I encounter people who need help with demons and the demonic

[1:00:50](#) Ed: Testimony of a woman who preferred to be demonized

[1:05:31](#) Ed: Ephesians 6 is a comparison - wrestling vs standing

October 7 2024 12pm

<https://www.youtube.com/watch?v=otPxe4MNOaA>

[9:48](#) Ed: Sharing Christ via the new "children's adult" book I am writing

[18:10](#) Marita: Do you go to the emotion box if the answer to the belief question is "no" even if it is a solution belief

[20:09](#) Marita: The mentee offers an additional heart belief after answering the third question in the solution box

[30:11](#) Ed: Responding to the argument that TPM "puts God in a box"

[31:55](#) Viewer: If you read a verse and it doesn't feel true, do you go straight to the belief box

[35:27](#) Ed: Explaining the crucible of refinement and the experience of coming into a change of belief

[39:30](#) Viewer: Have you ever had someone get sleepy while going through the process

[40:45](#) Ed: Testimony of getting sleepy when pulling into my driveway

[44:00](#) Marita: More discussion about jumping ahead in the process

[46:31](#) Ed: Solution beliefs are intellectual beliefs

[53:53](#) Brook: Is it correct that head belief is the conscious mind and heart belief is the unconscious mind

[1:01:00](#) Sharron: Thank you for the advice you gave on [speaking to parents of teenagers](#)

[1:01:35](#) Sharron: How do I get my mentees to take it to the next step and mentor others

[1:05:15](#) Joshua: The next step is taking what you have learned and applying it to your life as a model to other people

November 4 2024 12pm

<https://www.youtube.com/watch?v=ZLEIJyWG9k8>

[2:50](#) Ed: The fiction book I am writing and what it aims to achieve

[24:04](#) Brook: Roll play with someone who is depressed and believes they are worthless

[28:18](#) Brook: If the mentee doesn't want to hear from the Lord multiple times in a session, where would you go

[35:11](#) Jan: Why am I having troubles hearing truth about my solution behaviors

[48:30](#) Jan: Can you use the same solution behavior for different pains throughout life

[49:52](#) Chris: What question will help the mentee listen to the Lord instead of quoting scripture to himself

[1:08:00](#) Viewer: What if the mentee resists hearing from the Lord because "He will just tell me what I want to hear"

[1:10:47](#) Viewer: How can I find a TPM group near me

November 4 2024 8pm

<https://www.youtube.com/watch?v=UVUUzSJ4puo>

[4:58](#) Ed: Explaining about the book "Effortless Forgiveness"

[12:40](#) Joshua: Needing to forgive is less about taking on forgiveness, is actually letting go of a debt

[12:51](#) Viewers: What does it look like to have PTSD show up in a TPM session

[18:53](#) Ed: Recalls a rollercoaster - Same experience but different prospective from my children

[21:27](#) Jenn: My friend is resistant to all types of PTSD treatment, is there a way to convince him to do TPM

[29:33](#) Byron: Where do I start with people who are scarred after going through the hurricane

[37:57](#) Byron: What video can I show to people in recovery ministries to help them understand their belief and choice

[41:20](#) Diane: What I appreciate about TPM over other "truth telling" ministries

[43:50](#) Diane: The Lord exposed my belief that something was unfair and then God revealed the truth

[45:10](#) Ed: Asking the Lord for wisdom once you have dealt with your double mindedness
[52:42](#) Viewer: The difference between just taking a belief to God and understanding how we came to this belief
[1:03:30](#) Joshua: Everything is an opportunity to come into a deeper and more accurate understanding of who God is

December 2 2024 12pm

<https://www.youtube.com/watch?v=nMkViFRLVlg>

[18:41](#) Viewer: Does the Holy Spirit speak to unbelievers like he does believers
[26:34](#) Jerry: Is TPM compatible with deliverance ministry, how or why not
[42:30](#) Carmen: Is 1 John 1:8-2:2 speaking to believers
[47:22](#) Susan: How do you know if they are expressing an emotion or a belief
[52:59](#) Susan: When do you ask the looping question
[57:08](#) Susan: My mentees never like to say the same belief more than once, so they never seem to loop

December 2 2024 8pm

<https://www.youtube.com/watch?v=3PeDkbcwsz0>

[3:45](#) Ed: Explaining "Effortless forgiveness"
[11:20](#) Roxanne: Please elaborate on what it means in 1 John 5:18 that the devil cannot touch us
[18:55](#) Ed: I am a new creation
[24:00](#) Joshua: It is the same one of two issues
[25:29](#) Sharron: An update on my mentees becoming mentors and all the solutions I found
[28:11](#) Patty: In the emotion box, it is always something in the future comes to mind
[28:26](#) Ed: I can't emphasize enough that the goal is to equip the mentee in front of you
[39:49](#) Kay: Sharing encouragement
[41:05](#) Kay: A testimony about someone I have been doing TPM with who felt he was leading a double life, but now has a changed life
[48:04](#) Kay: One of my mentees is having a hard time getting memories, what would you suggest
[51:49](#) Joshua: Don't let her slow progress in the book to limit what you do in the session
[54:02](#) Joshua: It is good to realize that you are engaging solutions
[55:58](#) CarrolAnn: When people join our group, and we are already part way through the book, what should we do
[58:22](#) Viewer: What would you do different for someone with OCD in adolescence
[1:00:14](#) Ed: A person presenting with OCD who was a meter reader and had to constantly recheck meters
[1:02:09](#) Ed: I am not in a ministry to cure any mental health issue. This ministry identifies lies that happen to compel people to find ways to solve their pain
[1:03:58](#) Joshua: We aren't belittling any particular behavior, we just see a pattern of people engaging in solution behavior
[1:05:08](#) Ed: Peter, in my fictional book, sings spiritual songs when he is triggered to suppress his pain as an example of solutions

January 6 2024 12pm

<https://www.youtube.com/watch?v=pta1xSvkUis>

[5:22](#) Ed: The biggest issue with introducing people to TPM
[10:58](#) Joshua: It is not about the number you can get
[12:48](#) Ed: Story of someone rejecting TPM
[18:30](#) VIDEO: TPM Book, Maps, and Flowcharts Explained

[27:55](#) Byron: I have found benefit in waiting on God's timing instead of trying to interject TPM into conversations
[30:45](#) Byron: What I am learning is to feed them small bits
[36:30](#) Tamara: My triggered feelings while the mentee was resisting hearing from God
[39:43](#) Joshua: The roles in TPM are very important so that you allow God to do what he does
[47:17](#) Joshua: Responding to someone who is resistant to hearing God because of x reason
[48:25](#) Joshua: At no point ever is your goal for asking questions to get them to move to the next step
[55:25](#) Tamara: One thought that God was bias and another thought God was too mean to listen to
[58:18](#) Beverly: I don't feel confident enough to be creating a group of people to go through TPM
[1:06:26](#) Stephanie: Why can't we have an online network of people in need of TPM
[1:14:35](#) Stephanie: Is it important to make sure the mentees you take on become mentors

January 6 2024 8pm

<https://www.youtube.com/watch?v=32xb1rjUzmM>

[5:15](#) VIDEO: Lie Based Pain
[14:00](#) Ed: Illustration of the importance of pain and the TPM principle that pain serves a purpose
[19:14](#) Ed: God wants you to feel bad when you are believing a lie
[19:45](#) Joshua: It's not uncommon when you hear true about solution believes the pain feels worse
[21:44](#) Jennifer: God used TPM to heal me from some trauma, and the materials you have are so helpful
[22:22](#) Ed: Equip yourself well
[24:42](#) John: A mentee who is reluctant to go to the truth box, is this a solution behavior
[37:36](#) Joshua: It is important to remember when to go to the solution box
[30:35](#) Joshua: What emotion besides anger would alert you to go to the anger box
[38:53](#) Lyle: So other things could fit in the anger box as a means of uncovering a solution
[44:04](#) Ed: There is no list of emotions that take you to the anger box
[47:30](#) Lyle: It sounds like we use anger as a cover for a solution
[54:50](#) Joshua: The only reason I would feel something "at" something is to serve a purpose
[58:11](#) Viewer: Are self sabotaging behaviors a solution behavior

February 3 2025 8pm

<https://www.youtube.com/watch?v=v538yHQY94A>

[4:31](#) VIDEO: Memory Box
[15:06](#) Christina: How do you introduce this to your church, specifically a church that isn't your normal middle class group
[30:17](#) Susie: In the memory box, would you let the mentee know that you are waiting for them to repeat
[35:35](#) Susie: How do you do TPM with people who don't understand their own emotions
[43:00](#) Lynn: Will you have demonstration videos like you used to
[49:00](#) Lynn: You used to address difficult cases
[50:20](#) Joshua: Difficult cases don't exist

March 6 2025 12pm

<https://www.youtube.com/watch?v=W5rs-YXpw2s>

[5:30](#) VIDEO: Belief Box
[10:56](#) Ed: An overview of the belief box
[19:24](#) Ed: Sharing TPM principles with a bible study that I reluctantly joined
[25:45](#) Sharray: How do you help people believe truths when they are in an environment that reinforces the lies
[36:11](#) Donna: Is it possible for people to have blocks from receiving the truth, and how do you deal with that

[45:55](#) Joshua: Examples of how it comes down to two issues: they do not know what they are doing, or have reason not to do it

[49:40](#) Ed: If you aren't receiving anything in the truth box, it might be because of a hesitancy to remember or admit a belief

[50:23](#) Ed: Your problem isn't that you are not able to hold onto the truth, its that you are holding onto something else

[52:52](#) Ed: The exterminator telling me that I don't have ant problem, I had a sugar and fat problem.

[56:36](#) Carol: I would like to use the videos to make assessments but I can only use youTube videos

[1:02:54](#) Bruce: I find that I answer the third objective in the solution box before answering the second

[1:07:10](#) Bruce: How do I mentor someone doing that without knowing the process

March 6 2025 8pm

<https://www.youtube.com/watch?v=ers2Jh3SBKI>

[1:28](#) Ed: We recognize that it is difficult to introduce people to TPM, so here is a way to bring people into the front door

[7:10](#) VIDEO: Belief Box (afternoon showing)

[12:12](#) Robin: I was feeling frustration at you Ed, but took it to God, received truth, and now feel thankful to you and to God

[14:12](#) Robin: I always struggle with the looping question in the memory box. I don't understand the purpose

[27:10](#) Joshua: Looping is not a waste of time, and here is why it was actually saves you time

[30:36](#) Robin: Should I start with solution behavior if they come in presenting about that

[35:05](#) Carrol: Encouragement to put in the time to learn TPM well

[36:00](#) Carrol: I have been introducing TPM by sharing my transformations

[36:52](#) Carrol: When I mentor I like to ask the mentee to read the questions, and sometimes we both get lost

[39:58](#) Ed: Being invited to a bible study at Panera Bread and sharing TPM using personal experiences, like being late

[44:10](#) Carrol: Do you have many people who enter a TPM session from the solution box

[48:14](#) Matt: If the answer to the looping question is a heart belief do you go to the belief box

[53:40](#) Joshua: Be aware of anticipating where the mentee is, and take advantage of the opportunity to address your own solution belief

[57:39](#) Ed: I used to get let down when they almost made it to the belief box, but now I realize that it is better that we don't waste time following the wrong trail

[59:38](#) Carrol: It is so powerful to watch a testimony unfold in front of you in real time

April 7 2025 12pm

<https://www.youtube.com/watch?v=16N75XEt4LI>

[3:33](#) Ed: My take on the issue of spiritual warfare - since Jesus is not fighting the devil I find no reason to fight the devil

[12:10](#) VIDEO: Truth Box

[18:19](#) Ed: Before we had the truth box I used to get too involved, but now I just allow the Lord to speak

[24:14](#) VIDEO: Transformation Box

[30:30](#) Ed: Training is about learning and being able to apply it in a meaningful way for a lifelong process

[39:15](#) Viewer: What do you do with someone who is not a Christian and afraid of God

[44:31](#) Viewer: Do you ask the mentee to tell what they heard in the truth box

[49:27](#) Viewer: Are there differences between the 2015 and 2025 TPM training

[53:13](#) Viewer: What happens if your body still remembers the lie even though you got truth about a lie

[54:18](#) Joshua: We aren't just trying to shed lies, it is that we are entering into the truth

[55:36](#) Viewer: I do TPM in writing, when I introduce TPM to others, should I have them write it out too

[56:36](#) Viewer: Can TPM help someone with anorexia

April 7 2025 8pm

<https://www.youtube.com/watch?v=u9J1kv28DnE>

[2:42](#) Ed: TPM is a life style so take your time and learn it well

[6:39](#) VIDEO: Truth Box

[11:57](#) VIDEO: Transformation Box

[22:22](#) Joshua: Showing someone that you can't just choose to agree

[24:54](#) Viewer: Is it possible for someone to gain a truth but then lose it over the next couple days

[28:18](#) Ed: We don't have to maintain the truth that we believe just like we didn't have to maintain the lies we believed

[33:35](#) Joshua: If your feelings don't reflect what the Bible says look at that as unbelief and take that to the Lord

[37:00](#) Ed: A big shift is that I am here to help equip you to understand the principles for yourself

[39:05](#) Ed: My biggest misconception early on was segmenting people by how "well" they were doing. Now everyone is on the same level

[41:00](#) Donna: If, during your day, you notice a solution behavior, should you start your session in the solution box

[47:59](#) Ed: I did a TPM session today after spending 45 minutes scrolling on social media before realizing that I was in a solution

[50:00](#) Viewer: If someone can't hear the Lord and say that God won't speak to them

[56:44](#) Viewer: Will anger or unforgiveness make someone unable to hear God

[1:00:03](#) Ed: Typically forgiveness is not a choice to be made

[1:04:00](#) Ed: My book Effortless Forgiveness received pushback from the Bible study I was invited into

[1:06:44](#) Sharron: I have an hour to talk to our church's prayer warriors about TPM. Do you have suggestions for what materials I should use

May 5 2025 12pm

<https://www.youtube.com/watch?v=-CvUwhxbk6I>

[2:08](#) Ed: As you take groups through the TPM material, avoid being the teacher - they need to own it.

[5:33](#) Ed: If your mentee's are having a difficult time understanding the concepts, make sure you fully understand the material

[10:00](#) VIDEO: Anger Box

[17:14](#) Ed: Remembering T.P. Johnson and how I have appreciated him

[20:48](#) Ed: Unpacking the anger family - it's feeling anything you are feeling at someone or something

[22:35](#) Ed: Anger seems to serve a purpose for us

[23:23](#) Joshua: You have been deceived into thinking that anger accomplishes something

[26:23](#) Ed: In a ministry session, if I am getting a sense that the mentee is getting angry, I don't ask, "Are you feeling angry?"

[28:06](#) Joshua: A lot of the characteristics of anger are the same as solution behavior because it is

[30:24](#) Windy: What is the TPM view of the situation when Jesus was praying for the cup to be removed

[36:30](#) Ed: God is writing a real life story and we are wanting answers that we haven't gotten to yet

[41:38](#) Viewer: What is the TPM view of the situation when Jesus is angry at the temple

[43:32](#) Marita: Tips for dealing with a 9 year foster boy's anger

[46:58](#) Ed: When working with a child, help them to grasp the principles

[51:39](#) Ed: I had someone ask, are we always feeling all our beliefs at the same time or are we creating beliefs based on current circumstances

[54:18](#) Ed: Working with veterans of war

May 5 2025 8pm

<https://www.youtube.com/watch?v=e6ka4qgh7O4>

[2:48](#) VIDEO: Anger Box

[10:26](#) Ed: Training in TPM is a life long journey

[13:13](#) Bruce: What is the difference between believe and perceive

[16:26](#) Viewer: If the answer to “why do you feel that way” is “because I feel alone” what is the next question

[22:13](#) Ed: Example of anxious friend at lunch needing his cutlery in order being shown an opportunity for transformation

[27:27](#) Ed: The show “Alone” was a good example of not being able to use our solutions

[33:10](#) Ed: On contestant on “Alone” quit because he saw bear poop on the first day

[34:15](#) Viewer: Some time after receiving truth about a situation, I think back to the situation and feel bad about it again

[37:40](#) Joshua: If you only believed 10 lies and get truth for 5 of them you will still feel bad when the other 5 are touched

[39:54](#) Ed: God wants us to deal with our pain in the moment

[42:12](#) Joshua: Go at the pace God has set. We tend to slow things down

[45:50](#) Linda: Using the illustration of different shades of a color to describe different lies that feel similar

[49:11](#) Keever: You make the anger box sound so simple, but it is such a paradigm shift for how the world views anger

[53:20](#) Keever: As an example, I was taught that I have no right to be angry

[56:12](#) Keever: The first light bulb moment was realizing we are dealing with the holding on to the anger being the issue

[57:06](#) Keever: The other was that it was ok to take ownership of anger toward God

[59:40](#) Keever: What do you do for a mentee who won't admit they are angry because they say they already dealt with it

[1:03:11](#) Ed: More of my session are about equipping more than getting through as many lies as we can

[1:06:32](#) Karen: If the devil is attacking me from all angles, what's the lie I am believing

[1:09:54](#) Ed: When satan attacks us, its because we have something attackable

[1:12:22](#) Joshua: Example of removing the actual problem, not the results of the problem

[1:14:33](#) Ed: In those times of difficulty, God is wanting more for you than just for you to hold on

[1:15:42](#) Ed: Example of engaging a solution behavior to avoid even a small amount of anxiety

[1:18:23](#) Joshua: We have experienced God using all things (good and bad) and it might come off as flippant, but it is not that

June 2 2025

<https://www.youtube.com/watch?v=dwD3kznziPg>

[5:57](#) Ed: Sharing “Effortless Forgiveness” with someone when the opportunity arose at Panera Bread

[8:55](#) VIDEO: Solution Box

[17:40](#) Ed: You won't get it all by watching the videos and reading the book once over

[20:24](#) Ed: The number one issue mentors have is answer to the second question in the solution box being a positive thing

[23:52](#) Byron: Can you give examples of the three types of solution indicators

[25:44](#) Ed: Solution Indicator Example: Compulsion - Mentee feeling the need to open eyes during a session

[28:20](#) Byron: Is the solution belief just intellectual and involves no emotion and is that an indicator

[30:28](#) Byron: What do you do if they loop with “he is coming down the hall and is going to hurt me”

[36:40](#) Torvyn: Do you have any insight on using specific solution behaviors for different beliefs

[42:02](#) Ed: The cross took care of our sin issues, but it didn't take care of all our issues - we still have our old beliefs

[44:30](#) Ed: Here is the good news, when my mind aligns with who I am in Christ, I don't feel pain that requires solution behaviors

[47:16](#) Torvyn: We don't know how long this will take

[53:40](#) Ed: Overview of the fictional series that I am working on

June 2 2025

<https://www.youtube.com/watch?v=WHYbr5ewpLY>

[2:44](#) VIDEO: Solution Indicators

[7:33](#) Ed: An opportunity for mind renewal presented itself when I forgot to shut the water off for three days and had to pay the bill

[10:33](#) Bruce: The mentee was surprised by a memory while in the solution box

[12:15](#) Bruce: The memory flashes and then it's gone

[14:00](#) Bruce: Many traumatic memories are coming and going for the mentee

[16:16](#) Joshua: When engaged in a solution, the way forward is never just grit down and choose to go forward

[17:35](#) Viewer: I have thought emotions are neutral but I am reading a book that says negative emotions are sinful

[22:18](#) Joshua: The connection between emotions and actions and how confession plays into it

[25:56](#) Ed: Would just admitting your negative emotions to God change your beliefs - illustration of a man thinking there is a burglar

[30:19](#) Joshua: I had someone respond to the dog/burglar and they argued what changed was the fact not their belief

[31:34](#) Sharron: Solution behavior is the hardest one to teach so I am happy that the solution videos are out

[34:34](#) Carrol: My TPM progression from constantly starting in the solution box to now starting in the emotion box

[35:30](#) Ed: It is pretty typical that people start in the solution box because we have been using solutions our whole lives

[37:18](#) Joshua: You don't want to view solution behavior as the problem you are trying to get rid of, but as an indicator of a lie

[38:50](#) Carrol: For the first time I felt emotions that were so raw I didn't want to do TPM and could use advice on what to do with that

[40:45](#) Carrol: The pain was distancing me from God and had I gone through the solution box, it would have brought me closer

[42:49](#) Carrol: Is the question in the anger box still "Why are you angry"

[44:21](#) Joshua: It is not a bad thing to "always" find yourself in the solution box - it means you are noticing how much you engage them

[45:26](#) Linda: If I am with a reckless driver and fear dying, isn't this truth based pain

[47:53](#) Carrol: Two different people experiences the same event and have different feelings about it because their different beliefs

[50:22](#) Linda: What do you think of spiritual battles that come at us, and is that a good time to do TPM or wait for it to be over

[52:53](#) Ed: Victory was made sure for those of you who are in Christ - new man vs old man - old beliefs vs the truth

[57:54](#) Joshua: Perceiving that you are being attacked by the devil has real feeling and seems real, but doesn't change the truth

[58:20](#) Joshua: The only reason the devil has impact is because you believe his words, so the problem is you believe him

[1:00:53](#) Ed: The post resurrection scriptures do not proclaim a battle, it proclaims victory - a victory to be received

[1:01:18](#) Ed: All the armor of God represents Jesus