

Self Inner Healing

- 1. Pay careful attention to your emotions.**
- 2. When you have an elevated emotion, take notice of events that are triggering the emotion.**
- 3. Afterwards, determine if the event (on a scale of 1 to 10) warrants this high of an emotion, or if you are over-reacting.**
- 4. If you determine that you're over-reacting, it's telling you that there is a wound that still needs to be healed.**
- 5. Remember as many details of the event as possible...place, people, words, and sensory details.**
- 6. When you get home or to a quiet, peaceful place, say "I divide soul and spirit," then take yourself (in your mind) back to the event that triggered the over-reaction. Use the event details in your memory to trigger that adverse emotion. REALLY GO THERE in your mind and let the emotion come up again.**
- 7. At this point, out-loud ask, "Jesus, please come and heal this part of me."**
- 8. Jesus will come and either "take the emotion or heal the wound by speaking to you." When you feel the emotion lift or hear His Words, the wound is healed.**
- 9. After the wound is healed, tell all the demon on that wound to go to the pit, "in Jesus name."**