



STUDY GUIDE

3 Secrets to Health: God's Holistic Plan for Body, Soul, and Spirit

I. Introduction to Wisdom

A. The Calling at a Bale of Hay

1. A Wise:

- a. Wisdom is different from knowledge.
- b. Wisdom is knowing the most useful question to ask and whom to ask.
- c. Wisdom is creating a lifestyle to build character. (Luke 2:52)

2. Beautiful:

- a. Know the season you are in.
- b. Now is different from two years ago.

3. Woman: Who would have guessed that could be questioned?

4. Of God: The one true God.

B. Helping people become the WHOLE person God created them to be in this season.

C. My Health Story:

1. Loss of health. Loss of connection to my calling.
2. Introduction to a Christian Nutritionist from Vonnie Hill (Craig's mother).
3. Restoration through lifestyle, not just prayer and ministry.

4. Changed my career.

D. Where are others today?

Examples:

1. Pastor (female) who got Covid and ended up with PTSD-type symptoms while the church is exploding with growth. (Linda C)
2. Teen who “shut down” after losing five friends to suicide this past year (attending a Christian high school).
3. A client who had brain surgery and had difficulty functioning. Simple resets get her out of bed.
4. Client with huge overwhelm. Making daily decisions simply shuts her down.

E. How Are You Doing? Honest Assessment—Rate Yourself on a scale of 1-10. 1 represents no problem and 10 represents a significant problem.

1. Fatigue
2. Muscle and body aches
3. Shortness of breath
4. Inability to concentrate and make decisions
5. Insomnia
6. Anxiety
7. Dizziness
8. Heart palpitations
9. Cough
10. Pain—headaches
11. Joint pain

No longer is changing your diet or taking some supplements enough. The chaos of our world is impacting our brains in alarming ways.

F. Being double-minded causes us to be unstable in all areas:

“... 8 being a double-minded man, unstable and restless in all his ways [in everything he thinks, feels, or decides].” (James 1:8, AMP)

G. Soul Health

*“Beloved, I pray that in every way you may succeed and prosper and be in good health [physically], just as [I know] **your soul prospers.**”* (3 John 1:2, AMP)

1. God wants us connected to Shalom! He wants us single-minded in the Moment!
2. If you don't know how to connect to Shalom—Spirit, Soul (mind, will, and emotions), and Body now, you can't disconnect from the chaos of this world and the resulting health consequences.
3. **Passion footnote for Psalms 34:14:** Twice in this verse, David used the Hebrew word *shalom*. This word means much more than “peace.” It represents wholeness, wellness, well-being, safety, happiness, friendliness, favor, completeness, peace, peace offering, security, to prosper, to be victorious, to be content, tranquil, quiet, and restful.

Shalom describes those of us who have been provided all that is needed to be whole and complete and **break off all authority that would attempt to bind us to chaos. Integrating health, spirit, soul, AND body is the only way to wholeness!**

Do you want to navigate this season well? (This is a key question for all to ask.)

II. HOPE

A. The Three Keys to HOPE Now!

1. The power of perceived safety vs. our logic.
2. The power of easy over hard.
3. The power of interrupts brings instant peace and calm.

B. What Will You Learn from This Webinar?

1. Understanding the full impact of this season's chaos on our brain/soul health.
2. The symptoms in your body tell you how your soul is struggling.

3. The importance of Easy instead of hard, using baby steps is a required paradigm shift in this season.
4. Three Easy Interrupts to get you out of panic and chaos.
5. HOPE that health is possible in this season in the world.

III. First Key to HOPE: The Power of Perceived Safety vs. Our Logic

A. Explain the brain

B. Safe vs. unsafe—definition

1. Is it predictable?
2. Is it known?
3. Is it familiar?

C. Unsafe is unpredictable, unknown, and unfamiliar!

1. Unsafe is not logical.
2. Unsafe is perceived as real, and all physiology reacts to it.
3. My beach story—sand—letting it become safe.
4. Logic is entirely different.
5. Stress triggers the brainstem—disconnects from logic.
6. This season triggers brainstem stress which is the same as being double-minded.

D. When logic and brainstem disagree—BRAINSTEM WINS!

E. Brainstem/Cerebellum impacts:

1. Vision
2. Pain
3. Speed—ease of movement
4. Muscle strength
5. Balance
6. Tight muscles
7. Flexibility

- F. **The brainstem will tell you INSTANTLY if it likes or dislikes something!**
We teach you how to do work with your brain in HOPE, how to notice, and how to make wise choices.
- G. **Let's Play! Noticing and Awareness:**
1. **Notice breathing. Notice tightness in the shoulders.** Just notice without judging.
 2. **Eyes use the most energy in our brain**—looking for perceived danger or threat.
 3. **(Close eyes) Finger to Nose with the right hand and left hand.**
 - a. Were you accurate?
 - b. Was it easy?
 - c. Could the tip of your finger find the tip of your nose?
 - d. How is your internal GPS operating?
 4. **(Close eyes) Palm covers eyes**
 - a. What did you notice?
 - b. How is your breathing?
 - c. How are your shoulders?
- H. **HOPE is learning to live in a way that your brain and body love!**
1. **The brain likes “novel, interesting,” not boring or shoulds.** Shoulds—obligations—end up sabotaging discovering what you enjoy!
 2. **The brain likes to win!** Baby steps let you win! Covid Long Haul (from virus or the season) REQUIRES baby steps!

IV. The Second Key to HOPE: The Power of Easy over Hard

*“28 Come to Me, all you who are weary and burdened, and I will give you rest. 29 Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find rest for your souls. 30 For **My yoke is easy, and My burden is light.**”*
(Matthew 11:28–30)

- A. **“For My yoke (leadership style) is easy, and My burden is light.”**
1. **You can't create health if it is not EASY.**

- a. Do you know how to do that in an instant?
 - b. Do YOU have EASY soul tools in those moments?
2. What is the best definition of EASY?
- a. **Your brain says, “I can do that, and I want to do that!”** Learning that less can be more!
 - b. **Neurology of baby steps:** Easy, **play**, notice, discover.
 - c. Babies learn more in two years than we learn in the rest of our lives.
3. **If the Brainstem (not logic) perceives an action to be hard / a threat, it will sabotage your best efforts.** Every single time!

B. Examples of Great Intentions / Shoulds—Is This You?

1. Diet more (weight gain this past year, 15–40 pounds)
2. Exercise more (have been sitting more, so moving is less safe)
3. Do more, but no energy (tired due to poor sleep)
4. Go walking more (eyes are tired from Zoom/computers)

C. TODAY—this season requires that Health is SAFE and EASY!

Are you tired of sabotaging your best intentions?

V. The Third Key to Hope: The Power of Interrupts to Bring Instant Peace and Calm

A. Vagus Nerve Reset

1. The Vagus Nerve is the most important nerve in the body.
2. Assess your breathing, pain, and tight jaw/shoulders.
3. Reset the nerve.

B. Bag Breathing: Balancing carbon dioxide with oxygen.

C. 4-2-4 Breathing:

1. Breathe in through the nose for a count of 4, hold for 2, exhale for 4, and hold for 2.
2. How far in this breathing process was easy for you? Did you try to push harder to **perform better**?

3. Reassess your breathing, pain, and tight jaw/shoulders.
 - a. Notice.
 - b. Did you like one reset but not another?

D. **What if YOU knew how to** connect to Shalom—Spirit, Soul (mind, will, and emotions), and Body in ANY moment so YOU could disconnect from the chaos of this world and the resulting health consequences—ANYTIME? ANYWHERE?

1. What if it could be safe for YOUR brain?
2. What if it seemed easy?
3. What if YOU could interrupt chaos instantly and get back to shalom?
4. What if you could be single-minded?
5. What if you could enjoy food your body loves?
6. What if you could be in the best health of your life in an upside-down world?

HOPE Changes Everything!

Personal Assessment

with Cheryl Townsley, Naturopath and Wisdom Coach

On a scale of 1-10 (1 being no instance and 10 being frequent) occurrence, rate the following symptoms for you on a regular basis:

_____	Fatigue
_____	Muscle and body aches
_____	Holding your breath
_____	Difficulty being able to breathe
_____	Difficulty concentrating and/or making decisions
_____	Insomnia
_____	Anxiety
_____	Dizziness
_____	Heart palpitations
_____	Pain
_____	Cough
_____	TOTAL

0-15	Good Shape
16-35	Getting by
35+	You need some help!

The 3 Keys/Secrets to Hope:

A. **The Power of Perceived Safety vs. our Logic**

We have two essential parts to our brain – our logic/ conscious brain and our brainstem/subconscious or the ‘safe’ brain.

How does our brainstem perceive we are in safety?

- Predictable
- Familiar
- Known

This season is none of the above!

When our brainstem *perceives* unsafe, inflammatory symptoms (like our above list) *automatically* happen, these responses are not based on logic. Our body is trying to tell us that our brainstem (soul—mind, will, and emotions) is not connected to safety.

B. **The Power of Easy over Hard**

As soon as our brainstem perceives something is hard, it will sabotage our best efforts to make it happen. Decades of teaching have taught people to pursue big goals and dreams, which does not work in this season.

Baby Steps - - what are they, and how can you recognize one for yourself?

C. **The Power of Instant Interrupts to Bring Instant Peace and Calm**

1. **Vagus Nerve Reset:** The Vagus Nerve is the most important nerve in the body.
2. **Bag Breathing:** The first sign your body is under stress is holding your breath or shallow breathing. This simple tool can be done anytime, anywhere, to calm the brainstem and help balance oxygen and carbon dioxide (the oxygen carrier).
3. **4-2-4 Breathing:** Inhale for a count of 4, hold for a count of 2, exhale for a count of 4 and hold for a count of 2.