

Segment Six: MindArmor® Tools

Do a pleasant memory

Note to Facilitator: As the facilitator, you are to take the time to make sure each man understands the concepts in Segment Six. This is easy for some to grasp and very difficult for others. All of them can get it, but it takes patience, slowing down this process, and practice. The key to transformation is having the truth implanted in the brain. Once there, the truth can be accessed. It is also crucial to know how to destroy lies that are in conflict with the truth. When both a lie and the truth are in residence, a person is double-minded. The following two segments will help the men gain a single-minded purpose of doing the truth.

Key Points

1. Our memories are always **less** like they actually happened; we are always **deleting** some pieces of the event.
2. You have just been **objective** over what is in your brain or you wouldn't have been able to give me the **details** of how you did the memory called pleasant.
3. In 1 Corinthians 9:27 . . . I **discipline** my body and keep it under **control**.
4. You must be objective; it is your **mind** that exercises self-control over your **body**.
5. Your part is to be **ferociously** determined to practice.

Pleasant Memory Exercise

Note to Facilitator: Have the men do a pleasant memory. Make sure that all men have enough time to remember a pleasant memory. Go over each of the distinctions after AI does it on the video. **Stop the video after each distinction**. Take the time to have each man do the calibration exercise.

1. Where is the pleasant memory from 1-10? _____
2. Was the memory in color? _____
 - a. Ask: How many of you see the pleasant memory in color?
 - b. **Make sure that you slow down.** Take the time for the men to learn that they do the structure of their thought process uniquely. There is no wrong way. There are inefficient and poorly structured ways, but how they see and hear is their way of doing thoughts.
 - c. Have the men look around because not all of the men will see the memory in color. It is important for them to know that they did not do it incorrectly. How they do the memory is how they do it.
3. Was it black and white? _____
 - a. Ask: How many of you see a black and white pleasant memory?
 - b. Have the men look around because not all of the men will see the memory in black and white.
4. Was the memory moving? _____
 - a. Repeat #1 above with *each* following distinction.
 - b. Have the men look around to see what the other men saw with *each* following distinction.
5. Was it a still-shot? _____
6. Do you see yourself in the memory? _____
7. Do you see the memory through your eyes? _____
 - a. Ask the men who see themselves in the memory, "How is it possible to see yourself in the memory?"

- b. Take the time to wait until all the men get this. This takes patients and time to have all the men realize that they did not record the memory by seeing themselves when this memory occurred. This is just the way that all of us do some memories.
- c. Some of the men will get this. Repeat the answer: Our memories are always less like they actually happened; we are always deleting some pieces of the event.
- d. What does this mean that our memories are always less like they actually happen?

You have just been **objective** over what is in your brain or you wouldn't have been able to give me the **details** of how you did the memory called pleasant. This is an extremely important concept. They are the objective observer and will be held accountable for doing this part of their transformation.

- What is the objective observer?
- How can you see and hear your thoughts? It is very **important** to go over this again.
 - *For who among men knows the thoughts of a man except the spirit of the man which is in him? Even so the thoughts of God no one knows except the Spirit of God. – 1 Corinthians 2:11*
 - *Now may the God of peace Himself sanctify you entirely; and may your spirit and soul and body be preserved complete, without blame at the coming of our Lord Jesus Christ. – 1 Thessalonians 5:23*
 - *For the word of God is living and active and sharper than any two-edged sword, and piercing as far as the division of soul and spirit, of both joints and marrow, and able to judge the thoughts and intentions of the heart. And there is no creature hidden from His sight, but all things are open and laid bare to the eyes of Him with whom we have to do. – Hebrews 4:12-13*

You must be objective; it is your **mind** that exercises self-control over your **body**. Your part is to be **ferociously** determined to practice.

Continue With the Pleasant Memory Exercise

1. Take a snapshot of your entire body.
2. No movement.
3. Make it black and white.
4. Push it into the horizon.
5. See yourself in it.
6. Make it the size of a postage stamp.
7. Make it with no sound, no movement, and no color.

Stop the video at 5:23. Make sure they did the changes in the distinctions.

8. Notice from 1-10 where the feelings are now. _____

Stop the video at 5:34 and ask them to recalibrate from 1-10 after the distinctions were changed above.

9. Who changed the feelings in the memory?
10. When you **change** these internal distinctions you are absolutely going to **change** the feelings.

Bring the Pleasant Feelings Back

1. See it through your eyes.
2. Add color.
3. Add smell.
4. Add touch (feel the physical part of this memory).
5. You **changed** the feeling because you **changed** how you did your thoughts.

Stop the video at 6:30 and go over all of the above with the men again.

Examine the Emotion Called Frustrated

Note to Facilitator: The following exercise is very significant and for some life transforming. Over the years, it has been interesting to observe my clients do this exercise and watch the light bulbs go off. This exercise has application toward other areas of their lives. Some of the participants will get this in a way that gives them power over anger, and anxiety.

1. What is the Godly purpose of frustrated?
 - a. Stop the video at **7:24** and have a discussion about the purpose of doing frustrated.
 - b. Frustrated only has one Godly purpose:
 - i. Its purpose is to tell you that something is not working.
 - ii. It is one of the alert emotions to just inform you that this issue that is currently in front of you is not working the way you want it to.
2. Think of the last time you did frustrated.
 - a. Make it three times louder (turn up the volume)
 - b. Stop the video at **8:50** to give the men a chance to experience the changes when they make the volume three times louder.
 - c. Notice the feeling intensify.
 - d. Notice the sensation shift in your body.
 - e. How does the feeling change?
 - i. More frustrated?
 - ii. From frustrated to angry?
 - iii. From frustrated to afraid?
 - iv. No feelings at all?
 - f. Stop the video at **9:42** to find out what changes occurred for each man.
 - i. How did you change the feeling?
 - ii. When you made the **volume** louder, it changed the feelings.
3. Do the emotion frustrated again.
 - a. Make the volume soft, very soft.
 - b. How does the feeling change?
 - i. Less frustrated?
 - ii. No feeling of frustration?
 - c. Stop the tape at **10:31**.
 - i. Ask: What did frustrated change to when you made the volume very low?

Frustrated only has one Godly purpose, and it is to tell you that something is not working. It is one of the alert emotions just to inform you that this issue that is currently in front of you is not working the way you want it to.

Tune-Ups

Week Six

The following exercises accompany the Tune-Up for this day. Have the men discuss the exercises.

Tune-Up Day 11

Today notice your internal auditory voice. Remember, God made you in such a way that you can hear your internal auditory in order to determine if it is Godly wisdom or fleshly wisdom. Think the Lord's Prayer; you can hear it, can't you? Learn to really listen.

Do your thoughts align with the wisdom of God? If you hear the voice of lust today, say a point blank "NO" to that voice. Decide to train your brain; say "NO" **every time** you hear the lies. Be diligent to add to your faith moral excellence. You have been designed by God to run your brain. It is time to do internal leadership. Stay alert!

Tune-Up Day 12

Today, notice the words and the visuals that pop into your mind. If it helps, write them down in your journal. When you develop ears to hear and eyes to see, you can be objective over these thoughts (words and visuals). Once you develop the ability to be objective, you can take thoughts and lead them to truth or destroy them.

It is your brain; decide what you will allow and what you will not allow to reside in you. Pray, right now, and ask God to give you ears to hear and eyes to see. Make your commitment to God and He will give you wisdom that comes from above.