

# ALIGN WITH YOUR DIVINE DESIGN

Connect-Heal-Release-**INFUSE**-Activate



## Module 5, Lesson 2: Lies to Truth Tool

**Purpose:** to replace lies with truth so that you will be aligned with truth and miracles can happen.

**How:** identify the lies (False Beliefs), and the alternative True Belief; gather evidence of the True Belief and infuse, using the Tracking Form. Rated day by day until lie is 0 and truth is 10. I will help you with the evidence. This overrides the “emotional brain” programming with “the rational brain” input, so that you get to a truer, wider vision of the Truth.

This is another daily tool you will use, and I suggest you incorporate it as part of either a morning or evening ritual.

**Step 1: Identify ONE lie that is at the core of what’s holding you back.** Though it is a lie, it will *feel* like truth, because it’s what you’ve believed for so long. It may, in fact, have been true at one time. But now this lie, this “truth” you have lived by, is no longer true enough for you. You are ready for Truth.

It will probably be what we’ve already identified in our first month call, but you may have a variation of it by now that feels more “core.” If you need help identifying a core lie, bring it up in a coaching QA call or 1:1 if you’re in the Premium program.

Or—better yet—bring it to Jesus in an Immanuel Dialogue session. Simply ask, “Jesus, what is the lie that is holding me back?” Write what comes to you.

Let me give you an example from my own life. My lie has to do with “not enough.” I am not enough, I don’t know enough, I don’t do enough, there is not enough.

**Step 2: Identify all the ways this lie affects you.** The Lord has shown me how that “not enough” lie affects many aspects of my life.

When I don’t feel good enough, I will try to “fix” myself. This leads to all kinds of unnecessary actions, not to mention fear, anxiety, and what I call “anxious pleasing.”

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When I don't feel I know enough, I take in more information than I can "digest," and that leads to overwork and exhaustion. Probably digestive issues, too.

When I don't feel there is enough, I will do too much. That leads to exhaustion.

Identify the feelings, perhaps some other unhealthy beliefs, and any harmful actions that result in that "truth" you've been living by.

**Step 3: Find the source memory, if you can.** You may not be able to, as it may stem from very early life or even from your ancestors. I can help you find the source memory in a coaching session, or you can just address it as "the source memories" in your Healing Code/EFA prayer.

I believe my source memory for my false belief is my whole childhood—a collage of memories.

**Step 4: Identify a True Belief.** In that same Immanuel Dialogue session, you can also ask God to reveal to you the True Belief he wants you to infuse.

Note: You don't have to *believe* that True Belief yet. The whole point of this is to move from believing the lie ("truth") to believing the True Belief (Truth). It will not come automatically. You have to consistently stay with refocusing on the True Belief before you can truly, in your spirit, believe it. And then that will move True Belief energy to body and soul, to bring both healing and transformation.

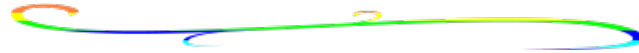
You are, after all, building new neural "tracks" in your brain. That doesn't happen overnight. You will be switching back and forth from the track of "old tired path," which your amygdala believes is the only *safe* path, to "new energy True Belief," which, being new, your amygdala automatically believes is unsafe. Eventually, you will stay solidly on the new track and the old sort of fades away.

That can take time. How much time? Don't know until you try it. May take 7 days, may take 40—or longer.

Affirmations totally speed up the process, however. They work on the subconscious, quantum field level.

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But there is a conscious level that needs to be addressed as well.

Your lie/"truth" that you've believed for so long is the result of your limbic system and amygdala perceiving something fearful or threatening. It responds automatically, by now without conscious thought. It is your "survival brain."

Your prefrontal cortex is the seat of reason, your "thinking brain." In our automatic responses, the emotional/survival brain rules. What we're trying to do is change this so the rational/thinking brain gets on board, and even rules. "Be transformed by the renewing of your mind," Paul says in Romans 12:1.

Some people only address the conscious level. ("Choose a different thought.") The Healing Codes and Affirmations work on the unconscious/subconscious level, so that new thought/Truth can actually take root. Also, EFA works on the body/nervous system level, so that your survival brain feels safe enough for your thinking brain to get on board. When you use all these tools, you get the fullest, quickest transformation.

(It sometimes drives me crazy, how often people fall into either/or traps, when usually it's both/and. We need to address both the conscious thought patterns and the unconscious energetic patterns laid down in the autonomic nervous system.)

**Step 5: Look for the evidence of your True Belief.** Your brain has found plenty of evidence that your lie/"truth" is in fact true. But that new True Belief you want to infuse? You need to gather evidence that IT is also true.

To start the process, sit down and write out all the evidences at once. Again, pray first that God would open your eyes to the evidence. Write down as much as you can.

This will be your starting point, a reference as you go through this process on a daily basis.

Some of my evidences for "enough" (I am enough, I do enough, I know enough, there is enough) are:

1. God has promised to meet all my needs.
2. God has always provided for me.
3. I often meet my goals.

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4. When I ask God what to do at the beginning of a day, and I do it, I can trust that's enough.
5. I am paying my bills on time, managing my home relatively well, keeping in touch with people . . . I am doing enough.
6. I ask God to define "enough," and am trusting him to make what I can do, enough.

I encourage you to rate how strongly you believe that True Belief as well as the original lie, now as you start. Then, each day, you will look at your new belief and rate both the False Belief and the True Belief, on a scale of 1-10, in terms of how strongly you believe each one.

What we want to see, over time, is the rating for your False Belief to go down, the True Belief to go up, until you reach a point where you honestly believe the True Belief as a 10, and you can hardly believe you ever thought your False Belief could ever be true.

**Step 6: Use Affirmations/Affirmations to infuse your True Belief.** Turn your True Belief into an Affirmation, and then use the evidence you believe the strongest to create an Affirmation.

My affirmations for this issue are:

- Why do I know I am enough, I do enough, I have enough, I know enough, there is enough?
- Why do I always have what I need, when I need it?"

And the Affirmation, based on evidence: "Because God has promised to meet my every need, and so far, he has done so! I can expect him to continue that for the rest of my life."

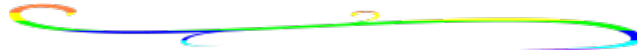
I say this at least once a day, during my Affirmations session. Often I do it more, when I notice that I've slipped into "not enough" or "too much" mode. (Usually when I'm in "too much" mode, it's because I'm believing something about "not enough.")

**I encourage you to use the Lies to Truth Tracking Form to track your progress. Do not stop this process until you have at least 7 days of your False Belief at 0 and your True Belief at 10.**

Don't be discouraged if you bounce up and down, go back and forth. That's just the way healing and transformation work: it's often two steps forward, one (or even two) steps backward. The "backward" may look like you're falling back, but it really may just be that

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you're falling back into the old pattern temporarily while your spirit/mind/body is recalibrating. It looks like you're returning to the old pattern, but it's just a "resting point" (resting because it's still familiar) as you assimilate the new.

Remember, this is the CHRIA Cycle of Transformation. It's a cycle, a spiral upwards to growth. You're never behind. Trust the Lord, trust the process he's leading you through.

## Best Times/Ways to Use the Lies to Truth Tool

- Every day, ideally, using the Lies to Truth Tracker.
- Whenever you catch yourself in one of the "results" of your False Belief (step 2).
- Whenever you become aware of a new False Belief that is affecting your life.
- With the "That was Then, This is Now" exercise; add the evidence using the new template ([download here](#)).
- Also can be turned into an Affirmation.
- Once you believe the Truth at about 50%, you can also turn it into an Activation (covered in Module 6, Lesson 2).