

White Paper – Draft

5 H's to Healing Hearts ~ “Our Heart & Love”

Have a soft heart while guarding our hearts

Version 2.22

Purpose

Through the Bible, I will discover what God has to say about the heart and then use that to better understand His will for my life, the lives of my wife, children, and those around me. To learn how to touch the hearts of 7 billion people worldwide.

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01. HURT at a Heart Level

What is being hurt at a heart level?

What causes someone to be hurt at a heart level?

- > Hmm, maybe it's where you had a pure heart to help someone and they turn around and hurt you deeply? Maybe it's where you felt betrayed? Perhaps you trusted someone too much to do the right thing ... and thought it all would work out right, but it did not.

What can happen when someone is hurt at a heart level?

- > Hmm, maybe it's like a wounded animal, and they may hurt people seeking help? Perhaps they go deep into drugs, alcohol, drugs, or some other addiction to try to relieve the pain. It seems like many things can happen that are not good for the person who has been hurt and those around them.

Do people know when they have been hurt at a heart level?

- > It would seem like people do not know ... they feel ... and don't know what to do with that hurt.

02. HEARD at a Heart Level

- > The first stage of healing is to know we have been hurt. If someone can see through the pain, actions, and behavior and see, hear, and feel us at a heart level, this helps us realize that something is wrong ... something is hurt/broken.

03. HELPED at a Heart Level

How do we stop the bleeding?

- See and share ... "I believe you have been hurt at a heart level."
- STOP the person who hurt them from doing it again!
 - People who tend to get hurt ... seem to get hurt again. How do we stop that from happening?
 - People who tend TO HURT others a lot tend to say ... "Sorry, I didn't mean to do it." and then will do it again.
 - Ken, this might be what boundaries are. I think they are meant to protect you from the person who has hurt you and empower you to determine if they are going to get close to you again. I wonder if the action of putting up a boundary helps stop the bleeding and start the healing.

How do we stop it from happening again?

- Help someone see that there is potential to heal ... but it will hurt at a deep level and maybe for the rest of their lives. Be honest! Do not lie to them as likely a lie is what hurt them at the heart level in the first place.
 - Help someone realize they are in a battle.

- Help someone realize how to fight the battle and win the war.
 - Help someone learn to take extreme ownership.
 - Help someone build the proper steel bands around their heart.
- Ken, boundaries help in this area as well. If done properly, boundaries can protect your heart. I think of it as putting a pillow around your heart so it is protected against that person. Another way to think of it is building a fence around your heart. The person might not change at all, but you have changed. You don't open up your heart to them and allow them to get as close to your heart as they were when they were able to hurt you.

04. HEALED at a Heart Level

Once the bleeding stops ... the individual is "out of danger." Then how do we "set the bone properly, so to speak " so the person can not only "be out of pain" but will also be stronger and grateful for what the experience has taught them?

How do we build the steel bands around the heart?

- Figure out the CORE issue on all sides and then put a STOP.
- Realize that we want and need steel bands ... not a steel heart.

Do we want to be healed?

- The answer seems obvious "Of course we want to be healed" ... but ... well, it's not. The truth is that we often do not want to be healed. Why? We gain benefit from being hurt. We get attention. We can justify our own poor choices. We can be lazy. We can not take personal ownership. We can be self righteous ... feel we're better than others ... and not even know it.
- We trick our minds and feelings so we get addicted (literally) to the dopamine hits in our brains to the pain that we get when we experience trauma in our minds. We become enslaved to the feelings and they become like our best friend.
 - We will then tend to be attracted to others who have the same pain we have.

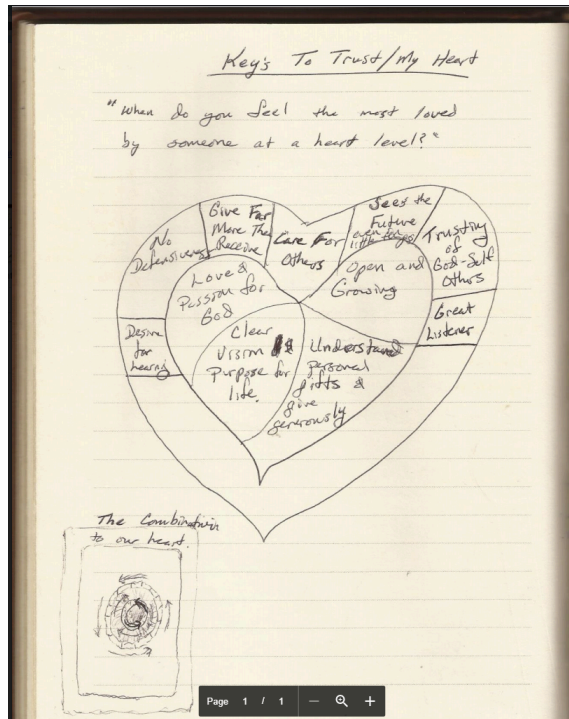
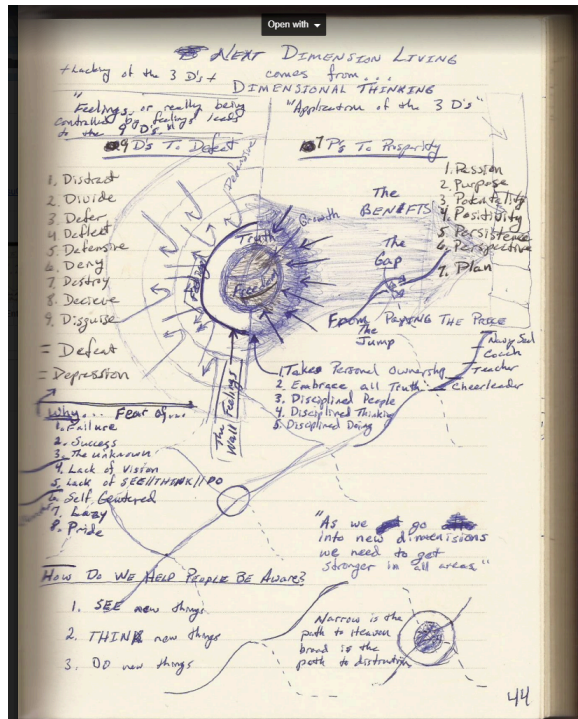
05. HERALD at a Heart Level

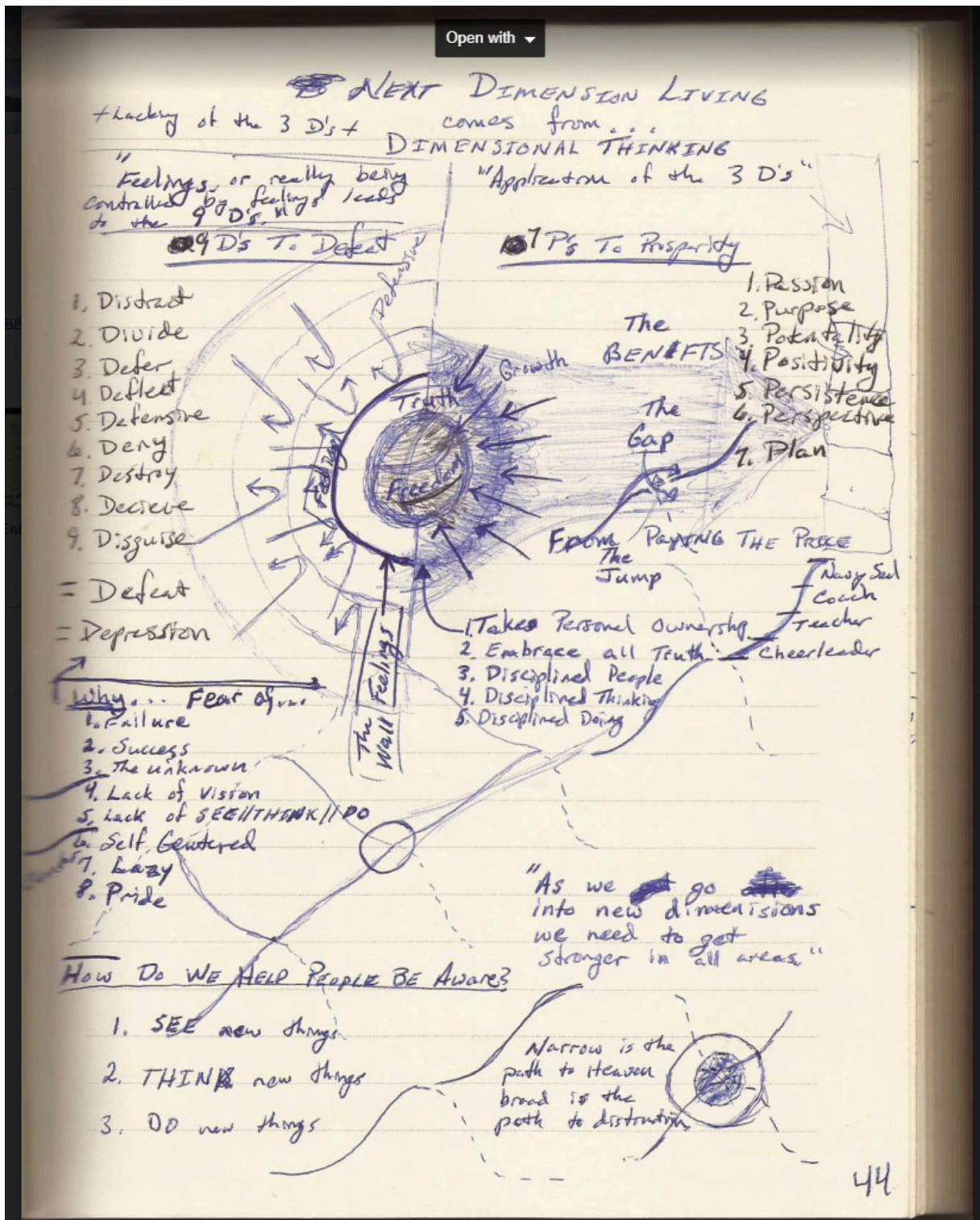
OK ... maybe "Herald" isn't the best word." :-) It's forgiving others, sharing the good news of that healing, and maybe calling out those who hurt us, not out of vengeance but out of love and consideration for both them and the many other people they probably have hurt and will continue to hurt in the future.

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A. Desires of My Heart

(We can trust the desires of our heart if we're in the Word, in prayer, in fellowship, and sharing Christ.)





01. Desires of My Heart

Psa 37:4 Delight **6026** thyself also in the LORD **3068**; and he shall give **5414** thee the desires **4862** of thine heart **3820**.

Delight 6026 - 2) to be happy about, take exquisite delight // 3) to make merry over
 give **5414** 1) to give, bestow, grant, permit, commit, entrust, give over, deliver up, extend
 desires **4862** 1) desire

heart **3820**. a) inner part 3) soul, heart (of man) 4) memory 8) seat of appetites - passions - courage

Delight [6026](#)

- 1) to be soft, be delicate, be dainty
- a) (Pual) to be delicate
- b) (Hithpael)
 - 1) to be of dainty habit, be pampered
 - 2) to be happy about, take exquisite delight
 - 3) to make merry over, make sport of

give [5414](#)

- 1) to give, put, set
- a) (Qal)
 - 1) to give, bestow, grant, permit, ascribe, employ, devote, consecrate, dedicate, pay wages, sell, exchange, lend, commit, entrust, give over, deliver up, yield produce, occasion, produce, requite to, report, mention, utter, stretch out, extend
 - 2) to put, set, put on, put upon, set, appoint, assign, designate
 - 3) to make, constitute
- b) (Niphal)
 - 1) to be given, be bestowed, be provided, be entrusted to, be granted to, be permitted, be issued, be published, be uttered, be assigned
 - 2) to be set, be put, be made, be inflicted
- c) (Hophal)
 - 1) to be given, be bestowed, be given up, be delivered up
 - 2) to be put upon

desires [4862](#)

- 1) request, petition, desire

heart [3820](#).

- 1) inner man, mind, will, heart, understanding
- a) inner part, midst
 - 1) midst (of things)
 - 2) heart (of man)
 - 3) soul, heart (of man)
 - 4) mind, knowledge, thinking, reflection, memory
 - 5) inclination, resolution, determination (of will)
 - 6) conscience
 - 7) heart (of moral character)
 - 8) as seat of appetites
 - 9) as seat of emotions and passions
 - 10) as seat of courage

B. God's Heart

[Deu 6:5](#) And thou shalt love [157](#) the LORD [3068](#) thy God [430](#) with all thine heart [3824](#), and with all thy soul [5315](#), and with all thy might [3966](#).

Outline of Biblical Usage

- 1) to love
 - a) (Qal)
 - 1) human love for another, including family, and sexual
 - 2) human appetite for objects such as food, drink, sleep, wisdom
 - 3) human love for or to God
 - 4) act of being a friend
 - a) lover (participle)
 - b) friend (participle)
 - 5) God's love toward man
 - a) to individual men
 - b) to the people of Israel
 - c) to righteousness
 - b) (Niphal)
- 1) Lovely (participle)
- 2) loveable (participle)
 - c) (Piel)
- 1) friends
- 2) lovers (fig. of adulterers)
- 2) to like
- 1) inner man, mind, will, heart, soul, understanding
 - a) inner part, midst
- 1) midst (of things)
- 2) heart (of man)
- 3) soul, heart (of man)
 - 4) mind, knowledge, thinking, reflection, memory
- 5) inclination, resolution, determination (of will)
- 6) conscience
- 7) heart (of moral character)
 - 8) as the seat of appetites
- 9) as the seat of emotions and passions
 - 10) as the seat of courage

C. David – A Man After My Own Heart

Act 13:22

. . . I have found 2147 David 1138 the [son] of Jesse 2421, a man 435 after 2596 mine own 3450 heart 2588, which 3739 shall fulfil 4160 all 3956 my 3450 will 2307.

heart 2588

- 1) the heart
- a) that organ in the animal body which is the center of the circulation of the blood, and hence was regarded as the seat of physical life
- b) denotes the center of all physical and spiritual life
- 1) the vigor and sense of physical life
- 2) the center and seat of spiritual life
- a) the soul or mind, as it is the fountain and seat of the thoughts, passions, desires, appetites, affections, purposes, endeavors
- b) of the understanding, the faculty, and the seat of the intelligence
- c) of the will and character
- d) of the soul so far as it is affected and stirred in a bad way or good, or of the soul as the seat of the sensibilities, affections, emotions, desires, appetites, passions
- c) of the middle or central or inmost part of anything, even though inanimate

fulfill 4160

- 1) to make
- a) with the names of things made, to produce, construct, form, fashion, etc.
- b) to be the authors of, the cause
- c) to make ready, to prepare
- d) to produce, bear, shoot forth
- e) to acquire, to provide a thing for one's self
- f) to make a thing out of something
- g) to (make i.e.) render one anything
- 1) to
(make i.e.) constitute or appoint one anything, to appoint or ordain one that
- 2) to (make, i.e.) declare anything
- h) to put one forth, to lead him out
- i) to make one do something
- 1) cause one to
- j) to be the authors of a thing (to cause, bring about)
- 2) to do
- a) to act rightly, do well
- 1) to carry out, to execute
- b) to do a thing unto one
- 1) to do to one
- c) with the designation of time: to pass, spend
- d) to celebrate, keep
- 1) to make ready, and so at the same time to institute, the celebration of the Passover
- e) to perform: to a promise

Will 2307.

- 1) what one wishes or has determined shall be done
- a) of the purpose of God to bless mankind through Christ
- b) of what God wishes to be done by us
- 1) commands, precepts
- 2) will, choice, inclination, desire, pleasure

D. Guard The Heart

E. Heart ~ deceitful and desperately wicked

05b. Children

Pro 22:15	Foolishness 200 [is] bound 7194 in the heart 3820 of a child 5288 ; [but] the rod 7626 of correction 4148 shall drive it far 7368 from him.
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heart [3820](#)

- 1) inner man, mind, will, heart, understanding
- a) inner part, midst
 - 1) midst (of things)
 - 2) heart (of man)
 - 3) soul, heart (of man)
 - 4) mind, knowledge, thinking, reflection, memory
 - 5) inclination, resolution, determination (of will)
 - 6) conscience
 - 7) heart (of moral character)
 - 8) as seat of appetites
 - 9) as seat of emotions and passions
 - 10) as seat of courage

child [5288](#)

- 1) a boy, lad, servant, youth, retainer
- a) boy, lad, youth
- b) servant, retainer

rod [7626](#)

- 1) rod, staff, branch, offshoot, club, scepter, tribe
- a) rod, staff
- b) shaft (of spear, dart)
- c) club (of shepherd's implement)
- d) truncheon, sceptre (mark of authority)
- e) clan, tribe

correction [4148](#)

- 1) discipline, chastening, correction
- a) discipline, correction
- b) chastening

far [7368](#)

- 1) to be or become far, be or become distant, be removed, go far away
- a) (Qal) to be far, be distant
- b) (Piel) to send far away, extend
- c) (Hiphil)
 - 1) to make or exhibit distance, be gone far
 - 2) to remove, put far away
- 2) (Niphal) loose

F. Harden The Heart

: 06. It seems like our hearts can be hardened when we do not see what we should see. Lesson . . . we need to consider/be thankful/ think about what God has done/is doing for us or we risk our hearts being hardened. To prevent an entitlement attitude, an attitude of gratefulness will be that.

- When you look at Hurricane Katrina and the people's response vs. what happened in Japan, very different. When you look at what may seem to be the response of the people in Iraq and maybe not being grateful for the help, then people don't want to help.

<input type="checkbox"/> Mar 6:52	For they considered not [the miracle] of the loaves: for their heart was hardened .
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Mat 15:18	But ¹¹⁶¹ those things which ³⁵⁸⁸ proceed ¹⁶⁰⁷ out of ¹⁵³⁷ the mouth ⁴⁷⁵⁰ come forth ¹⁸³¹ from ¹⁵³⁷ the heart ²⁵⁸⁸ ; and they ²⁵⁴⁸ defile ²⁸⁴⁰ the man ⁴⁴⁴ .
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What comes out of the mouth comes from the heart. Listen carefully to what is said.

02. Interesting that God told/warned Moses about Pharaoh's heart being hardened prior to it happening.

<input type="checkbox"/> Exd 4:21	And the LORD said unto Moses, When thou goest to return into Egypt, see that thou do all those wonders before Pharaoh, which I have put in thine hand: but I will harden his heart , that he shall not let the people go.
<input type="checkbox"/> Exd 7:3	And I will harden Pharaoh's heart , and multiply my signs and my wonders in the land of Egypt.
<input type="checkbox"/> Exd 7:13	And he hardened Pharaoh's heart , that he hearkened not unto them; as the LORD had said.

03. God talks about His own heart.

G. Pridefulness of the Heart

Oba 1:3

The **pride** 2087 of thine **heart** 3820 hath deceived 5377 thee, thou that dwellest 7931 in the clefts 2288 of the rock 5553, whose habitation 3427 [is] high 4791; that saith 559 in his **heart** 3820, Who shall bring me down 3381 to the ground 776?

H. Can a leader greatly hurt our company?

7/17/2021

Can a top leader greatly hurt our company?

Yes! The greater a leader can help one's company the greater someone can hurt one's company.

What are the most important things to help prevent this?

Hmmm ... let's start out with ...

- A. Heart
- B. Humble
- C. Ownership

A. Heart ~ Does someone really have a heart to do good? Often people think they are smart, caring, and important ... but maybe not so much. Do people really have a deep passion to do the right thing? Often people want to look good ... but at the heart, they really struggle with being selfless.

- https://www.youtube.com/watch?v=vT67jkd_Ms
- It's natural/normal for people to align with others of similar heart frequency. This can be good or bad.
- Scar's heart was to be a leader ... he was lazy ... wasn't willing to do the hard work, make the hard choices, and make the sacrifices.
- People who tend to tell people what they want to hear will have a heart of laziness. They are great at drawing people in ...
- King David, King of Israel, had a son named Absalom. Absalom had a heart to take the kingdom from his father. He did this by hanging out at the city's gates, asking about people's problems, and then telling them what he wanted to hear.
 - Absalom had a heart that was not healed. Why? Absalom's sister was raped by her step-brother and their father David, didn't seem to do anything about it.
- King David loves his son Absalom ... so much ... for his hurt/harm and that of the kingdom as well.
- Like Scar and the Hyenas ... they were lazy. Lazy people tend to attract other lazy people.

How do we help someone to heal at a heart level? Hmmmm ... maybe ...

- Understand the depth of what one has been hurt.
 - Each of the four personalities gets hurt,... maybe at a heart level for very different reasons.
 - **Hear / Listen** ... at a heart level.
 - This is very hard, if not impossible, for lower-frequency people. People who have never been hurt deeply or have been hurt deeply but haven't healed seem unable to even feel the hurt of others.
 - **Apologize** ... at a heart level.
 - Often, when low-frequency people apologize, they aren't aware of their own hurt, so they apologize but actually aren't sorry. Because they feel they have been hurt, they hurt others.
 - People who haven't healed ... seem to not be able to feel the hurt of others. Well ... they can feel the hurt and tend to be drawn to others who have hurt / unhealed hearts. They will tend to come together and then seek to hurt others ... as hurt people.
 - Hmmmm ... is this what is happening in America and around the world?
 - Progressive Degeneration ... reveals that things will almost always get worse. Selfish people... tend to get more self. Bitter people become even more bitter. People who are angry and violent ... often become more angry and violent.
 - People who have been hurt at a heart level and have not healed ... will tend to become hurt more, be hurt by fewer / smaller things, and tend to lash out and hurt others ... especially those who are higher frequency ... maybe those who have the purest hearts?
 - Hmmmm ... do people know ... at a subconscious level that maybe those who have the purest of hearts can help them ... so they attack them?

How Do We Discern The Hearts Of Others?

Great question! If we are clueless about our hearts... it will be hard to determine the hearts of others as we will tend to have a mirror effect and see in others what's really in our hearts. If we are self-aware, it helps. We see in others and if it gets flipped back on us ... we're fine with that ... can accept it to whatever degree of truth there is (mote in our eyes) and then hopefully help pull the splinter out of others.

B. Humble ~ People who say they are humble or say they are caring, generous or any other trait ... tend to use words ... because they know or sense their actions are lacking.

- Humble people will not be defensive and often will not explain themselves.
- Humble people will not use the 9 D's ~ [click here](#) ~ to distract themselves or others from discovering the truth.
- Often, those we think are humble are not so humble, and those we think aren't humble may be very humble.
- Truly humble people will always win every argument because they are not seeking to win but to discover the truth.
 - Even when they "lose" an argument they win as they discover the truth, something new they did not know before.
 - Those who are not humble will always lose an argument even when they win, they lose because they aren't seeking truth they are seeking to be right.
- What's strange is that a humble person can be right 99% of the time and wonder / realize that they could be wrong in any situation.
- The truly humble person also realizes that they could still be wrong if many people agree with them.
- The truly humble person loves to discover when they are wrong, as that is when they can learn the most. They seek opportunities to be wrong, even when others may not see them as wrong; they will.
- What's equally interesting is that the person who truly thinks they are humble often can be wrong 99% of the time but will always think they are right.

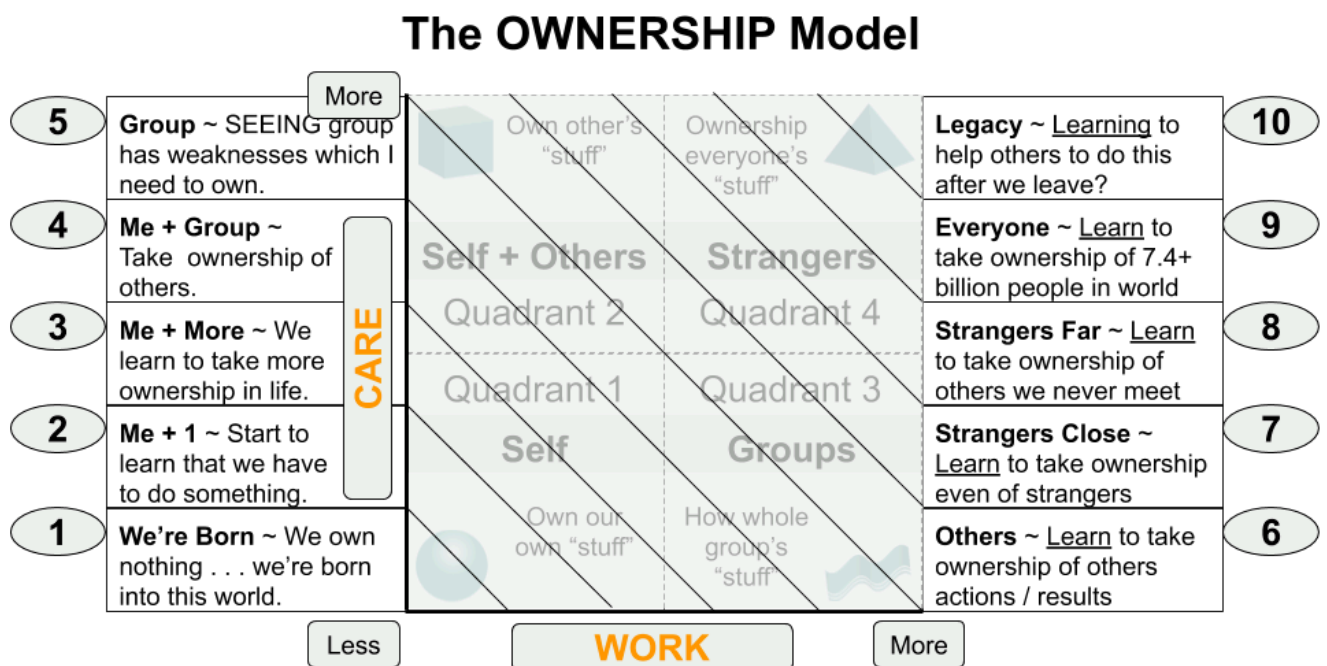
How Do We Discern the True Humility Of Others?

If we think we are humble ... when maybe we aren't so much ... it will be hard to determine the humility of others as we will tend to have a mirror effect and see in others what's really in our own. If we are self-aware, it helps. We see in others and if it gets flipped back on us ... we're fine with that ... can accept it to whatever degree of truth there is (mote in our eyes) and then hopefully help pull the splinter out of others.

C. Ownership ~ Most people think they are pretty good at taking ownership ... and they aren't wrong ... well not 100% wrong, but probably far weaker than they realize. Ownership is the first of three elements to become AWAKENED within the Quantum Thinking model.

> <https://clarity.dnaforsuccess.com/ec2-quantum-thinking>

In the Quantum Thinking model, we learn that there are 10 levels of ownership, and few seem to get beyond the first few.



It's pretty crazy how people seem to struggle with taking personal at even a Level 1 for their own thoughts, words and actions.

How Do We Discern True Ownership Of Others?

Obviously, if we think we take ownership ... when maybe we don't so much ... it will be hard to determine how well others take ownership as we will tend to have a mirror effect and see in others what's really in our own. If we are self-aware, it helps. We see in others and if it gets flipped back on us ... we're fine with that ... can accept it to whatever degree of truth there is (mote in our eyes) and then hopefully help pull the splinter out of others.

I. Love

7/26/2020

1 Corinthians 13:4

Love is patient; love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth.

Jeremiah 17:9-10

⁹ “The heart *is* deceitful above all *things*, And ^[a]desperately wicked; Who can know it? ¹⁰ I, the Lord, search the heart, / I test the ^[b]mind, Even to give every man according to his ways, According to the fruit of his doings.

Matthew 18:15-18

Moreover, if thy brother shall trespass against thee, tell him his fault between thee and him alone: if he shall hear thee, thou hast gained thy brother. But if he will not hear thee, then take with thee one or two more, that in the mouth of two or three witnesses every word may be established.

And if he shall neglect to hear them, tell it unto the church: but if he neglect to hear the church, let him be unto thee as an heathen man and a publican. Verily I say unto you, Whatsoever ye shall bind on earth shall be bound in heaven: and whatsoever ye shall loose on earth shall be loosed in heaven.

Hmmm . . . some interesting questions . . .

- Where does love come from?
- How does the love of God flow through us?
- When others think we are loving . . . are we? When others think we are hateful, are we? When we think we are loving, are we?
- Does love flow from the Holy Spirit . . . through our hearts to others?
- When we read the Bible are we interested in the “milk of the Word” or the “meat?”
- Do we use passages like I Cor. 13:4 and use that as a way to get others to be kind to me but maybe not speak the truth?
- If the love of God flows from the Holy Spirit’s ministry in our hearts

If we grieve the Holy Spirit then can love flow through us? Do we grieve the Holy Spirit by thinking that everyone needs to love the way we love? ~ [click here](#) ~

Did Paul and Barndabus both love John Mark? If you were John Mark, who would you think loved you the most . . . at the time of the confrontation? Later in John Mark’s life who might have he said loved him more?

1 Corinthians 12:14-24

For the body is not one member, but many. If the foot shall say, Because I am not the hand, I am not of the body; is it therefore not of the body? And if the ear shall say, Because I am not the eye, I am not of the body; is it therefore not of the body? If the whole body were an eye, where were the hearing? If the whole were hearing, where were the smells? But now hath God set the members every one of them in the body, as it hath pleased him. And if they were all one member, where were the body? But now are they many members, yet but one body. And the eye cannot say unto the hand, I have no need of thee: nor again the head to the feet, I have no need of you. Nay, much more those members of the body, which seem to be more feeble, are necessary: And those members of the body, which we think to be less honorable, upon these we bestow more abundant honour; and our uncomely parts have more abundant comeliness. For our comely parts have no need: but God hath tempered the body together, having given more abundant honour to that part which lacked:

- What part of the body are you?
- Do you expect everyone else to be the same part of the body as you are?
- What does the Bible mean by the “uncomely” or “less honorable” part of the body?
- Why does the uncomely part have more abundant comeliness or need “double honor”?
- Is the modern day church unintentionally destroying the uncomely parts of the body of Christ?

Eze 33:6

But if the watchman see the sword come, and blow not the trumpet and the people be not warned; if the sword come, and take any person from among them, he is taken away in his iniquity; but his blood will I require at the watchman's hand.

- Does this passage in the Bible haunt you?
- Are you aware that this passage haunts other people?
- Do you care/love those people who are haunted by this passage?
 - If you did care/love that person, how would you show love to that person?
- If you are not “the watchman,” why aren’t you?
- Are people not watchmen because they aren’t SEERS? Are they unable to see things coming in the future?
- Are people who are not SEERS . . . is that due to a lack of the giftings, how God built them in their mother’s womb . . . or is it due to them making choices in their lives to not see things they don’t want to see?

Proverbs 13:12

Hope deferred makes the heart sick, but a desire fulfilled is a tree of life.

Personal Observations

- Some if not most people seem to have a very low frequency within the heart. It's like a high pitch whistle where as you get older you're not able to hear it. You just can't.
- It seems that those who go into psychology, in advanced degrees, are looking to solutions for their own, kind of messed up lives? Hmm, it seems like that may be true for pastors as well. It's like they think they are caring and giving, but are they? Are they there to really serve people or are they serving people for the accolades and affirmations they receive from other people? Just like a mother of a newborn seems to believe and is reinforced by others that she is a caring and giving person, but is she. Yes, just like a pastor, she is to some frequency, but when you think about it, everyone tells them how caring and loving and giving they are, when in fact the women is caring for a baby that has come from her own body and so she is really caring for someone that is a part of her own body.
- Seems like that people who have a low frequency of the heart / center of all passions - emotions will tend to have a very high sensitivity of those who hurt them and a low sensitivity to how they hurt others.
- People with low sensitivity will tend to portray this by saying . . . "I want people to acknowledge that others have hurt me so I know they know they have hurt me." and then will say when they have hurt others "No one's perfect." "People make mistakes." It's like people who have low frequency / immature will minimize what they have done to others to make themselves and their own ego feel good and build it up.
- Low heart frequency people tend to apologize, seemingly sincerely, and then will make the same choices again to hurt someone else. Mark, second oldest shared with Vern (oldest) and Ken youngest son of Karen and Ralph, how it hurt him deeply that Mark felt, at a very deep level hurt as a result of not listening and getting out in front of Ralph and Karen's health situation. As a result of that situation, Karen, on her hospital bed, after being diagnosed with Level 4 cancer and had 2 to 6 months to live said "Mark, you're not caring, you lack sensitivity." even though Mark had been around Ralph and Karen and had step up many times. Mark told Vern and Ken that it would be really good to listen to him the next time.
- The next time Mark shared with Vern and Ken that they should have a log for all that was taken from mom and dad's neither listened to Mark and as a result Karen said to her 16 year old grandson Ben, "Ben, I'm disappointed that you dropped off caring for grandpa." Hmm, interesting that Karen didn't communicate her own disappointment in herself that she didn't follow through with things as it related to her husband Ralph or that Ralph didn't follow through, or that a number of her children didn't believe in Ben that he could care for grandpa, or that her youngest daughter for months wouldn't even return a text or a phone call. Why did she attack Ben with her vicious, hurtful, totally lacking sensitivity for her grandson? She attacked his heart at the deepest level without any consideration or sensitivity and then tried to manipulate Ben by saying that she wanted to pay Ben to care for Grandpa. What does that reveal about someone? Hmm, maybe that they are selfish and self centered and care far more about themselves and that their hearts are hardened?

- Another indication of a low frequency heart is when they tend to focus on the splinter in someone else's eye. For example, the son Ken focused on "teaching" Mark when Ken said "Mark, when you shared 'Death' is exciting you might have wanted to add 'for me.'" Mark had experienced this in the past with Ken and others so Mark continues to learn and grow and get stronger and change. Interesting when you look at what Mark wrote it said . . . **4. Death is exciting . . . it really is! I am loving this time** as it seems that people have a better perspective. So much of the things that we as human beings think are important are not and the thought of death helps us to have a better perspective."
- Interesting that it did the very thing that Ken said but was just a few words after the "Death is exciting . . ." and Ken would have had to work a little harder to get to that and see. With low frequency people they tend to be not only selfish but also lazy and always seeking to fix others, point out how others have hurt them, maximize the hurt others have made in their own life and minimize the hurt they make in others.
- Will Mark, be more careful the next time and put the "I" in front of the "Death" or whatever is said to make it abundantly clear to the reader. "Yes he will." Will Ken stop focusing on himself, hmmm not so sure that will happen. It almost seems like the youngest children are more prone to this self centeredness than older children. Will Ken listen to Mark, at a heart level, and change or will Ken just apologize maybe and never change but keep doing things? Hmmm, seems to be a pattern that as one gets older that it becomes more set in stone.
- Mark seems to be accepting that Ralph and Karen are what they are and will probably always be that way. Not because they have to be that way, but because they choose to be that way and everyone else around them chooses to be that way as well. This includes Mark actually it would seem. Mark will not confront his parents or even his brothers and sisters for a number of reasons. Mark believes that if they read this, confronted with these things that each one would roll their eyes and then project all kinds of things onto him that are really within themselves.
- How does Mark take what he believes to be true and not get bitter at his parents and others around him? It would seem that maybe Mark has figured out that some people just do not have the frequency that he does and that's alright.
- Mark will probably work hard to make sure that this does not get out to family members, at least for some period of time. Why? With everything that surrounds death tensions are high, like fumes in the air and it's hard

July 6th, 2015 - Observations around the doctors diagnosed emanate death of Mark's mom, Karen Boersma.

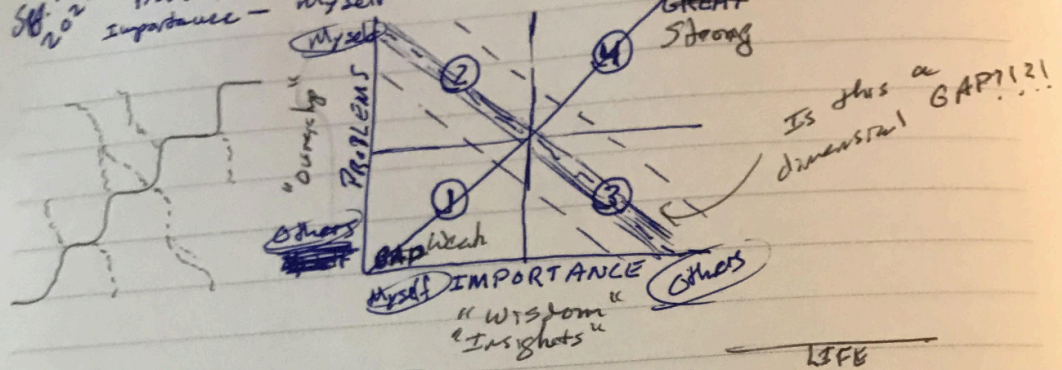
- It's interesting that Karen shared with her second son Mark a number of things about how there was possible hope for her to survive but would not share those things with anyone else including her youngest daughter who is a medical doctor.
- Did Karen not share because she was trying to just make Mark feel good?
- Did Karen not share because she was being sensitive to others and didn't want to challenge their thoughts that she would die?
- Why would you share with one, especially if you had shared with that person that they were not sensitive?



5th 10th
2022

ME BAD WEAK
Problems - It's others
Importance - myself

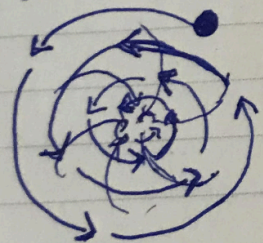
OTHERS GOOD
Problems - It's me!
Importance - Others
GREAT
Strong



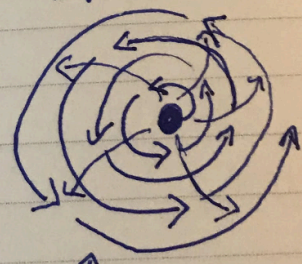
DEATH
BAD Weak
Problems
ME / OTHERS

LIFE
GREAT
The Death or Life Spiral Principles
OTHERS / ME
Improve Problems

External Value



It's
Our
Choice!



Problems Spiral Down
are me in
Good - we start to see we are the problem

Spiral Up
Good

I am not able to see clearly.

Hard - we might fall into victimhood self-destructive behaviors

2 4

Problems are other people's issues ADD

Good - be a humble place to be.

1 3

Problem

Good Problems are other people's.

I am the most important

Hard - hard to see we are even there

hard

Quantum Feeling Model

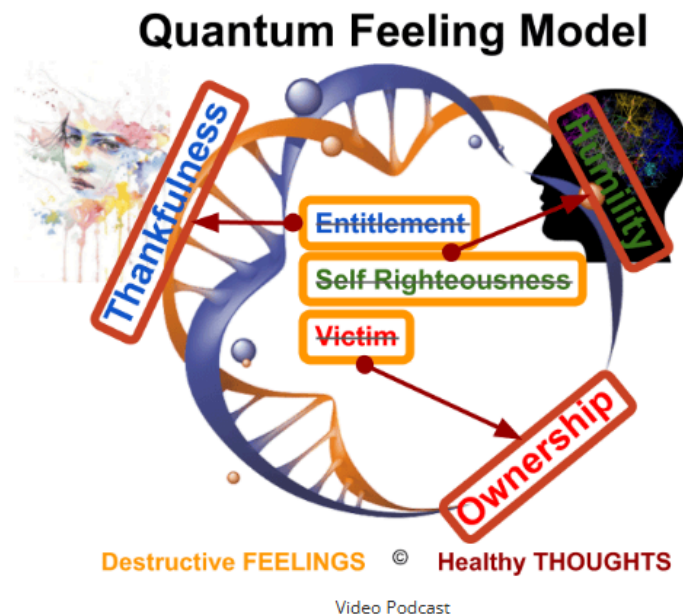
Are feelings important? Of course they are ... but, maybe not the way we think they are. Think about it ... when we have physical pain, what do we learn from that physical pain? We learn that there is something that is not right with us. Physical pain doesn't reveal that something is wrong with others, it represents that something is wrong with us.

If feelings and emotions are similar to physical, in the mental world, then our feelings don't reveal things about others, but feelings reveal something that is wrong or maybe "off" with us.

Are we seduced by **entitlement**? Did we think life was going to be easy? Do we think that we're nice to everyone else so others should be nice to us?

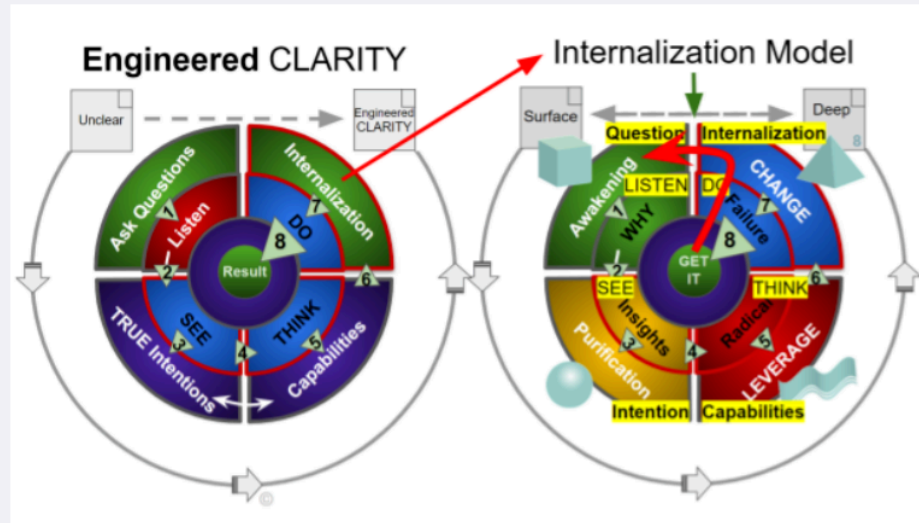
Do we think people should be treated a certain way ... (Amiable) and you know, that way is the way that we think people should be treated? The way we think others should be treated? Which when you think about it that way, our entitlement falls into **self-righteousness** where we think we're smarter, better, more caring or loving than others.

If this doesn't get what we want, then we seem to fall into being a **victim**. When we think about it ... we as adults, it seems, often are no different than small children.



How Do We Change At A Heart Level?

How do we know we truly understand? We DO ... We Change!



Internalization ~ The deep feeling or sense, the embedding of something directly into our very DNA.

We are seeking to work together to learn how to help people / couples to INTERNALIZE things faster. The faster we INTERNALIZE things, the faster we achieve CLARITY as to the type of marriage we both desire, the faster we SEE success, the faster we learn to THINK differently and the faster we DO, or take action.

Awakening ~ Ownership ~ Work ~ Care

The BLACK Out Principle

9 D's to Destruction

1. Distract
2. Divide
3. Defer
4. Deflect
5. Defensive or Defend
6. Deny
7. Destroy
8. Deceive
9. Disguise

= Defeat & Depression

ME (Let's say this is where we are.)

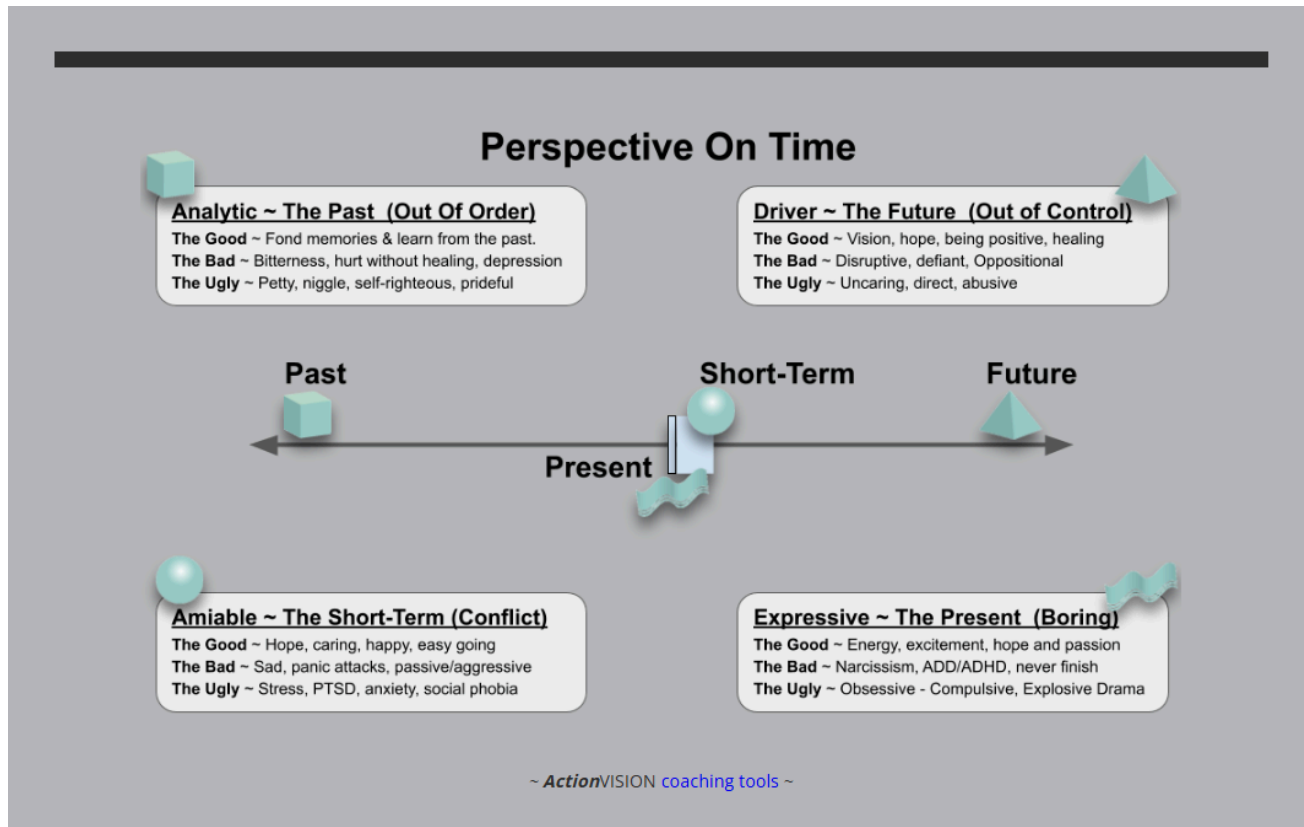
Sweet Spot ... Feels good
Where someone says ... "That's a great question!"
Where someone is looking for the answers.

The Hard Zone
Blackout This is like hitting "the runners wall." We get stuck ... we feel like quitting and often give up and do NOT make the breakthrough. When the 9 D's To Destruction kick in ... WHY? Because people either say things we do not want to hear OR may ask us questions we don't like.

Dimensional Breakthrough

The LIFE Zone
Where life often takes us.

Dimensional Gap ~ Fear
In the "Dimensional Gap" we have have fear. We like it where we are. We feel safe, we feel good, we feel in control, we feel like we are having fun ... BUT ... there is something missing.



Quantum MOTIVATION

The Secret To True Success ... In Every Area Of Life

What level of **WANT** do I have?

- Level 1 ~ I **WANT** it if **NO Work / Sacrifice / Risk** is required by myself and/or those around me.
- Level 2 ~ I **WANT** it if **LITTLE** work is required.
- Level 3 ~ I **WANT** it if **HARD** work is required.
- Level 4 ~ I **WANT** it and I'm willing to do the required **WORK**, make the required **SACRIFICES** and take the require **RISKS**!
- Level 5 ~ I **WANT** it ... and will have it ... regardless of what is required ... i.e. my Life Vision ... my **WHY**!

Are there 6 or 7 basic emotions? // What are the 20 feelings?
What are the 27 distinct emotions? // What are 34,000 emotions?

Emotions are the initial, often automatic, bodily and mental reactions to an event, while feelings are the conscious interpretation and experience of those emotions. Emotions are raw, physiological responses, whereas feelings are the subjective, personal understanding of those responses.

