

Give a gift that lasts forever!

# Impact Christmas Special:

15% off purchases \$100—\$149 20% off purchases \$150—\$199 25% off purchases \$200+

(Excludes Heart Physics® & Downloads)

Call 800.284.9402 ext. 301

Offer Expires 12.22.11



**The** Bible is filled with promises of exchanged life. One of my favorite passages in Isaiah says, they shall mount up on wings as eagles; we will run and not be weary, we will walk and not faint. This passage of scripture is talking about an exchanged life.

An exchanged life is what happens when we give up all that our life has been to accept all that it can be. It is about walking in the grace of God and living in the strength that is greater than our own. It is about giving up the past so we can have a new future. The ultimate exchange happened when Jesus became our sin, took our punishment, was raised up in righteousness, and gave us that righteousness as a free gift. The cross of Christ is the ultimate exchange.

When prophesying about the Messiah and His anointing Isaiah 61:2-3 says He will Comfort all who mourn, To console those who mourn in Zion, To give them beauty for ashes, The oil of joy for mourning, The garment of praise for the spirit of heaviness; That they may be called trees of righteousness, The planting of the Lord, that He may be glorified. This is an incredible picture of exchanged life. This prophecy gives us hope about overcoming the past. No! It is more than just overcoming the past; it is about getting an entirely new future!

As a minister I have spent my entire life seeking to help people come into line "as it should be." As you know, life as it should be is righteousness. Life as it should be is how life is lived when we function in kingdom living. Religion has

tried to make us believe that we have to do something to appease God, to pay some kind of price for our past, and through the pain and suffering of our life we will somehow eventually overcome our past. This teaching is actually based on the concepts of Purgatory. Purgatory comes from the word "purge." Cult religious ideas that crept into the Church created the doctrines of Purgatory. This is the idea that we must purge our sin by pain. Well, our sin was purged by pain; it was purged by the pain and the sorrow and the suffering of the Lord Jesus Christ when He was crucified.

The truth of the Gospel presents one of the greatest paradoxes of all time. It is the paradox of a finished work juxtaposed against the call to faith. Everything about kingdom living is a paradox. We have lived with the problems it presents and the pain that those problems bring. We struggle with this life, seeking to overcome it. And the pain of our past keeps us from walking with God the way we really desire. It keeps us from enjoying the promises of God as we really expect. It keeps us from all of the good things of life in God.

But the irony is that the past no longer exists. That person no longer exists. There is no reason for us to be suffering from our past. But in this paradox we are faced with the challenge of choosing whether we will live under the influence of the past or under the influence of the Holy Spirit in the present. The apostle Paul addressed this in the Book of Romans. He said we had to consider ourselves to be dead to sin and alive to God. In Galatians he told us to consider our old man crucified with Christ and our new man raised up in righteousness.

The promises of God are real, sure, and absolute, but they are not automatic. We must choose them and we must believe them in our heart. That is why I have spent my entire Christian life seeking to develop tools and programs that will help people put off the old man and put on the new man. I know that every person is only one belief away from victory. I also know it is incredibly challenging to believe the promises of God when you feel pain in your body or when you can't pay your bills or when you are hungry.

The greatest challenge about living in this New Covenant is that it starts with the choice to accept the death of all that we were and renew our mind to see and believe all that we are in Christ. No matter what you are facing, the prophecy has already been spoken. God wants to give you beauty for ashes. In other

words, no matter how devastating your past has been God wants you to have a beautiful present and future. God wants to give you the oil of joy for mourning. This means that even though depression and mental anguish may wreck your life, God wants to turn all that around into something that causes you to rejoice and enjoy every day. This is the exchanged life.

Just as God told the children of Israel in the Book of Deuteronomy, you have to choose. You have to choose life or death. You have to choose blessing or cursing. You have to choose prosperity or lack. No matter what you are facing, you have to choose it. The moment I make statements like this people become very defensive and the first

... you have to choose. You have to choose life or death. You have to choose blessing or cursing. You have to choose prosperity or lack. No matter what you are facing, you have to choose it.

response is, "Do you think I am choosing the hardship that I'm going through?" I know you are not deliberately choosing your hardship, but I also know that if you do not trust the finished work of Jesus completely you are failing to choose the life that He offers.

As we get closer to the holidays this becomes more and more real to me. As many of you know, I spent much of my adult life being extremely depressed during the holidays. From the time I was a teenager until I was in my 30's I would begin to feel darkness creep into my thoughts and feelings around November and it usually would not leave until Spring. When Brenda and I got married she created new traditions for us. She created a won-

derful Christmas for our family. But I could not enjoy it because I was locked into the feelings of the past. So every year I have deep compassion for those who struggle with depression during the holiday season

It is this compassion that drives me to develop these Heart Physics programs to help you overcome the past, put off the old man, and put on the new man. I encourage you to make this journey with me into your heart. As you write new truth on your heart you will transform your life. Transforming your life happens because you transform the way you feel. God wants you to feel happy. He wants you to enjoy life. He wants you to feel His love. But at some point you have to make the ultimate decision: Do I believe in the finished work of Jesus enough to put this effort into transforming my mind, writing new truth on my heart, and expectantly looking for a better future?

Take a few minutes and just imagine: if you could exchange the painful parts of your past for the exact opposite today, what would it look like? If you could take all of the painful things that have been done to you and send them all away, and you could have the exact opposite feelings today than those you are having, what would they feel like? This is what God is offering you: beauty for ashes, the oil of joy for mourning, and the right-eousness of God. Life as it should be!

This is what God is offering you: beauty for ashes, the oil of joy for mourning, and the righteousness of God. Life as it should be! Negative experiences that occur from conception throughout our entire life are buried in our physical body, stored as frequencies, and imprinted onto our cells. These negative experiences are so powerful they actually influence the programming of our DNA, thereby shaping and programming our entire life.

Every cell and each organ of the body must vibrate at specific frequencies to maintain optimal health; therefore, exposure to any dissonant frequency can cause serious health problems. Every word, thought, emotion, and feeling has a frequency that either supports health or destroys it.

Unless destructive frequencies are transformed they *lie in wait for our blood!* These frequencies are stored as cellular memories that not only undermine the function of healthy cells, they reemerge in the form of feelings that become part of our belief system even though they were never chosen and may be completely irrational. As feelings they drive our behavior, dictate our



health, and influence every aspect of our life. These buried beliefs are seldom remembered but never go away. They reemerge as feelings that affect the way we think, talk, or act and influence the way we make decisions. Since every seed bears after its own, these subtle feelings drive us in behavior that always produces after its own kind. Until we can change our feelings our life will be an ever-growing syndrome of more of the same, just as Jesus warned in Mark 4:24-25.

*Wisdom for Healing* follows the scriptural admonition to seek wisdom when we are facing difficulties. Wisdom is the practical application of truth to solve the problem. You will learn firsthand how to recognize these subtle negative feelings before you act on them. You will discover how specific feelings influence specific <u>disease!</u> And you will learn powerful tools to use to stop the feelings.

This is your chance to end life-long negative feelings and transform them into positive, healing, productive feelings. Many of your repeated physical problems will simply disappear as you transform the root feelings that feed them! This program is an absolute must for everyone who intends to live a healthy physical and emotional life!

CD \$56 + S/H DVD \$119.95 + S/H MP3 \$20

#### Supplemental Tools to be used with Wisdom for Healing

I Believe in God<br/>MeditationThe Nine Virtues<br/>MeditationWisdom for Healing<br/>SPECIAL 20% OFF!CD \$20 + S/H<br/>MP3 \$20Series including Meditations!CD \$20 + S/H<br/>MP3 \$20CD \$76 + S/H<br/>DVD \$128 + S/H<br/>MP3 \$58

Watch for the release of 2 more meditation exercises and the Wisdom for Healing Workshop!

To Order Call 800.284.9402 ext. 301 OR Order Online: impactministries.com

# Overcoming the Past





**The** Bible actually discusses many scientific facts, but unfortunately, few people translate the terminology used in the Bible into modern scientific language. For example, the prophet Jeremiah spoke of what we now know to be cellular memories. He obviously did not use the word "cellular memories" because at that time people didn't even know the body had cells. So, God did as He always does, He spoke truth in terminology people could understand. The King James says it like this: the heart is deceitful above all things. (Jer. 17:9) That word "deceitful" literally means covered with footprints.

Unfortunately, we do not tend to understand scientific terminologies when they are spoken in the metaphoric language of the Bible. The Church has a tendency to reject anything that is not spoken in King James English; therefore, most of the powerful tools that the Bible offers to help us transform our lives

are overlooked, misunderstood, or rejected.

Those "footprints upon our heart" are cellular memories. They are the encoded memories that are written upon our cells that affect us all of our life. Negative experiences that occurred from conception throughout our entire life are buried in the cells of the physical body stored as frequencies and imprinted onto our cells. They are so powerful they actually influence the programming of our DNA, thereby shaping and programming our emotional and physical life. Everything you have ever seen, heard, or experienced gets recorded in your cells. The problem is we believe that we are the sum total of our life's experiences. When we have a lot of footprints on our heart it alters the way we perceive and respond to the world around us and negatively affects our emotional state and physical health.

Every cell and organ of the body must vibrate at specific frequencies

to maintain optimal health; therefore, exposure to any dissonant frequency can cause serious health problems. Cellular memories are stored as frequencies and, unfortunately, many of these frequencies are not harmonious with healthy thoughts, feelings, and emotions. Every word, thought, feeling, and emotion has a frequency that either supports health or destroys it. Unless destructive frequencies are transformed they lie in wait for our blood! The words of the wicked lie in wait for, blood, but the mouth of the upright shall deliver them and the innocent ones [thus endangered]. (Prov. 12:6, AMP) In other words, at some vulnerable time those words and thoughts emerge to destroy us. That is usually seen in self-sabotage!

These frequencies stored as cellular memories not only undermine the function of healthy cells, they reemerge in the form of feelings that alter our emotional responses to the world around us. Even though they were never consciously chosen and may be completely irrational, these feelings become part of our belief system. As beliefs they drive our behavior, dictate our health, and influence every aspect of our life. These beliefs of the heart dictate all *the issues of life*. (Prov. 4:23)

These buried feelings are seldom remembered but never go away. They reemerge as feelings that affect the way we think, talk, and act. They influence the way we make decisions, motivate behavior, and ultimately shape our character. Since every seed bears after its own kind, these subtle feelings drive us into behavior that always produces after its own kind. In other words, the feeling that motivates our actions will produce more of the same feelings. Until we can change our

feelings our life will be an evergrowing syndrome of more of the same, just as Jesus warned in Mark 4:24-25.

It is, in fact, these emerging feelings that drive us into destructive behavior over and over again. Most people will admit, "I do destructive things in my life before I think about the consequences." For much of my life I encouraged people to simply try to take control of their thoughts. I understood that thoughts gave rise to emotions, but what I did not realize is that emotions and feelings are not the same. Emotions emerge because of what we are currently focusing on or thinking about. All it takes to change an emotion is to change your focus or your thoughts. But feelings are the product of long-term beliefs, buried emotions, i.e., cellular memories. Feelings are probably the language of the heart. When dealing with emotions we know that thoughts come before emotions. However, when dealing with beliefs of the heart, feelings emerge before thoughts. In fact, feelings direct thoughts. That's why so often we act before we think, because the action is driven by feelings.

To overcome destructive emotions all we have to do is change our thoughts. But to overcome destructive feelings we have to change heart beliefs. There are many different ways to deal with our beliefs, but ultimately it always comes down to two simple things: Put Off/Put On. Paul told us in Ephesians to put off every part of the old man and to put on the new man that is created according to God, in true righteousness and holiness. In other words, he is talking about putting on our true identity in Jesus.

A major part of "putting off" is forgiveness! Forgiveness is a uni-

versal truth. All religions, all societies, and many forms of psychology encourage forgiveness as a pathway to health and wholeness. It is an undeniable fact! Just last week I saw Dr. Weil on "The Dr. Oz Show" explaining how crucial forgiveness is to overcoming depression. Even the medical community is coming to understand that apart from forgiveness it is often very difficult (if not impossible) to get well.

With an offense we either send it away or we hold onto it, but there is only one cure for an offense: send it away!

Unfortunately, many of our concepts of forgiveness make it very difficult for people to actually follow this biblical teaching. You see, we have confused the terms "mercy" and "forgiveness." Mercy is how we relate to the person who has offended us. Mercy is when we give the person better than they deserve. Most of what we have been taught about forgiveness is actually mercy. We are told to make it right with the person. We are told we should restore the relationship with the person. But the truth is that if involvement with that person produces destructive emotions, we should not restore that relationship. In fact, wisdom dictates that we stay away from people who cause us to experience offense.

Forgiveness is not so much about how we handle the person who has brought the offense but more about what we do with the offense. The word "forgive" simply means "to send away." An offense is anything that causes us to stumble. When offenses occur we

must send them away. Our problem is we have been merciful to people who have hurt us but we have done nothing with the offense. In other words, we still feel the pain and it affects our life and causes us to stumble at the promises of God. It causes us to limit our confidence for relationships, friendships, and future happiness.

The writer of Proverbs asks an interesting question: Can man take fire in his bosom and his clothes not be burned?"Although the context of this question is about committing adultery, it is actually addressing the universal law of sowing and reaping. Basically he is pointing out that there are always consequences for actions. Likewise, I cannot hold on to an offense and not stumble. As long as I still feel the pain of the insult, the trespass, or the inappropriate action that was committed against me it will control my life. In other words, as long as I hold this hot piece of coal I will be burned. This has nothing to do with the other person, the one who actually committed the offense: this has to do with how I will manage my own heart, mind, thoughts, feelings, and emotions.

With an offense we either send it away or we hold onto it, but there is only one cure for an offense: send it away! In John 20, after Jesus breathed on his disciples and told them to receive the Holy Spirit, He told them the secret to how He lived in victory as He walked this Earth. He said, "As the Father sent me, now I am sending you." You would think that He was talking about miracles or something really supernatural; instead, He told them that they now had the capacity to retain or remit sins. The words "remit" or "retain" simply mean to "send away" or "hold." The Message Bible does an excellent job of



In May of this year our son graduated with a degree in Graphic Art from a university in Spokane, Washington. We never gave him a car or an overseas trip as his graduating present ....it's not traditional for South Africans to do that; but I did give him a copy of Dr. Richards' book, *Wired for Success, Programmed for Failure* and a set of *Essential Heart Physics*.®

He never stressed about getting a job and kept telling us that God had his number and when the right job came up God would call him. In the meanwhile he carried on with his lifeguarding job at the university pool. One day he got a call from the owner of a software company (which is run by Christians and doing phenomenally well despite the recession) who said that they had head-hunted him and knew all about him, and asked if he would like to come in for a chat with the CEO, etc. and see if he (our son) liked them. He said, "Thanks very much;" and he would see if his lifeguarding boss would give him time off. He then sent a text to his boss asking for the afternoon off and somehow it went to a man in Atlanta, Georgia (it was supposed to go up the street in Spokane.) This guy replied saying, "I'm not your boss, I'm so-and -so in Atlanta, Georgia; but God wants you to know that this is the right job for you!" Talk about God having your number!!

Anyway, he got the job, is paid way too much money for any 22 year-old to be let loose on in the natural; but in God's financial budget enough to give away much (which he does) and, most importantly, he loves every minute of using his creative talent.

After his two month probation period he got a wage increase, and after just three months...well the email he sent us this morning speaks for itself. See below.

No car, no overseas trip, no graduation present could match what he's been given now and all because the goodness of God through *Heart Physics* and Dr. Richards sharing his knowledge.

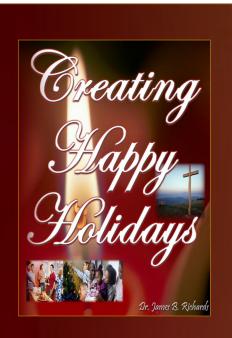
#### AB, SOM Student & International Pastor

Thought I'd let you both know that I got called aside again at work today and, as of November 1st, I will be known as the Creative Director" at [the company] - not the Interface Architect.

This means I am fully in charge of all creative issues within the company and I get the final say on what anything looks like. With the way things are going, I should be hiring people to work under me fairly soon and I will also have the say in who gets hired. Thank you, Jesus!

[It is] absolutely insanely crazy how blessed I have been lately, and all my life, for that matter. I think a lot of it has to do with this Heart Physics thing. It's really taught me to believe that with Christ in me my boundaries are limitless; so I constantly see myself in these successful, top-notch positions and believe I am completely in control of whatever position gets thrown at me. And it's crazy how all of this is slowly taking shape. Very excited for what's to come. Lots of Love, DB

\*\* A pair of socks will wear out. A video game will get old. But a book is an investment in someone's future. Choose one of Dr. Richards' books that will help your loved ones face and conquer their next challenge!



Holidays can be a time of incredible joy or tormenting misery. For some, it is a time of bad memories and negative feelings. For others, there is a desire to make the season more spiritual and meaningful. Still others struggle to find ways to meet the needs of everyone in the family. And nearly everyone struggles with over spending. Regardless of which category you fit into, you can take absolute steps to create wonderful holidays.

This series of messages has become a real turning point for hundreds of people. Almost immediately people started taking steps to overcome the negative aspects of the holiday season. Join with those who have decided to Create Happy Holidays:

- Free yourself from holiday depression
- Create a holiday that the whole family enjoys
- Break out of the Christmas financial trap
- Bring more spiritual meaning to the season
- Make every gift meaningful
- Create your own family traditions
- Bring spiritual value to the season and still have Christmas fun

"For years the Christmas holidays were tormenting. Every year I struggled with depression, frustration, and anger. But with the help of my family and close friends and by making new decisions, now I have wonderful holidays and you can too. I cannot wait to share this lifechanging series with you!"Jim Richards

**4 Messages ◆ CDs \$28 ◆ MP3s \$16** 

To order call 800.284.9402 ext. 301 or online at impactministries.com

#### A NOTE OF THANKS!

Thank you for this ministry. It has been life changing for me.

I have gone through almost 3 years of severe depression crying out to God to take me out of this world. I now am enjoying being alive and am starting a new business and am looking forward to be a blessing to others.

I send your website to everyone on my email list and encourage them to listen to your free audios. I have no idea if it has changed anything for them, but I am happy to send it out there.

Your message explaining forgiveness is what made the lights come on for me. I was in chains thinking that God would not forgive me if I didn't forgive and I had no idea if I really had forgiven those that had hurt me so badly. I wanted to, but could not understand what that was.

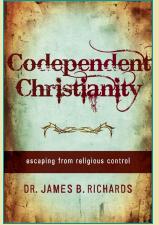
Thank you, thank you, thank you. I have no way to tell you how the religious teaching of that had me so messed up. I am happy to tithe to your church!  $\sim RA \sim$ 

# LAST CHANCE to Pre-Order Revised & Expanded!!! Codependent Christianity

If you enjoyed *Escape from Codependent Christianity*, you are going to love the new, expanded edition!

You won't find the term "codependency" in the Bible, yet it motivated Adam at the fall of man. It is the root of all addictions, the destroyer of all relationships, and it is consuming our world.

The greatest weakness of the Church has been our failure to set people free. We reach people who are addicted, but instead of helping to set them free, we simply transfer their addiction onto the church, the pastor, or some religious program. The result is a church full of hurting people who are not free.



This series identifies how the world system of codependency has swept through government, education, family, and the Church. But more than point out the problem, it points out the only cure. You can break the destructive patterns in your life!

#### Special Pre-Sale Price—Only \$12

1-2 Books = \$6.00 + S/H 3-4 Books = \$8.50 + S/H 5-8 Books = \$12.50 + S/H International Orders—Call 1.800.284.9402 ext. 301 for Shipping Rates!

#### Overcoming the Past

(con't from page 7)

translating this when it says, If you forgive someone's sins, they are gone for good. If you don't forgive their sins what are you going to do with them? So, it is clear; I can either send away the sins, trespasses, and offenses that others bring to me or I can hold onto them for the rest of my life.

As long as I am holding these offenses they are creating dissonant frequencies in the cells of my body. This means that I will have health problems, energy problems, relationship problems, and/or financial problems. I will struggle with certain feelings and emotions all of my life. As long as I hold onto these offenses the person who wronged me still has power over me; but even more devastating, as long as I hold to these offenses I limit God's power in my life.

You cannot live a new life as long as you're holding onto an old one. You cannot live in the truth as long as you believe a lie. Two opposing feelings cannot occupy the same space. One of the main reasons people do not experience emotional and physical healing is because they do not let go of the thing that is bringing them pain. Paul said we had to put off the old man before we could put on the new man. We want the promises of God, we want to be healed from our sicknesses. we want to prosper and enjoy a great life, but we think all of this can happen while we hold to the things that make us feel, think, and act in destructive ways - the offenses and emotional pains of the past.

There is only one solution for these offenses: we must send them away. This is not where we ask God to do it for us. This is where we

make a choice. When Jesus gave us the Holy Spirit He gave us the power to send away offenses. That is our choice and our responsibility. When we feel negative emotions and feelings emerging we must immediately take action to send them away. At this point I know you are thinking that there is some magic formula to doing this; however, it is as simple as stopping the thought, feeling, or emotion, setting your

As long as I am holding these offenses they are creating dissonant frequencies in the cells of my body. This means that I will have health problems, energy problems, relationship problems, and/or financial problems.

intention, exercising your authority as a child of God, and saying directly to that feeling or emotion, "I send you away in the name of Jesus. I do not want you. You have no place in my life. I send you away!"

The thing that makes it so difficult to send these feelings away is that they are often so strong. That's why I have developed special processes to help you do this. You see, one of the obstacles to overcoming a past emotion, feeling, or belief is that you must create a new emotion, feeling, or belief that is just as strong as the old one. Few people have developed the ability to think, meditate, and process information in such a way as to create strong, positive beliefs in the face of these negative feelings. But thankfully, God created us in such a way that there are many things we can do to magnify our positive, healthy beliefs to overcome our old, destructive beliefs.

In seeking to overcome old, strong beliefs you will either do it

by repetition, through meditation, or by using one of the Heart Physics® modules. The reason I developed so many tools just for the process of Put Off/Put On is because I know this is the only way to overcome the past. I wanted to develop enough tools so that you can find the one that will work best for you. These new Heart Physics resources are some of the simplest I have ever used for sending away old emotions, feelings, and beliefs. Be sure and check out the ad on page 5.











Dear Jim,

I just wanted to tell you how much I am loving the new *Heart Physics*, *Wisdom for Healing*, and the meditation has been amazing!

Thank you for all you do. I appreciate you so much. God bless! ~CS~













Watch
IMPACT
LIVE

Fridays @ 7:30 pm CST Impactministries.com

On Demand Available Friday @ 11 pm CST til Wednesday @ 8 am CST

## Biggest Discount of the Year!

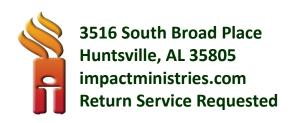
### **ALL Heart Physics® Modules**

## 20% OFF!

- **♦** Essential **♦** New Beginnings
- **♦ Living Healthy ♦ Synchronicity**
- **♦ Abundant Living ♦ My Life Mission** 
  - ♦ Single & Lovin' It! ♦ Making Love
  - **♦ Limitless Living ♦ Creating Wealth**

(Excludes Downloads)

Call 800.284.9402 ext. 301



Non-Profit **Organization** U.S. Postage **PAID** Huntsville, AL

Changing the way the world sees God!		

Free World Changer Message! "Following the Holy Spirit"

8	November 2011
NAME:	
ADDRESS:	□ Please send me "I Believe in God Meditation"
CITY: ST/PR: ZIP:	CDs @ \$20 US + \$7 US S&H \$  □ Please send me "The Nine Virtues Meditation"
PHONE: ()	CDs @ \$20 US + \$7 US S&H \$  Please send me Wisdom for Healing
Is this a new email address : □ Yes □ No	CDs @ \$56 US + \$9 US S&H
How do you prefer to receive Impact Magazine?  ☐ US Mail ☐ E-Mail	☐ Please send me Creating Happy Holidays  CDs @ \$28 US + \$7 US S&H
☐ I want to get better service & save the ministry money by receiving all my information online.	☐ Please send me <i>The Healing Power of Forgiveness</i> CDs @ \$28 US + \$7 US S&H
☐ YES, Jim! I want to be a World Changer! I want to Answer the Call and Change the Way the World Sees God! Please RUSH my FREE World Changer Packet and FREE series, "When Jesus Says Thank You" on	□ PLEASE CHARGE MY CREDIT CARD MC Visa Disc Amex Card No Exp. Date
□CD □MP3 My monthly gift will be \$	Signature:
☐ I am enclosing my monthly World Changer gift	To Order by Phone or Get International Shipping Rates
☐ Please send my Free CD:	Please Call 800.284.9402 Ext. 301

"Following the Holy Spirit"