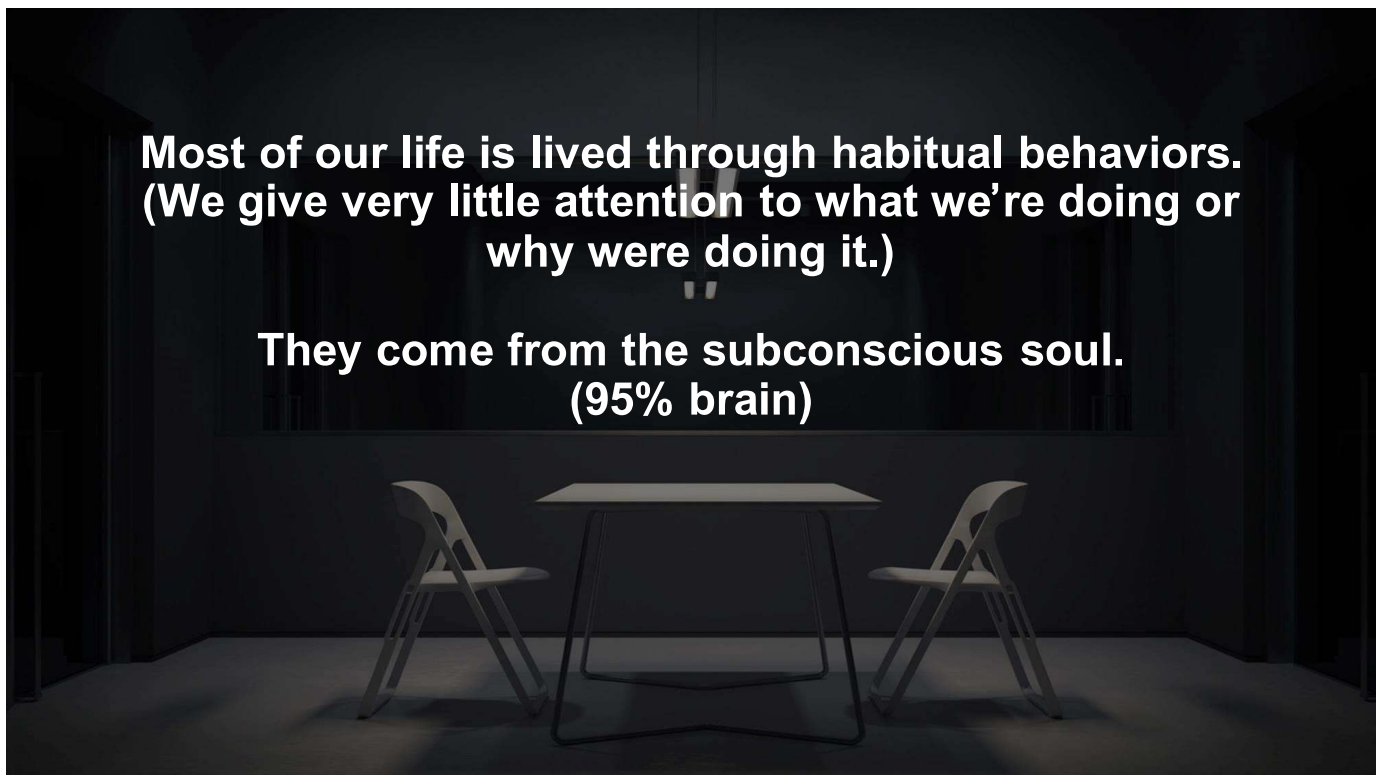




Interrogation of Our Thoughts



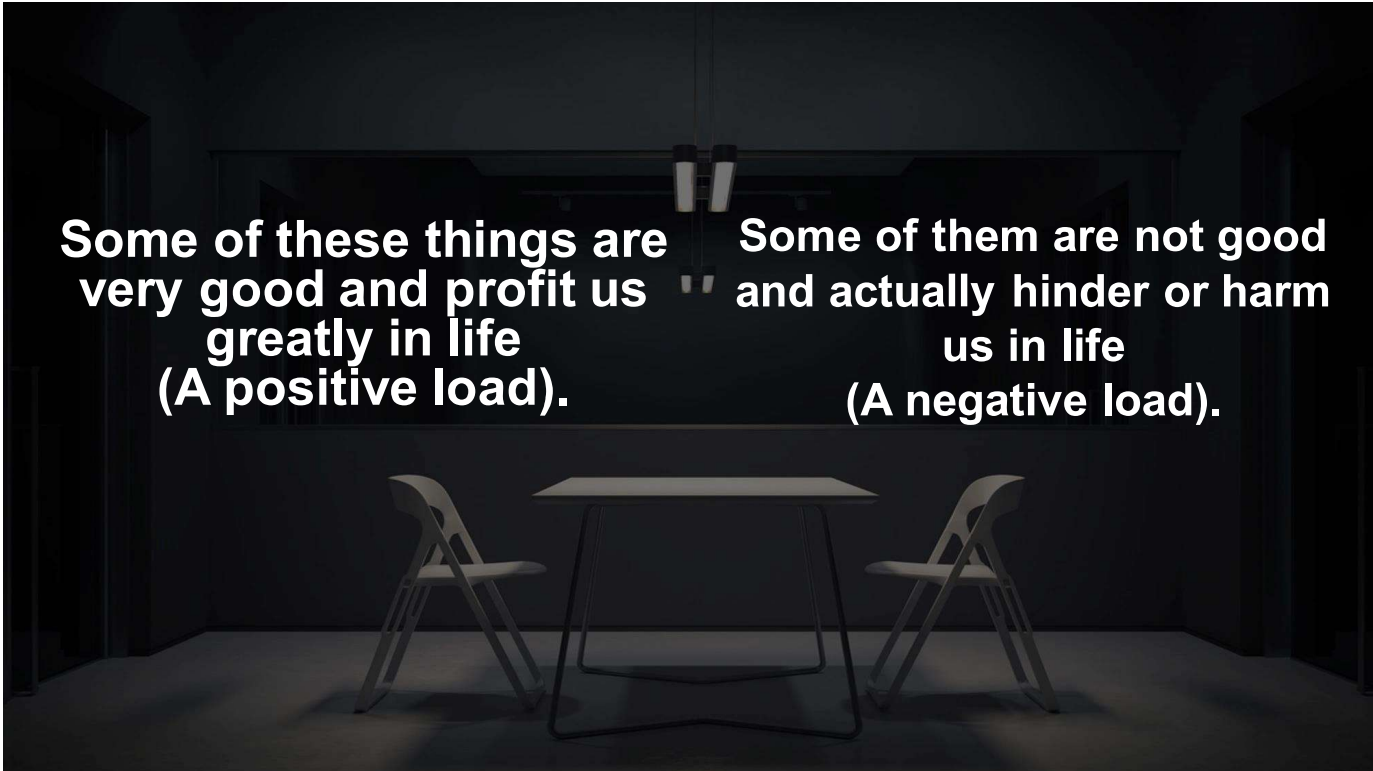
**Most of our life is lived through habitual behaviors.
(We give very little attention to what we're doing or
why were doing it.)**

**They come from the subconscious soul.
(95% brain)**



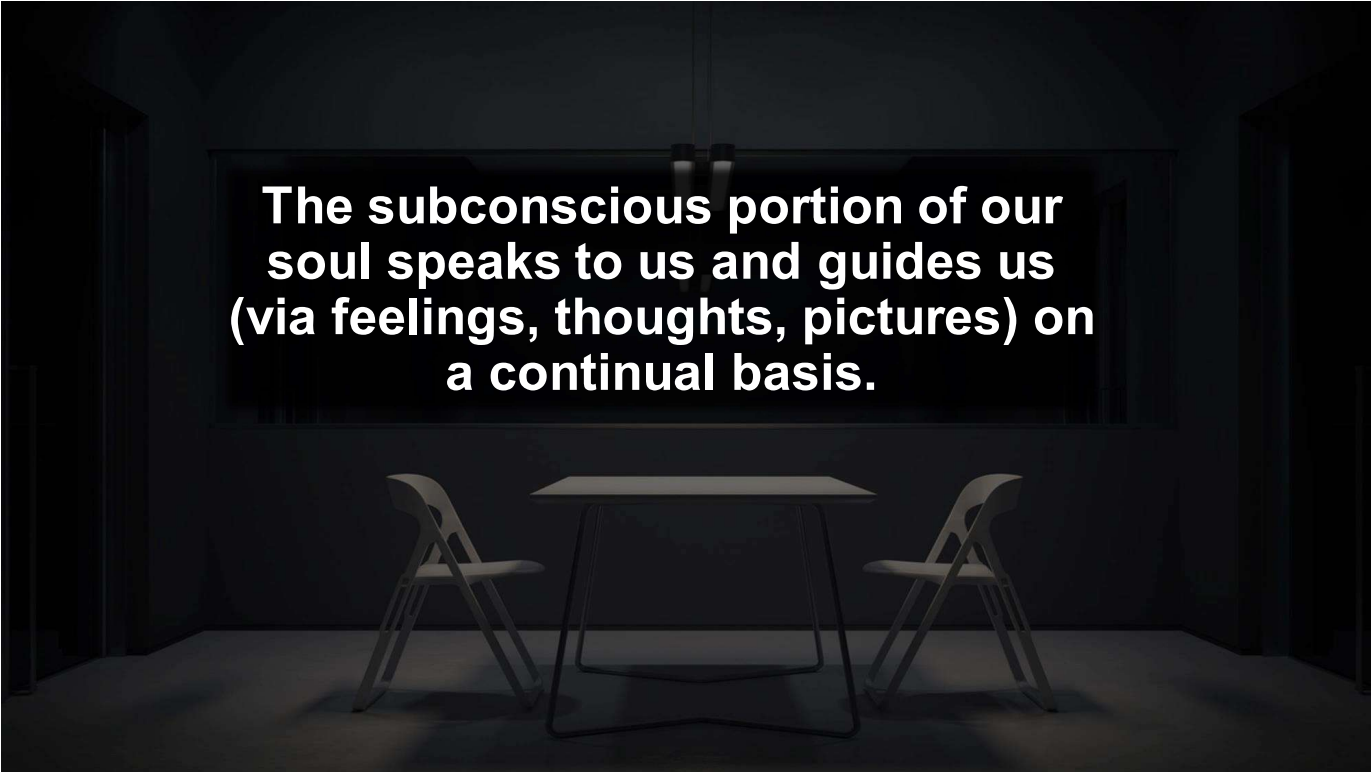
Everything in our subconscious mind (95% brain) was filtered through our conscious mind (5% brain).

The things we consciously decided were truth, are logged in our subconscious memory banks as truth.



Some of these things are very good and profit us greatly in life (A positive load).

Some of them are not good and actually hinder or harm us in life (A negative load).

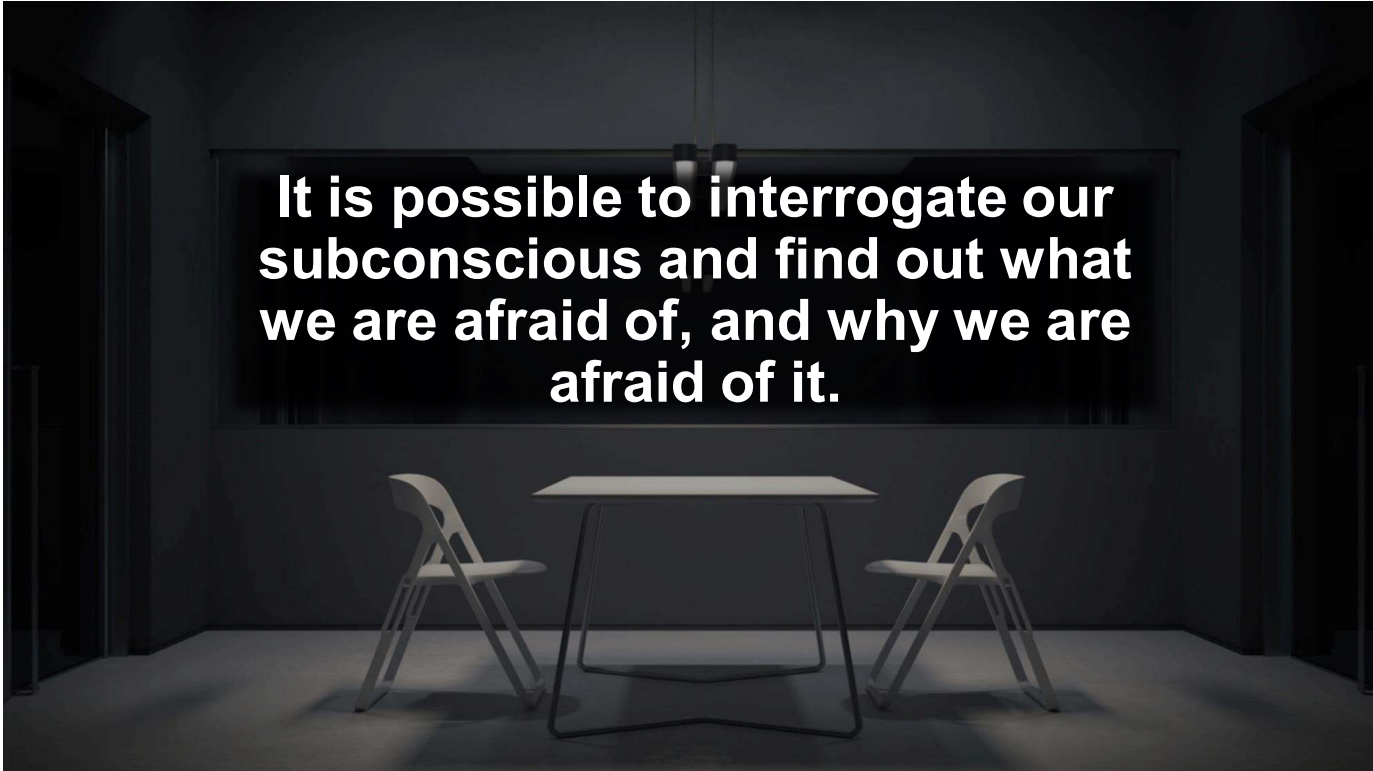


The subconscious portion of our soul speaks to us and guides us (via feelings, thoughts, pictures) on a continual basis.




To genuinely fulfill 2 Corinthians 10:3-5, we need to learn to consciously listen to our subconscious soul.

**Identify the lies and replace them with truth.
(Specifically in the realm of Fear)**

A dark, minimalist room with a table and two chairs in the foreground. In the background, a blackboard displays text. The room is dimly lit, with a light source from above casting soft shadows on the floor.

It is possible to interrogate our subconscious and find out what we are afraid of, and why we are afraid of it.

A dark, minimalist room with a table and two chairs in the foreground. In the background, a blackboard displays text. The room is dimly lit, with a light source from above casting soft shadows on the floor.

Once we recognize the fears, we are able to replace the lies with truth, and get free of the fear.

FEAR

false evidence appearing real

**How do we know
if we're operating
in Wisdom or
Fear?**

**A. Wisdom is built on Godly
Knowledge.**

**> No Negative Emotions are
attached or triggered.**

**B. Fear is built on Un-Godly
Knowledge or Bad Experience.**

**How do we know if we're operating
in Wisdom or Fear?**

C. Fear is basically an Emotion.

**(Something bad is going to happen)
(This isn't going to turn out good)
(This is going to go badly)**

> A lot of uncertainty & negative feelings.

**D. All knowledge and wisdom must run
through the filter of what God thinks –**

That's true Wisdom.



**The subconscious
information can be
interrogated.**



2 Corinthians 10:3-5 (AMP)

[3] For though we walk (live) in the flesh, we are not carrying on our warfare according to the flesh and using mere human weapons.
[4] For the weapons of our warfare are not physical [weapons of flesh and blood], but they are mighty before God for the overthrow and destruction of strongholds,
[5] [Inasmuch as we] refute arguments and theories and reasonings and every proud and lofty thing that sets itself up against the [true] knowledge of God; and we lead every thought and purpose away captive into the obedience of Christ (the Messiah, the Anointed One),



The Thoughts that continually run through our head.

A. 90% (+) of them come from the subconscious.

(My estimate)

1. It is always responding to what is in the conscious mind.

**B. The 10% that left:
(Again: My Estimate)**

- 1. 5% is the conscious mind**
- 2. 5% (or less) is: Body related**
 - > Hunger**
 - > Muscle / Nerve Memories**

God

or

Demonic



**1) Identify that we're actually
Afraid.**



**2) What is the Fear associated
with?**

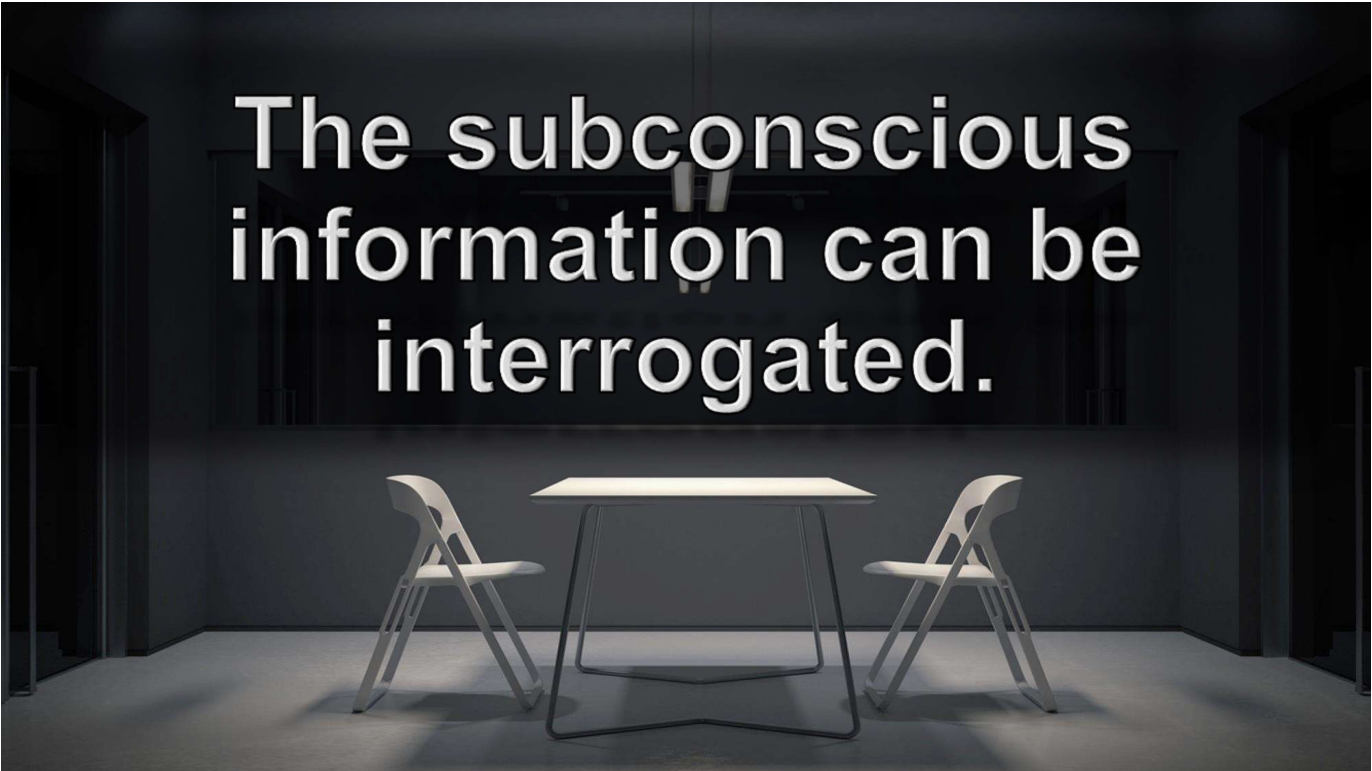
- > A thought, memory,
hypothetical situation, etc.**



3) What do I believe that is causing me Fear?

4) Now I must:

- a. Take it captive and make it obedient to Christ**
- b. Instruct it with truth where there is a lie**
- c. Re-program**



**The subconscious
information can be
interrogated.**

The image shows a dark, minimalist room with a table and two chairs, suggesting an interrogation or a place of reflection. The text is centered on the wall in a large, white, sans-serif font.

The subconscious information can be interrogated.

**A. First, we must Deescalate.
(Become Peaceful)**

B. Go Objective - Come outside the thought.

- > Our perception of the memory determines how we receive from the memory.**
- > To view the memory differently we will need a different perspective.**
- > This gives the ability to receive new information.**

C. Ask questions.


> Start with emotionally based questions that will probe the sensation / emotion coming up.

- Why am I Angry?
- Why am I Hurt?
- Who Hurt Me?
- Why am I Feeling this way?

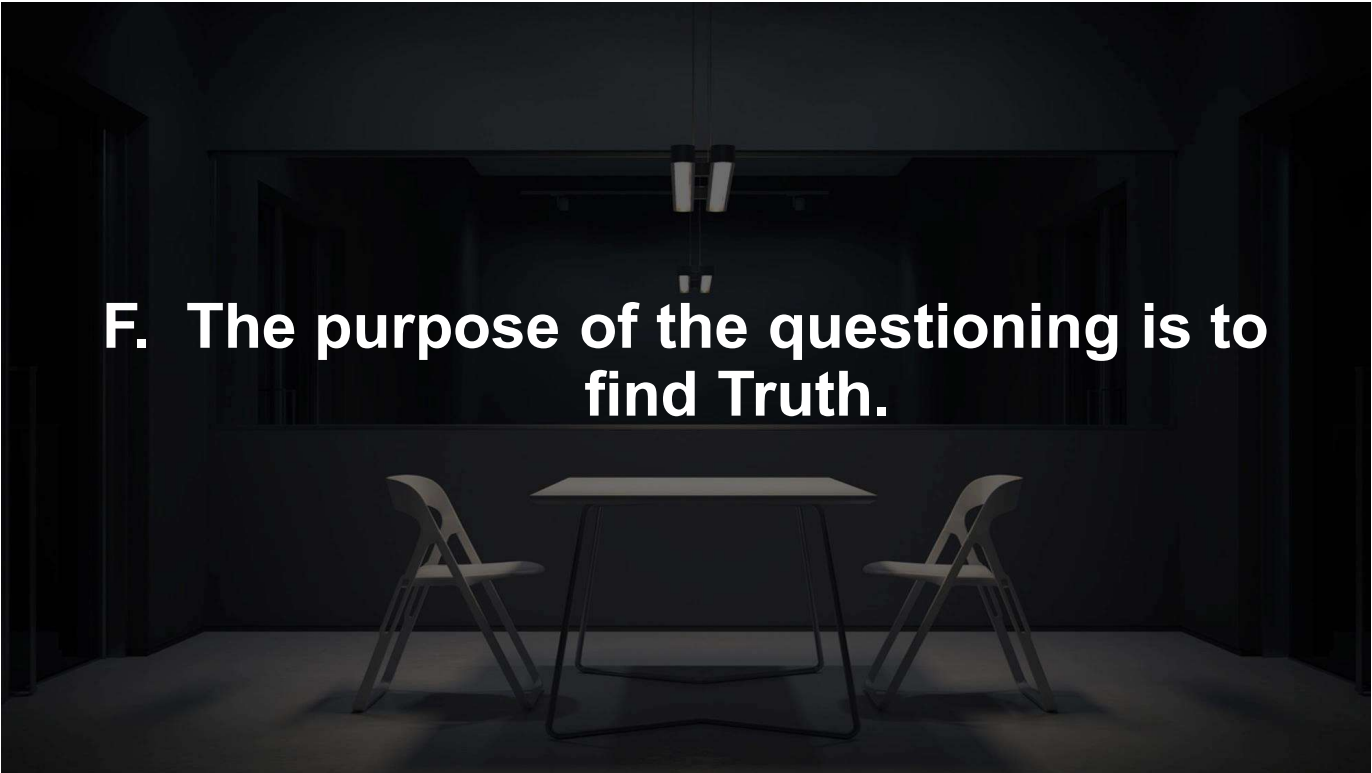
**** It's how the Holy Spirit reasons with us.****

D. Don't place blame.


- > What's wrong with me.
- > I'm such a _____.




E. The intention of the questioning is to create a place of Safety.



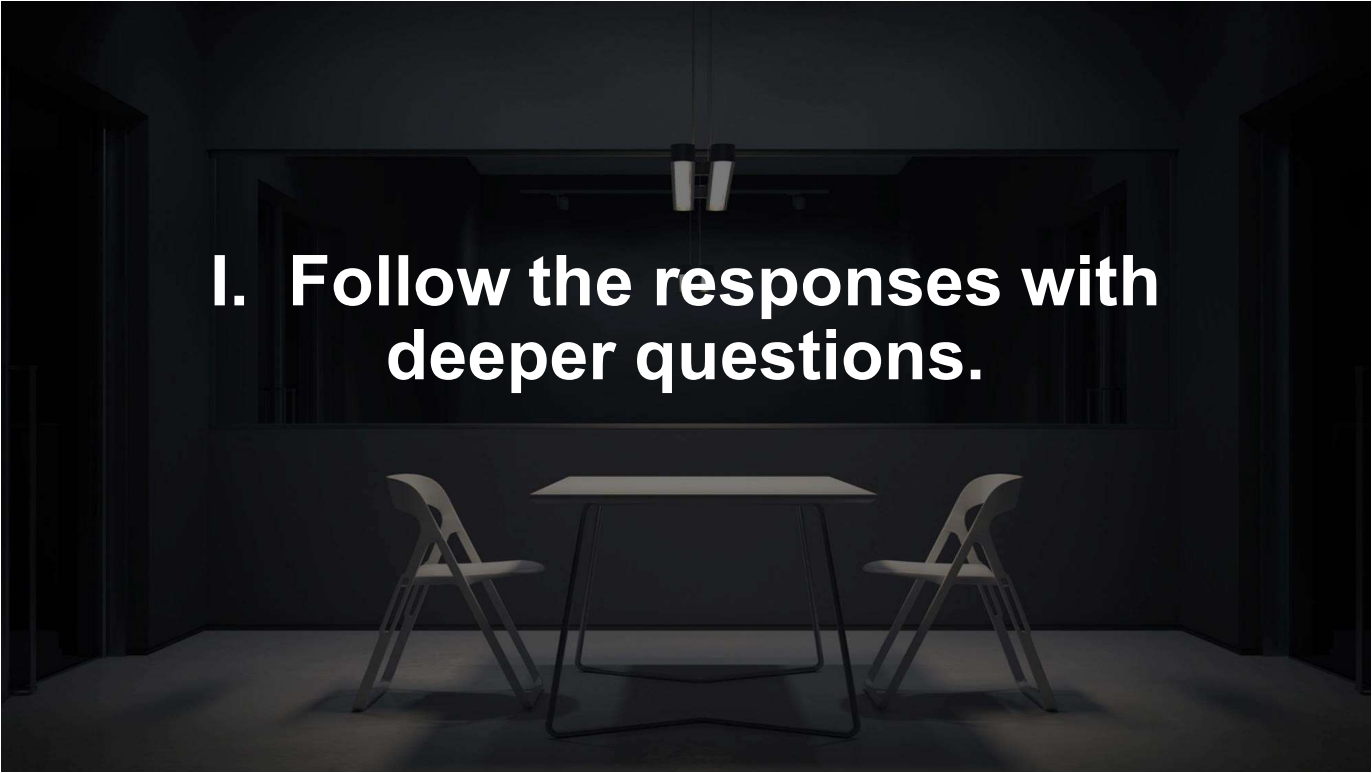
F. The purpose of the questioning is to find Truth.



G. Give yourself Permission to go into the memories.



**H. Who is the Bully in your memory?
Who is the Victim in your memory?**



I. Follow the responses with deeper questions.



**J. It may take a period of time for all the information to come out.
(Days and Weeks)**

