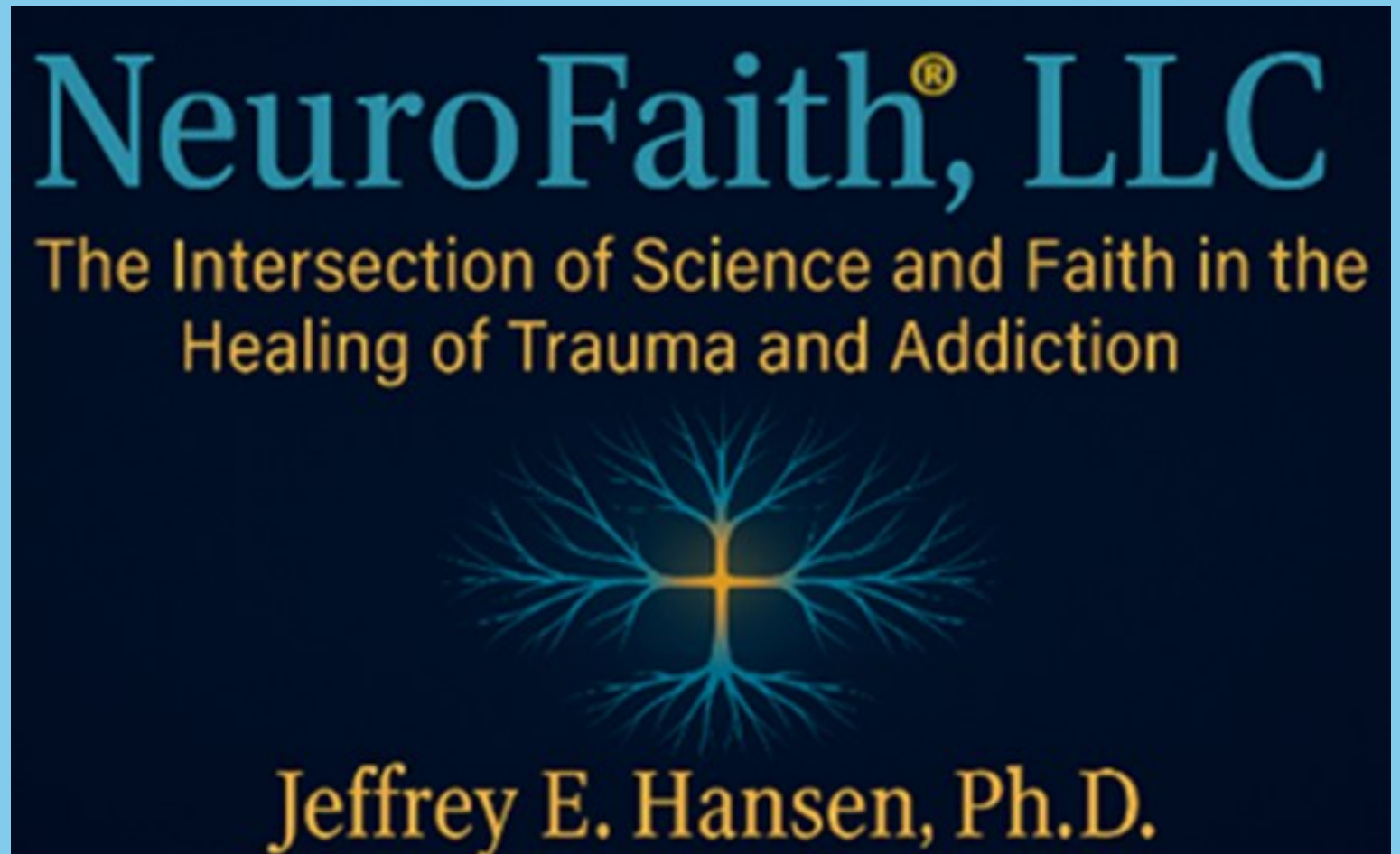


# Trauma, Hope, and the Four Pillars of *NeuroFaith*®

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**Jeffrey E. Hansen, Ph.D.**  
Clinical Director, Holdfast  
Recovery and  
AnchorPoint  
Founder and Director,  
NeuroFaith®, LLC



# Welcome Christ's Church of the Valley Pastors



*The NeuroFaith®  
Model for Healing*



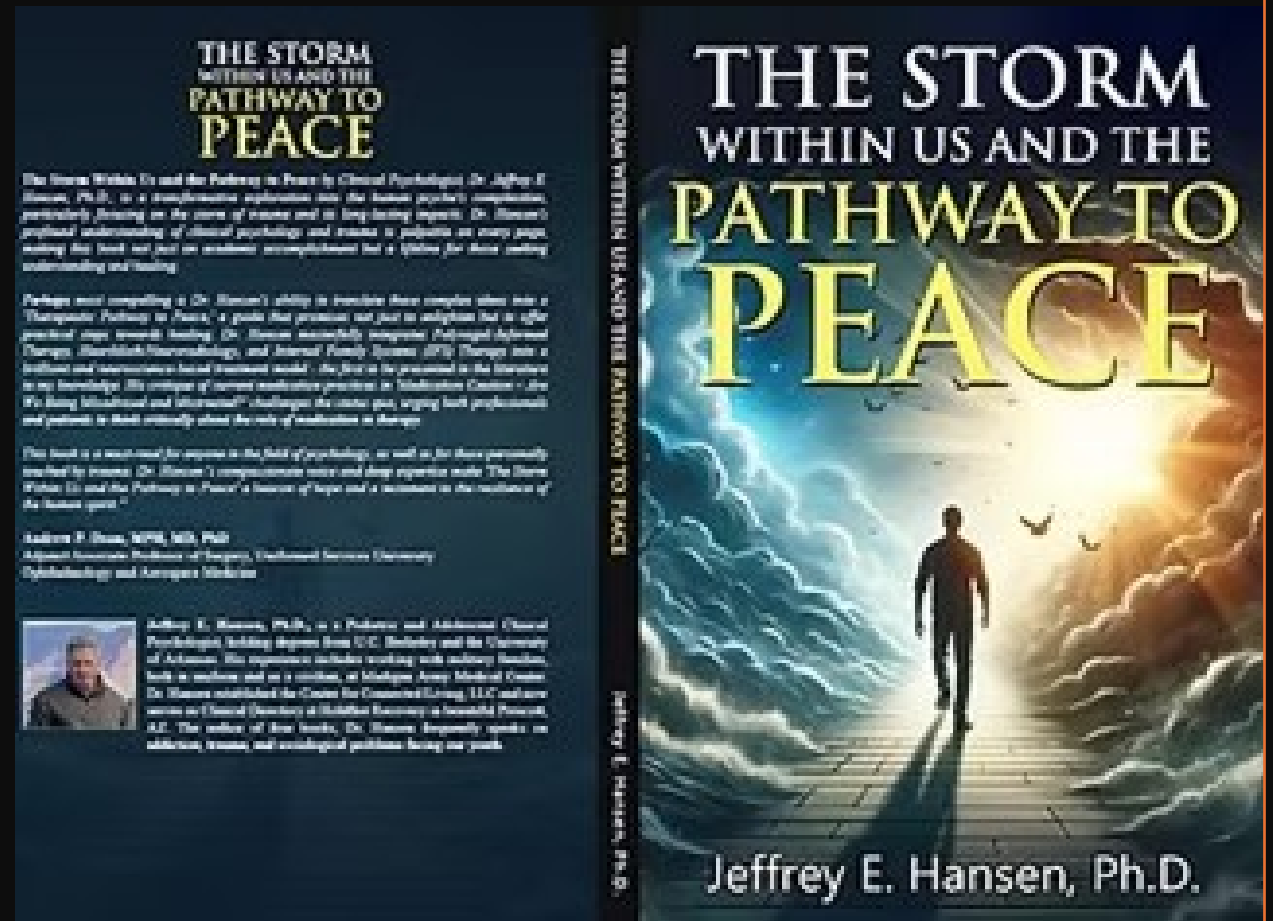


Everybody has a  
“backstory” – Here  
is mine





# My Cliff's Notes on the Journey to Restoration





Trauma and Shame take their toll and took my identical twin brother, Gregg. This talk is dedicated to him.

# The Insidious Nature of Trauma

Trauma is **the silent epidemic** of our age.

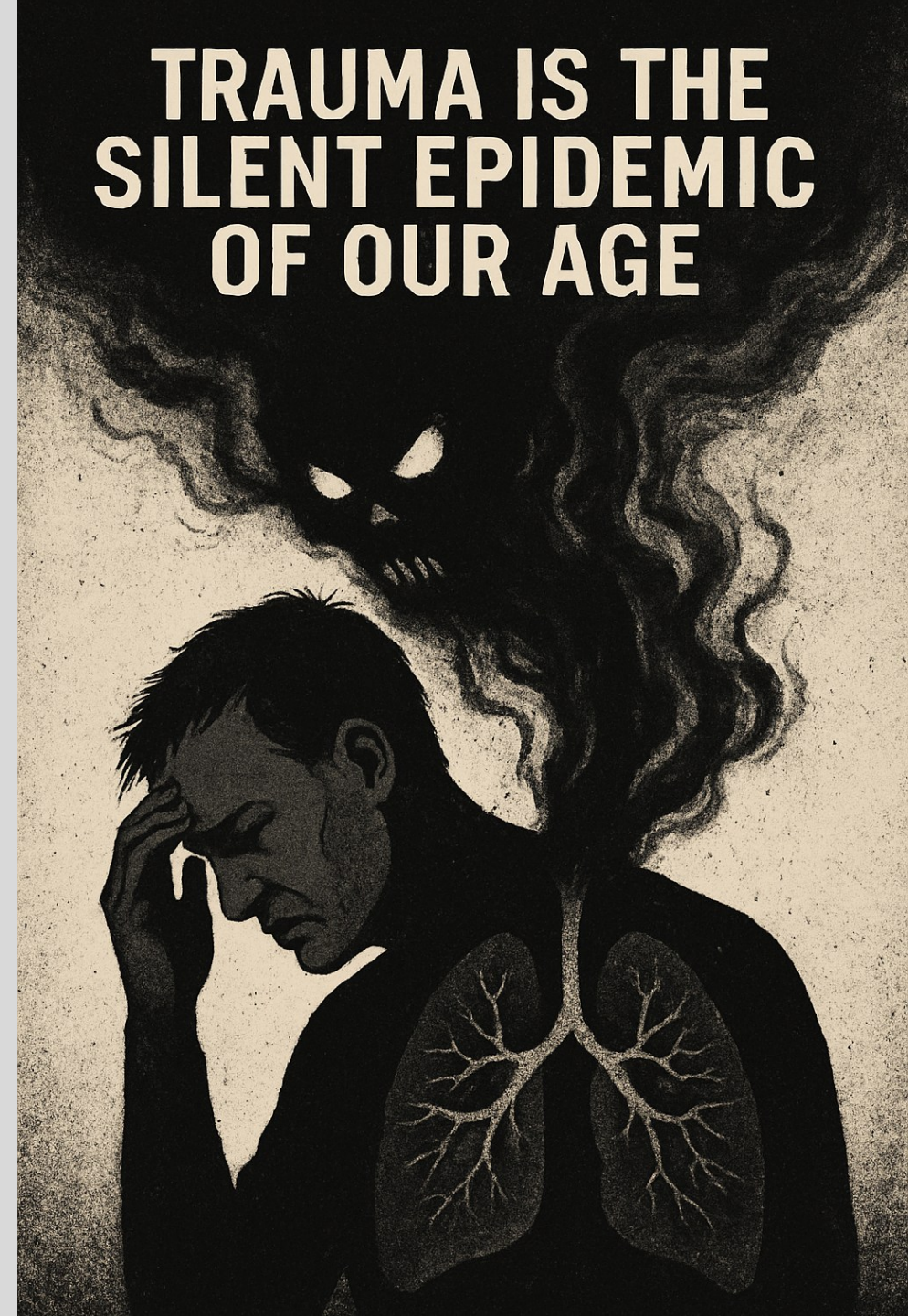
It tears through our families, our churches, and our communities.

It is not only the soldier blown up in Iraq, or the driver injured in a car accident, or the woman assaulted in a dark alley. Trauma is more insidious.

**It slips like the enemy** into our lungs and **hides in our souls.**

It is the unseen weight crushing our children, the shame that whispers, “you are worthless,” at midnight, the **poison that rewires the nervous system and drains life from the body.**

**TRAUMA IS THE  
SILENT EPIDEMIC  
OF OUR AGE**

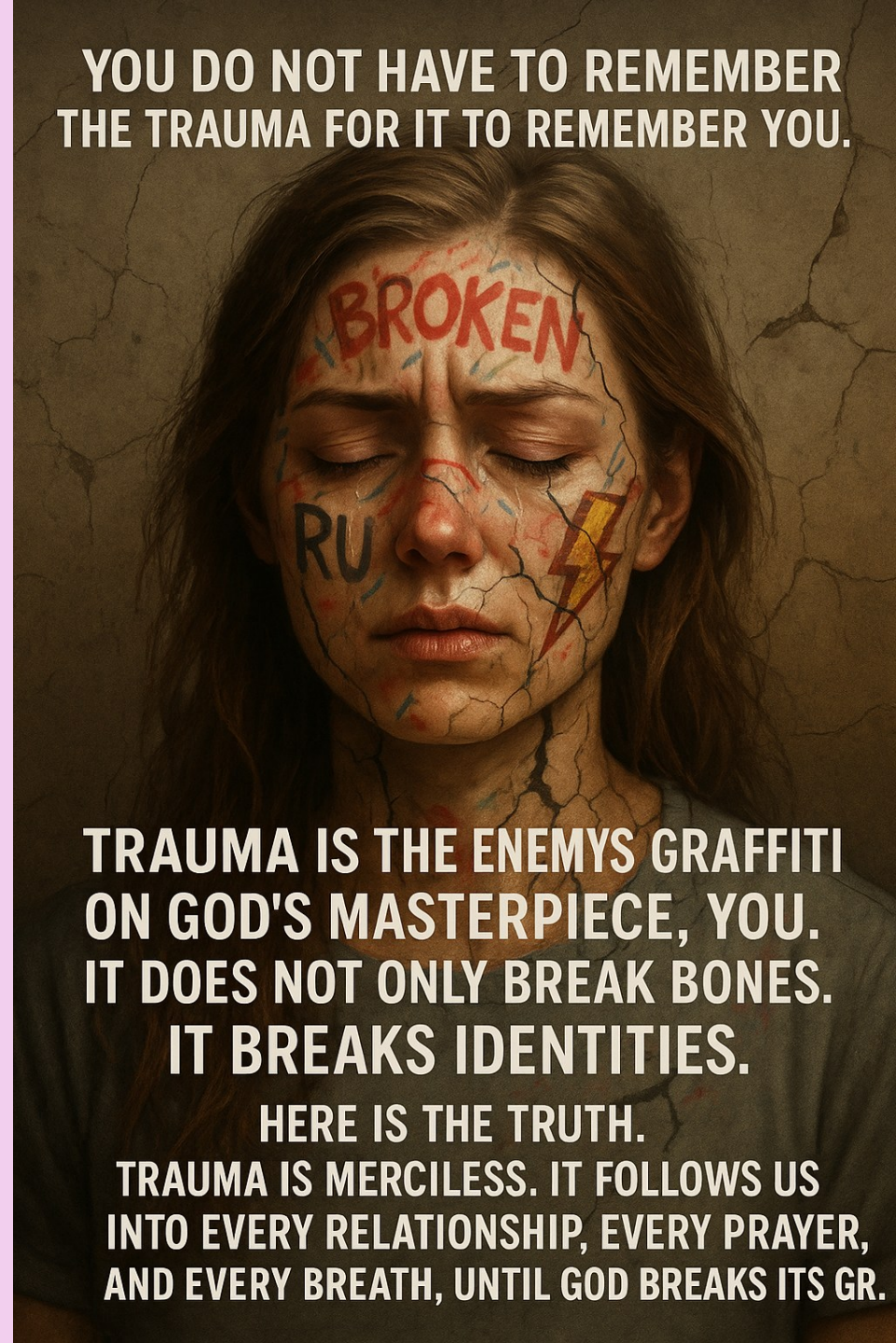




# The Insidious Nature of Trauma

- You do not have to remember the trauma for it to remember you. Trauma is the **enemy's graffiti on God's masterpiece, you.**
- It does not only break bones. It breaks identities.
- Here is the truth. Trauma is merciless. It follows us into every relationship, every prayer, and every breath, until God breaks its grip.

**YOU DO NOT HAVE TO REMEMBER  
THE TRAUMA FOR IT TO REMEMBER YOU.**



**TRAUMA IS THE ENEMYS GRAFFITI  
ON GOD'S MASTERPIECE, YOU.  
IT DOES NOT ONLY BREAK BONES.  
IT BREAKS IDENTITIES.**

**HERE IS THE TRUTH.  
TRAUMA IS MERCILESS. IT FOLLOWS US  
INTO EVERY RELATIONSHIP, EVERY PRAYER,  
AND EVERY BREATH, UNTIL GOD BREAKS ITS GR.**

# The Consequences of Unresolved Trauma

- Broken marriages and fractured families.
- Churches full of people who smile on Sunday while bleeding inside.
- Numbing with alcohol, pornography, work, or food.
- Shame hardening into identity rather than remaining a feeling.
- Trauma does not only break the past. It steals the future.



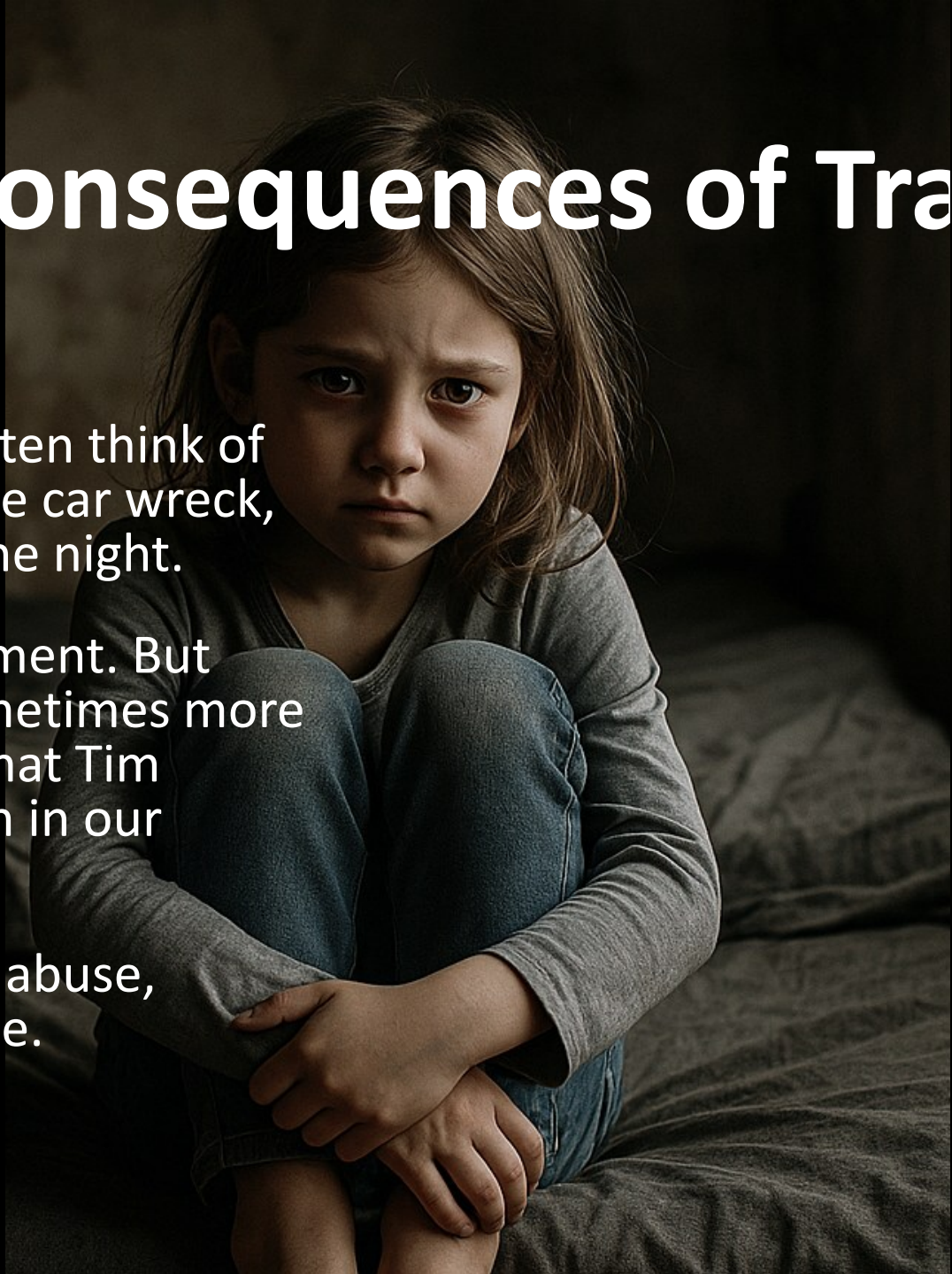


# The Deeper Consequences of Tra

Not all trauma is the same. We often think of **shock trauma**—the big events, the car wreck, the combat blast, the assault in the night.

Those can break us open in a moment. But often just as devastating, and sometimes more so, is **developmental trauma**—what Tim Fletcher calls the slow drip of pain in our earliest years.

Neglect, abandonment, criticism, abuse, chaotic homes, emotional absence.





# The Deeper Consequences of Trauma

Shock trauma can be life-altering, but developmental trauma works into the very architecture of the brain. It leaves its fingerprints on how we see ourselves, how we perceive reality, and how we connect with others.

Every developmental trauma creates a negative core belief.

Those negative core beliefs become etched into the default mode network of the brain—the system that quietly runs in the background, filtering every thought, every relationship, every experience.



# The Deeper Consequences of Trauma

These beliefs are  
devastatingly consistent:

I am not lovable.

I am not valuable.

I do not matter.

When those core wounds  
become the lens through  
which we see the world, life  
itself becomes  
confirmation bias.

Every slight, every rejection,  
every failure feels like  
evidence that the wound is  
true.

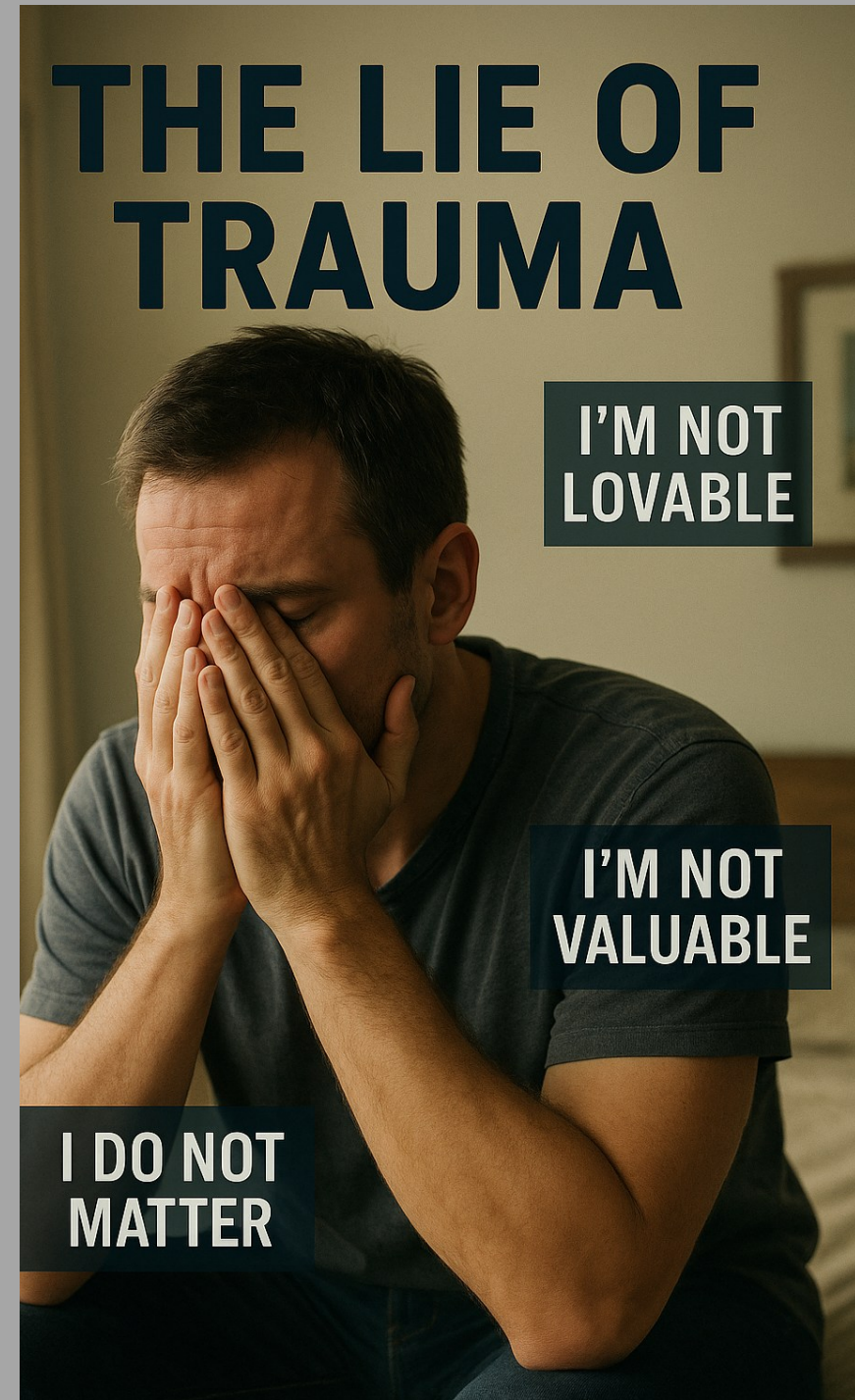
Trauma does not only  
wound the past, it rewrites  
the script of the future.

## THE LIE OF TRAUMA

I'M NOT  
LOVABLE

I'M NOT  
VALUABLE

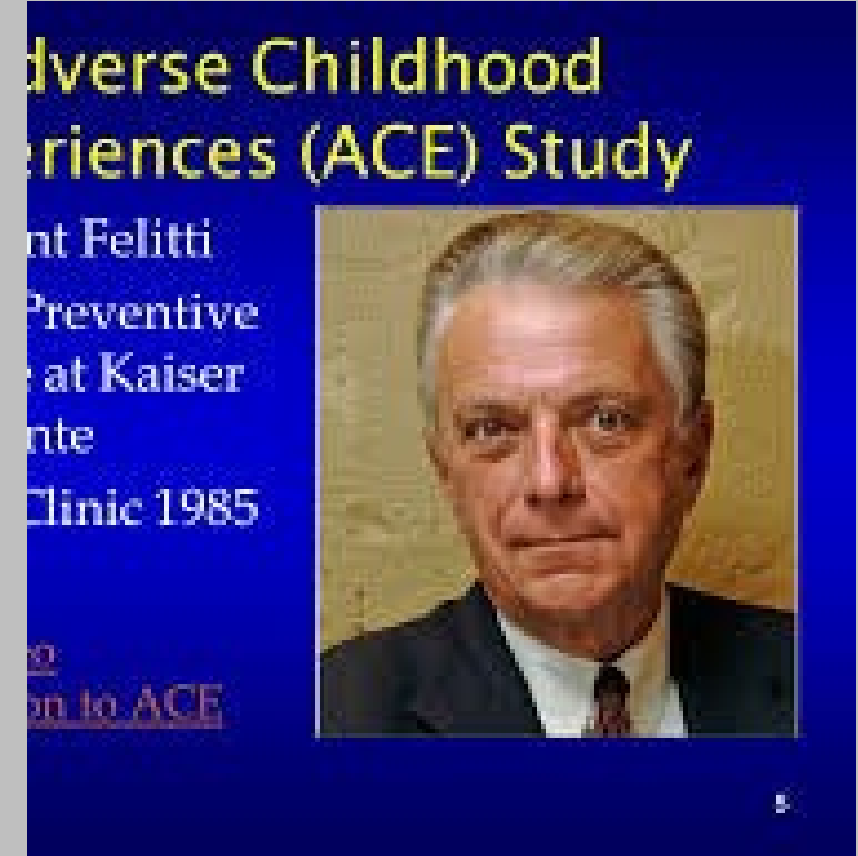
I DO NOT  
MATTER



# Trauma - Adverse Childhood Experiences

---

- In the mid-1980's, **Dr. Vincent Felitti** noticed a puzzling and paradoxical trend in the obesity clinic he was heading.
  - Specifically, many of his participants who were having the most success in losing weight were dropping out only to gain the weight back. He interviewed the nearly 300 participants and discovered a surprising pattern: **almost all of the dropouts had suffered some form of childhood trauma** (Kain & Terrell, 2018).
  - This initial study grew into a major public health study with Dr. Felitti teaming up with Dr. Anda at the Centers for Disease Control (CDC) that continues to this day, involving more than 17,000 individuals.
- 2
- This research came to be known as the Adverse Childhood Experiences (ACE) Study (Felitti et al., 2014). In this study, people were asked about ten different types of traumatic events that happened to them when they were children to include physical and sexual abuse, family problems, and neglect.





# Trauma - Adverse Childhood Experiences (ACE)

The ten reference categories experienced during childhood or adolescence are as below, with their prevalence in parentheses (Felitti and Anda, 2009):

## *Abuse*

- Emotional – recurrent threats, humiliation (11%)
- Physical - beating, not spanking (28%)
- Contact sexual abuse (28% women, 16% men, 22% overall)

## *Household dysfunction*

- Mother treated violently (13%)
- Household member was alcoholic or drug user (27%)
- Household member was imprisoned (6%)
- Household member was chronically depressed, suicidal, mentally ill, or in psychiatric hospital (17%)
- Not raised by both biological parents (23%)

## *Neglect*

- Physical (10%)
- Emotional (15%)



# The Science of Trauma (ACE Study)

- Prevalence: nearly two-thirds of Americans have at least one ACE.
- Burden: about 1 in 5 have four or more ACEs.
- Suicide: with 4+ ACEs, risk of attempting suicide is  $12 \times$  higher. With 6+ ACEs, risk is about  $30 \times$  higher.
- Depression and anxiety: one ACE raises depression risk by about 50%. With 4+ ACEs, risk of depression and anxiety increases up to sevenfold.
- Addiction: those with 4+ ACEs are 7 to 10 times more likely to fall into alcohol or drug dependence.
- Physical disease: trauma is associated with  $2\text{--}3 \times$  higher risk of heart disease, cancer, diabetes, and autoimmune illness, even without risky behaviors.


# ACE Scores and Outcomes

As Dr. Felitti in a 2009 lecture points out, studies reveal many shocking long-term horrible outcomes when we are exposed to ACEs and this raises exponentially according to how many of them, we have been exposed to.


The results indicate that for every category of traumatic experience we have had as a child, we are dramatically more likely to be depressed as an adult.

If we have ACE scores of , we are:

- **260%** more likely to have chronic obstructive pulmonary disease than someone with a score of 0
- **240%** more likely to contract hepatitis, **460%** more likely to experience depression
- **1,220%** more likely to attempt suicide

If we have ACE scores of , we are:

- Five times more likely to become depressed as an adult and if we have had

If we have ACE scores of , we are:

- **3,100 percent** more likely to attempt suicide as an adult (Felitti et al., 2014; Felitti 2004; Felitti and Anda, 2009; Felitti et al., 1998).



## Health risks, Emotional Benefits

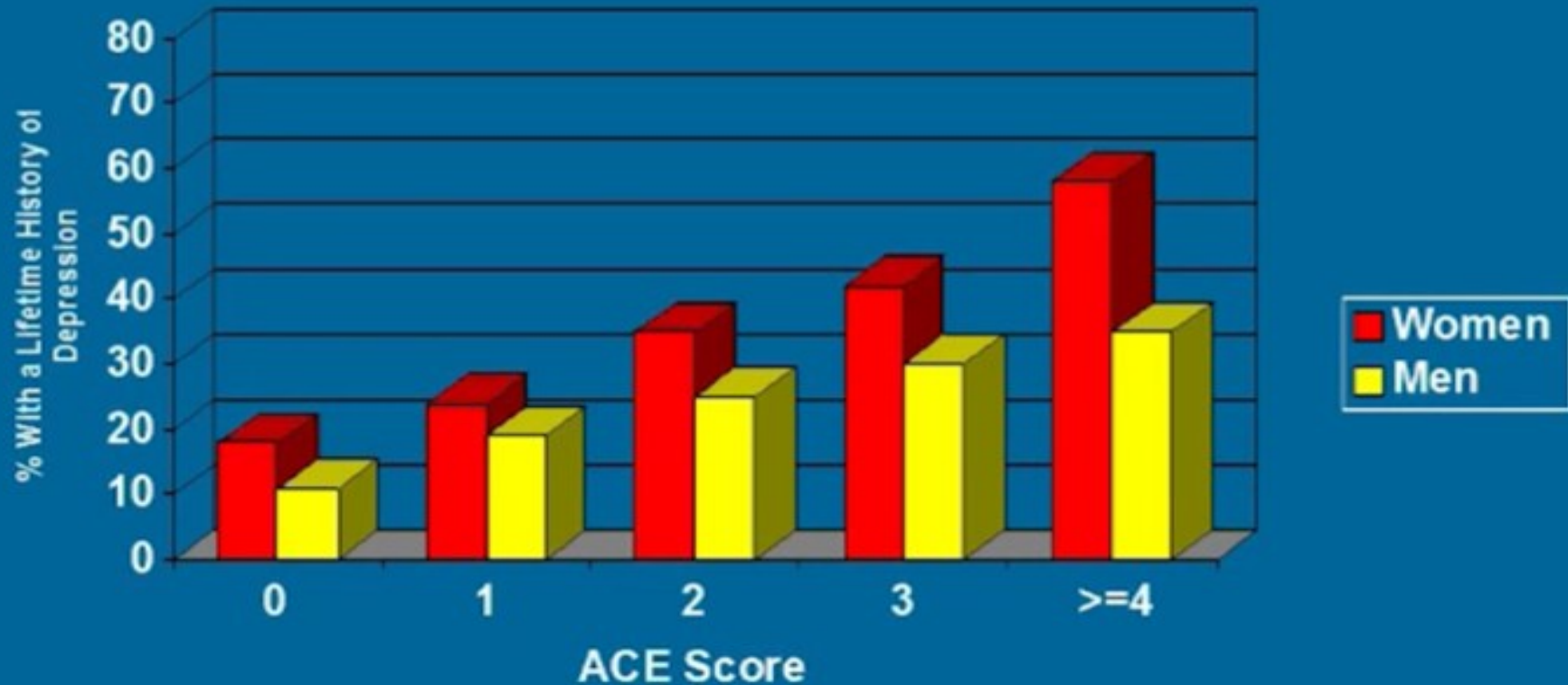
### ACE Score vs Intravenous Drug Use



$p < 0.001$

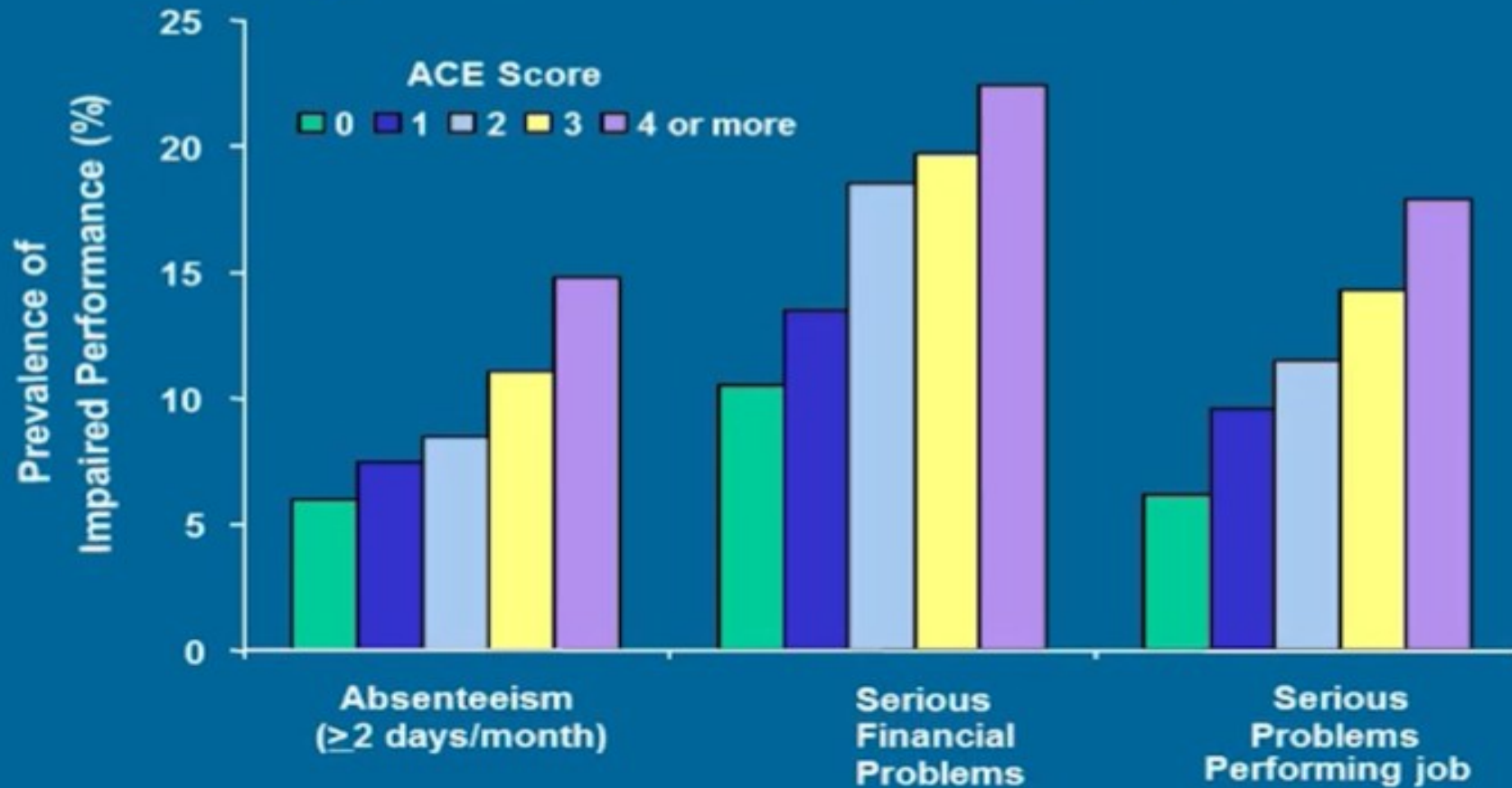
## Damaged well-being

# Childhood Experiences Underlie Chronic Depression



## Social malfunction:

# ACE Score and Indicators of Impaired Worker Performance





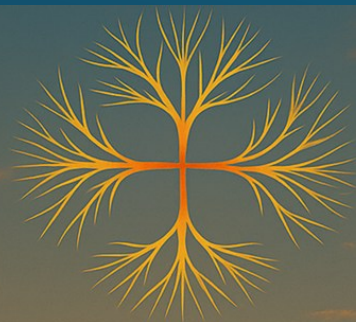
deal and kill  
that they  
to the full.”

Pivot to  
NeuroF

estores.  
t redeems.  
t sets captives free.

faith<sup>®</sup>





# THE NEUROFAITH™ FRAMEWORK FOR HEALING







## **POLYVAGAL- INFORMED THERAPY**

Healing through  
the language of  
the nervous system



## **HEARTMATH® AND NEUROCARDIOLOGY**

Reconnecting  
with the heart  
as an intelligent  
center



## **INTERNAL FAMILY SYSTEMS (IFS)**

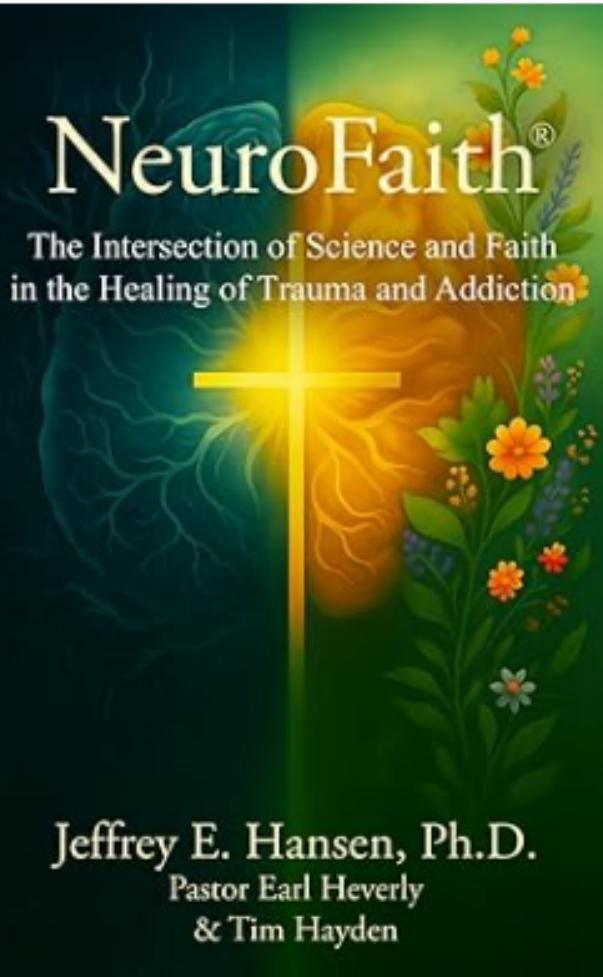
Mapping the inner  
landscape of  
parts and burdens



## **FAITH AND SPIRITUALITY**



# Our Seminal Book **NeuroFaith®**



## NeuroFaith® The Intersection of Science and Faith in the Healing of Trauma and Addiction Hardcover – November 4, 2024

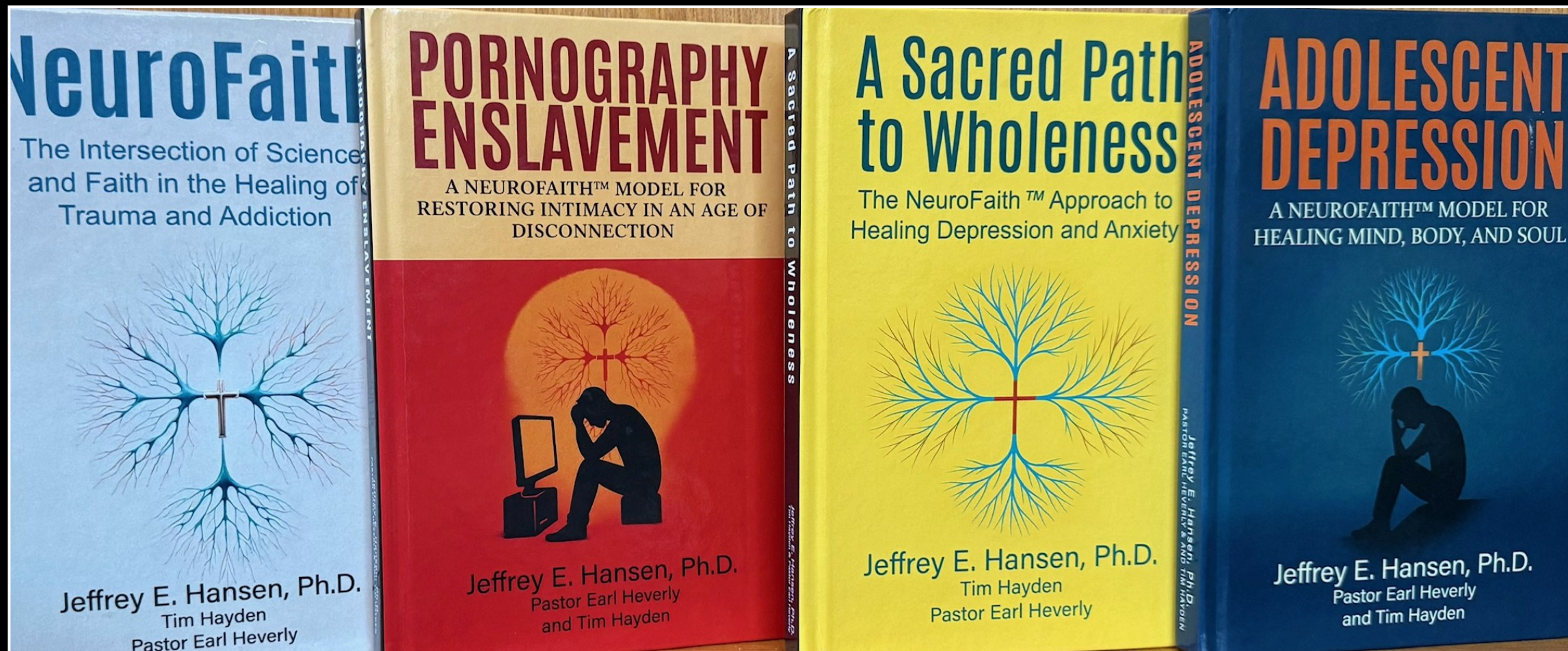


by [Dr. Jeffrey E. Hansen Ph.D.](#) (Author), [Pastor Earl Heverly](#) (Author), [Tim Hayden](#) (Author)

Trauma and addiction change the brain, the heart, the body, and the story a person believes about themselves. **NeuroFaith®** is born out of the recognition that recovery requires more than behavior change—it requires healing at every layer of the human experience. In this groundbreaking work, Dr. Jeffrey Hansen, Pastor Earl Heverly, and Tim Hayden unite clinical neuroscience, nervous system regulation, emotional reintegration, and authentic spiritual formation into a single, deeply compassionate model of transformation.

Drawing from years of clinical leadership, pastoral care, and lived recovery experience, the authors demonstrate that addiction is not simply a matter of willpower. It is a survival-driven adaptation to emotional overwhelm, unresolved trauma, unmet attachment needs, and a nervous system stuck in defense. Lasting healing comes when the body, the mind, and the spirit are brought back into coherence—together.

At the core of this integrative approach are the four pillars of the NeuroFaith® model, each building upon the others to restore wholeness:



## The *NeuroFaith*® Series



# NeuroFaith<sup>®</sup>, LLC

The Intersection of Science and Faith in the  
Healing of Trauma and Addiction



Jeffrey E. Hansen, Ph.D.

in association with

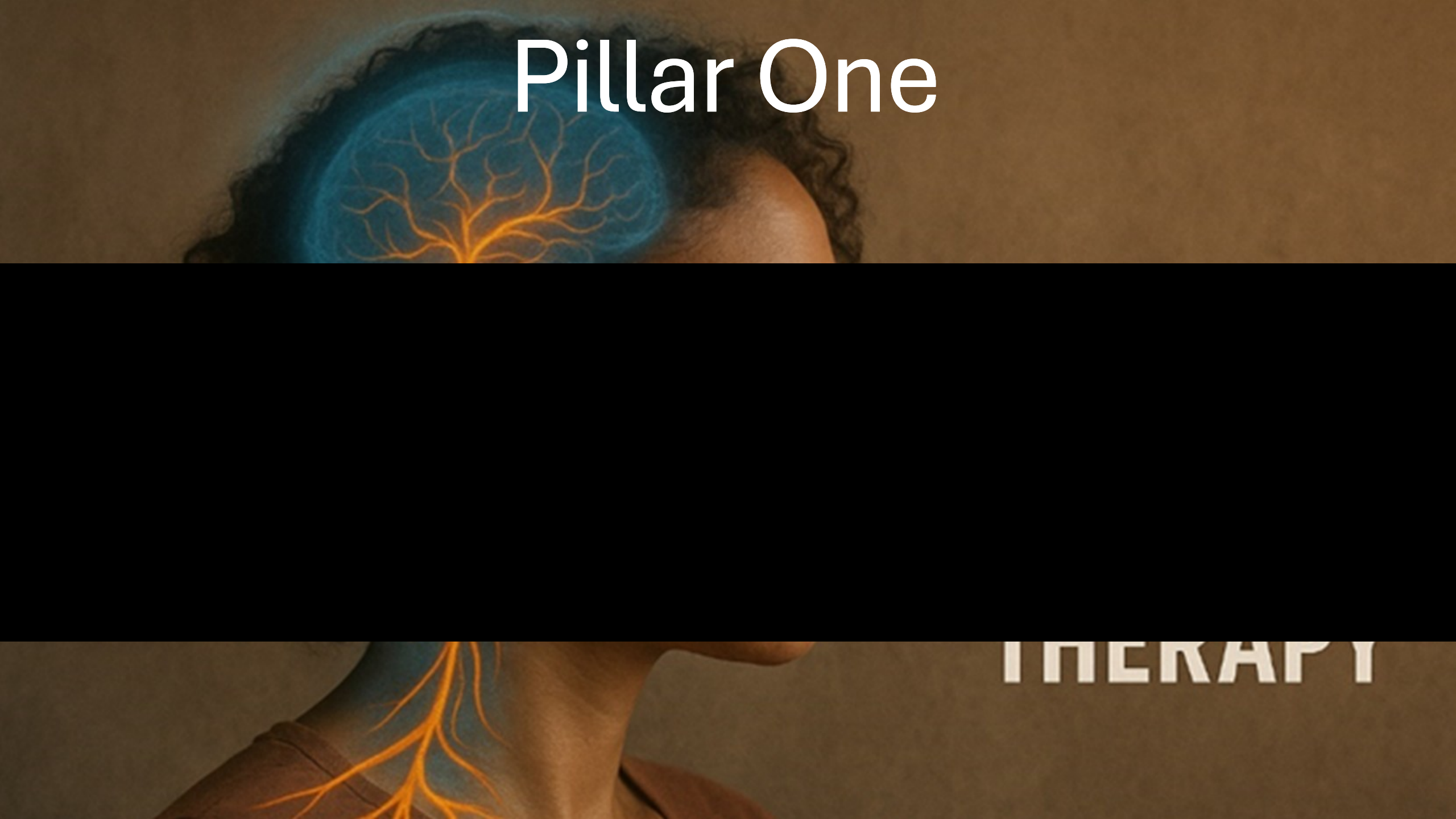
Pastor Earl Heverly

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[Psychotropic Medication Reviewers](#)  
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All of our book manuscripts are available on my website  
[Neurofaith.net](http://Neurofaith.net) for free



# Pillar One

A person's head and neck are shown in profile against a brown background. A glowing blue and orange neural network is overlaid on the head and neck, representing the nervous system. The network is composed of many branching lines, with a central orange line that branches out into a blue cloud-like shape on the head. The word "Pillar One" is written in white text across the top of the image.

THE THERAPY

# Polyvagal-Informed Therapy

---

- God designed our autonomic nervous system to keep us safe (sympathetic for fight/flight, parasympathetic for rest/restore).
- Trauma hijacks that system, trapping us in survival modes.
- Instead of safety, we live in hypervigilance or collapse.
- Polyvagal theory helps us understand how trauma 'soars' on this God-given system, unbalancing what He created for protection.
- Healing restores the sense of safety that lets us re-engage with life, others, and God.



The chart below adapted by Dr. Rothschild nicely demonstrates the shifting in body sensations, physiological symptoms, and emotions as we move between autonomic states (Rothschild, 2017).

## AUTONOMIC NERVOUS SYSTEM: PRECISION REGULATION

**\*\* WHAT TO LOOK FOR \*\***

	LETHARGIC Parasympathetic I (PNS I)	CALM Parasympathetic II (PNS II) <i>Ventral Vagus</i>	ACTIVE/ALERT Sympathetic I (SNS I)	FLIGHT/FIGHT Sympathetic II (SNS II)	HYPER FREEZE Sympathetic III (SNS III)	HYPO FREEZE Parasympathetic III (PNS III) <i>Dorsal Vagus Collapse</i>
		"Normal" Life		Threat to Life		
PRIMARY STATE	Apathy, Depression	Safe, Clear Thinking, Social Engagement	Alert, Ready to Act	React to Danger	Await Opportunity to Escape	Prepare for Death
AROUSAL	Too Low	Low	Moderate	High	Extreme Overload	Excessive Overwhelm Induces Hypoarousal
MUSCLES	Slack	Relaxed/toned	Toned	Tense	Rigid (deer in the headlights)	Flaccid
RESPIRATION	Shallow	Easy, often into belly	Increasing rate	Fast, often in upper chest	Hyperventilation	Hypo-ventilation
HEART RATE	Slow	Resting	Quicker or more forceful	Quick and/or forceful	Tachycardia (very fast)	Bradycardia (very slow)
BLOOD PRESSURE	Likely low	Normal	On the rise	Elevated	Significantly high	Significantly low
PUPILS, EYES, EYE LIDS	Pupils smaller, lids may be heavy	Pupils smaller, eyes moist, eye lids relaxed	Pupils widening, eyes less moist, eye lids toned	Pupils very dilated, eyes dry, eye lids tensed/raised	Pupils very small or dilated, eyes very dry, lids very tense	Lids drooping, eyes closed or open and fixed
SKIN TONE	Variable	Rosy hue, despite skin color (blood flows to skin)	Less rosy hue, despite skin color (blood flows to skin)	Pale hue, despite skin color (blood flow to muscles)	May be pale and/or flushed	Noticeably pale
HUMIDITY	Skin	Dry	Increased sweat	Increased sweat, may be cold	Cold sweat	Cold sweat
	Mouth	Variable	Moist	Dry	Dry	Dry
HANDS & FEET (TEMPERATURE)	May be warm or cool	Warm	Cool	Cold	Extremes of cold & hot	Cold
DIGESTION	Variable	Increase	Decrease	Stops	Evacuate bowel & bladder	Stopped
EMOTIONS (LIKELY)	Grief, sadness, shame, disgust	Calm, pleasure, love, sexual arousal, "good" grief	Anger, shame, disgust, anxiety, excitement, sexual climax	Rage, fear	Terror, may be dissociation	May be too dissociated to feel anything
CONTACT WITH SELF & OTHERS	Withdrawn	Probable	Possible	Limited	Not likely	Impossible
FRONTAL CORTEX	May or may not be accessible	Should be accessible	Should be accessible	May or may not be accessible	Likely inaccessible	Inaccessible
INTEGRATION	Not likely	Likely	Likely	Not likely	Impossible	Impossible
RECOMMENDED INTERVENTION	Activate, Gently Increase Energy	Continue Therapy Direction	Continue Therapy Direction	Put on Brakes	Slam on Brakes	Medical Emergency CALL PARAMEDICS

The Autonomic Nervous System Precision Regulation Chart is Available for purchase on Amazon for \$8.99 (a very high recommend):

Babette Rothschild (2017) [https://www.amazon.com/Autonomic-Nervous-System-Table-](https://www.amazon.com/Autonomic-Nervous-System-Table- laminated/dp/039371280X/ref=cr_1_15?child=1&keywords=deb+dana&id=1590376813&sc=books&sr=1-15)

[laminated/dp/039371280X/ref=cr\\_1\\_15?child=1&keywords=deb+dana&id=1590376813&sc=books&sr=1-15](https://www.amazon.com/Autonomic-Nervous-System-Table- laminated/dp/039371280X/ref=cr_1_15?child=1&keywords=deb+dana&id=1590376813&sc=books&sr=1-15)



<b>Dimension</b>	<b>Lethargic</b>	<b>Calm</b>	<b>Active/Alert</b>	<b>Fight/Flight</b>	<b>Hyper Freeze</b>	<b>Hypo Freeze</b>
<b>Primary Experience</b>	Shutdown, Depression	Safety, Social engaged	Ready to act	React to danger	Overloaded	Collapse, Numb
<b>Body Response</b>	Low energy, slowed body	Relaxed, steady rhythm	Energized, focused	High arousal, tense body	Rigid, panicked	Flaccid, shutdown
<b>Emotional Tone</b>	Numb, sad, withdrawn	Clear, connected, at peace	Interested, engaged, curious	Fear, anger, urgency	Terror, frozen in fear	Empty, detached, despair
<b>Therapeutic Focus</b>	Gently activate energy	Maintain connection	Channel energy	Ground, create safety	Contain, stabilize	Emergency support

Emotion Regulation Chart Simplified

# Pillar Two



# HeartMath®/ Neurocardiology

---

- The heart is more than a pump — it has 40,000 sensory neurites that form neural networks, storing wisdom, judgment, and even memory.
- Science shows the heart communicates with the brain, shaping emotion, decision-making, and resilience.
- Heart–brain coherence (a balanced rhythm between heart and brain) produces peace in the body, clarity in the mind, and safety in relationships.
- As we regulate heart rate variability, we not only calm the nervous system but radiate peace to others.
- Scripture affirms this: “Above all else, guard your heart, for everything you do flows from it” (Proverbs 4:23).



## Our incredible heart:

- ▶ Beats 101,000 times a day
- ▶ Circulates an astonishing 1,900 gallons of blood
- ▶ Through 60,000 miles of blood vessels, arteries, and capillaries (Braden, 2015).





# Proverbs 3:5

Trust in the LORD  
with all your heart,  
and do not lean on  
your own understanding.

HeartMath teaches connecting with the heart's intuitive intelligence to find inner guidance. This verse highlights the value of heart-centered wisdom



## Proverbs 4:23 (NIV)

**"Above all else, guard your heart, for everything you do flows from it."**

This aligns with HeartMath's idea that the heart is a central organizing force. Guarding the heart reflects intentional regulation of emotional energy and coherence.





Imaging showing the sensory neurites (in yellow) which comprise the Little Brain of the heart

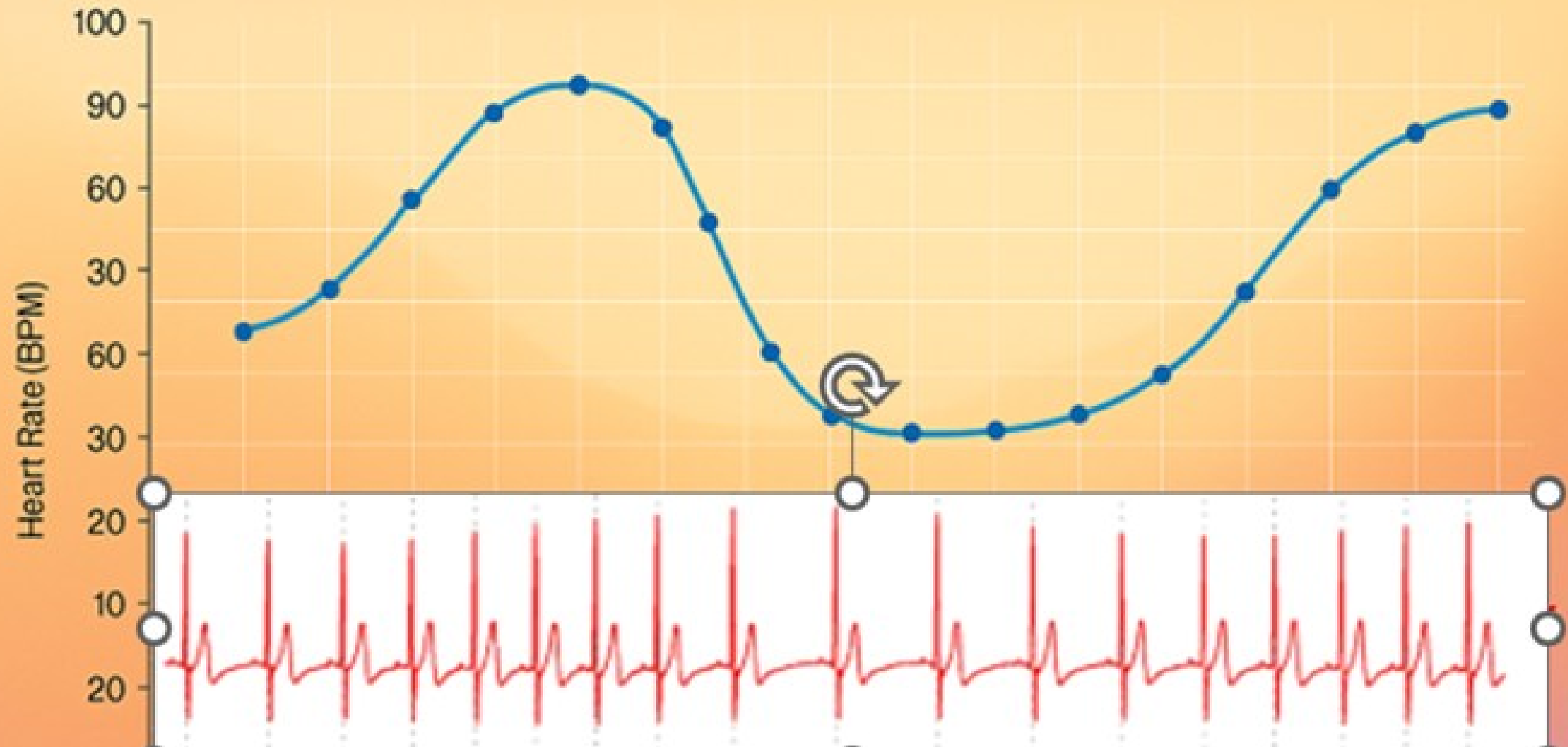
# The heart's “little brain” can:

Act **independently** of the cranial brain to think, learn, and remember.

Act **in harmony** with the brain to give us the benefit of a single and potent network shared by both the heart and the brain (Braden, 2015).



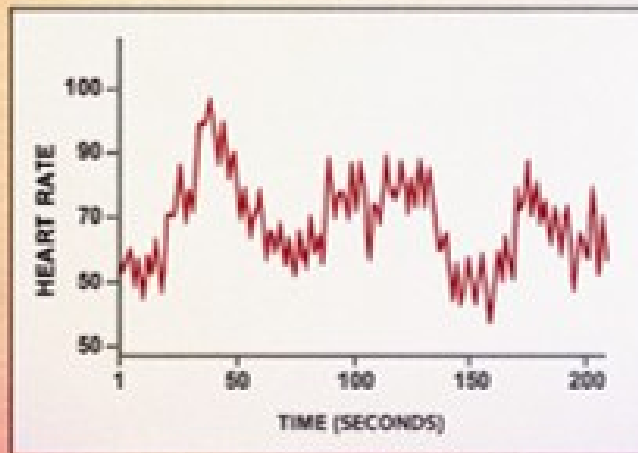
# Heart Rate Variability: The Heart's Rhythm



# Emotions and Heart Rhythms

## Incoherence

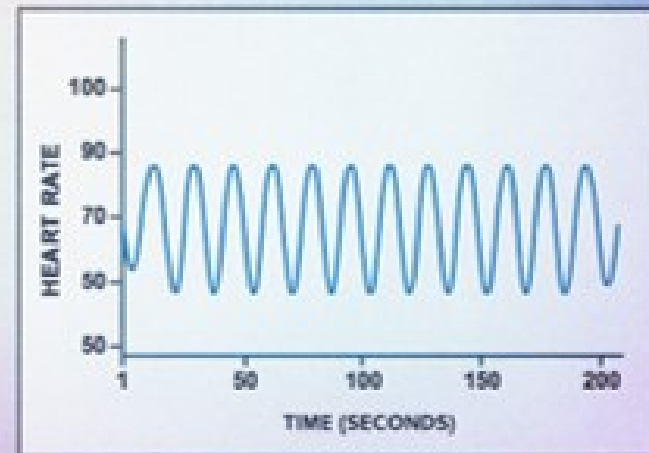
frustration, irritation, impatience,  
worry



Inhibits brain function –  
impairs performance

## Coherence

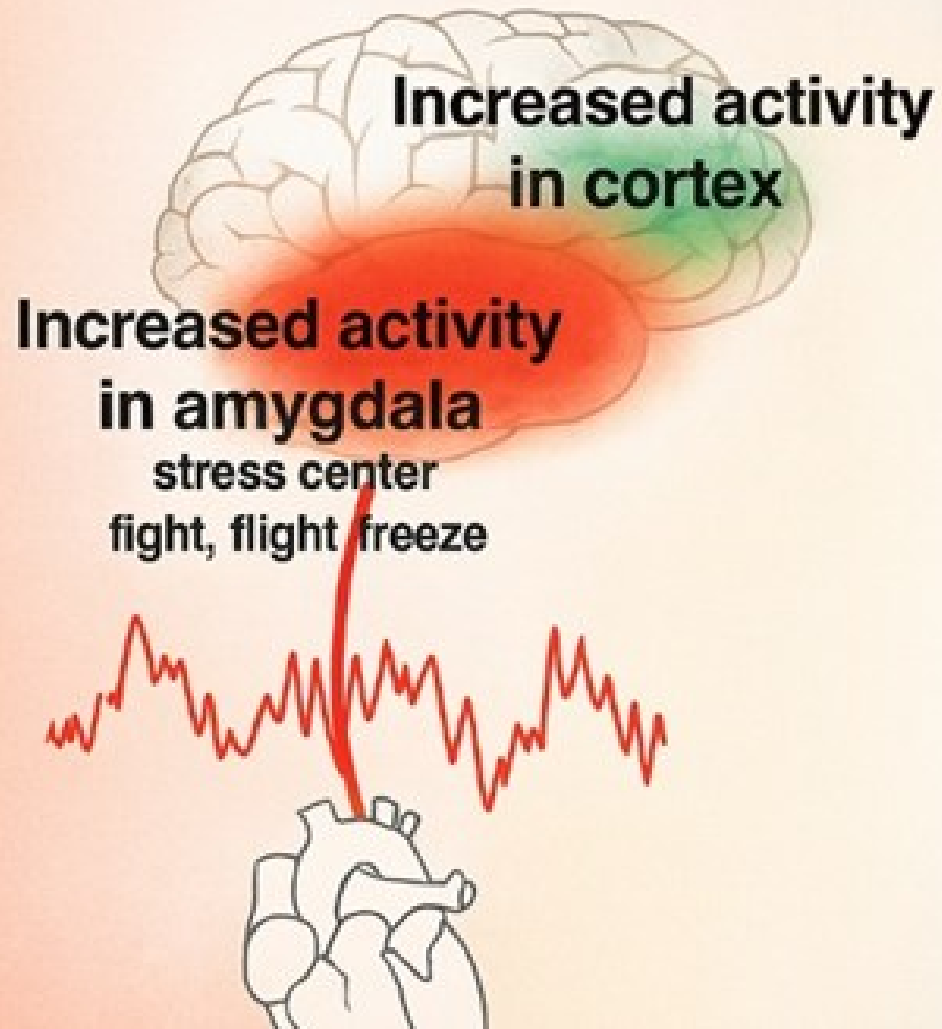
appreciation, calm, patience, confidence



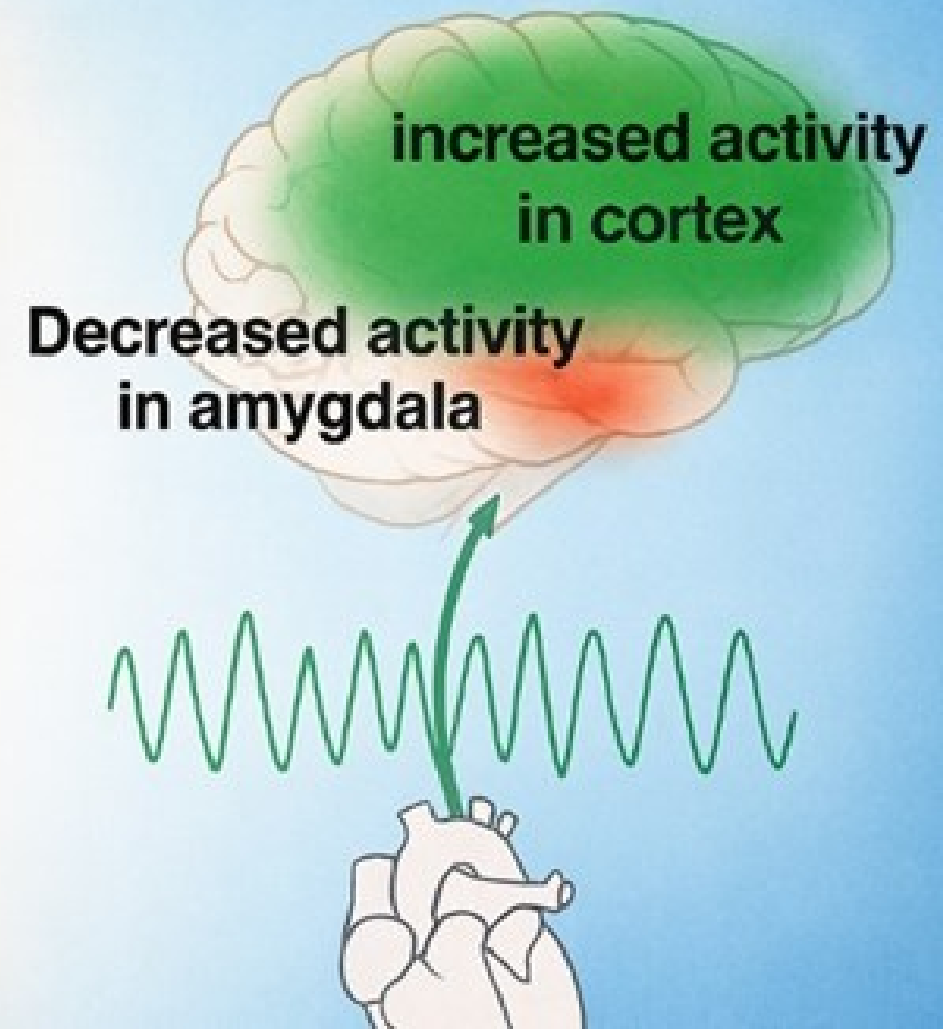
Facilitates brain function – promotes  
optimal performance

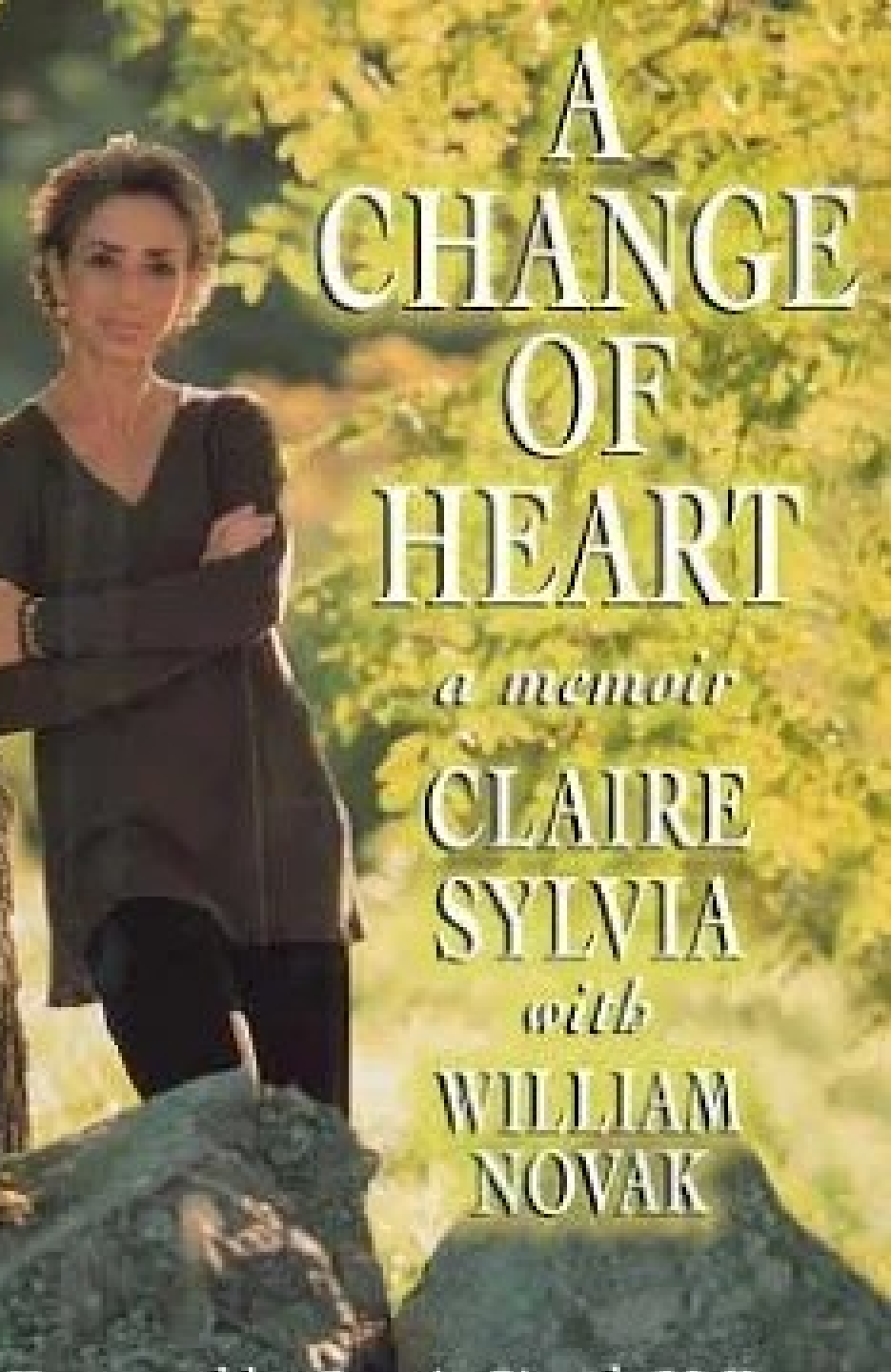


## Cortical Inhibition



## Cortical Facilitation





# A CHANGE OF HEART

*a memoir*

CLAIRE  
SYLVIA

*with*

WILLIAM  
NOVAK

## Stories of the Heart:

- **Clare Sylva**, a professional dancer, in 1998 received the heart and lungs of a young man, Tim, who died in a motorcycle accident.
- Not long after the transplant, she began to crave new foods such as **chicken nuggets and green peppers** and was specifically drawn to KFC to satisfy her cravings.
- She was able to eventually visit the parents of this young man and discovered that **Tim precisely loved the same kinds** of foods that she was now craving.
- Clare had acquired her cravings through the phenomenon of **memory transference** which has become an area of serious study and eventual acceptance.

Please click below for Dr. Braden's enticing discussion:

<https://youtu.be/Hir6l-RfOiY>

Paul Pearsall, Ph.D.  
*Author of the New York Times bestseller  
The Pleasure Principle*

Tapping the Wisdom and Power of Our  
Heart Energy

# The Heart's Code



The New Findings About  
Cellular Memories and  
Their Role in the Mind/  
Body/Spirit Connection

## Stories of the Heart

- In 1999, Dr. Paul Pearsall, a neuropsychologist, in The Heart's Code wrote about an 8-year-old little girl who received a heart from a 10-year-old girl.
- Almost immediately after the surgery, she started having vivid nightmares of being chased, attacked, and murdered.
- Her mother arranged a consultation with a psychiatrist who after several sessions concluded that she was witnessing actual physical incidents.
- They decided to call the police who used the detailed descriptions of the murder (the time, the weapon, the place, the clothes he wore, and what the little girl he killed had said to him) given by the little girl to find and convict the man in question.

Please click below for Dr. Braden's enticing discussion:

<https://youtu.be/Hir6I-RfOiY>



# The Heart Lock-In® Technique

## Step 1: Center and Breathe



- Focus your attention on your heart area
  - Imagine your breath flowing in and out through your heart or chest
- 
- Keep the in-breath shorter, drawing in energy and life. Some find it meaningful to imagine they are breathing in the breath of God
  - Let the out-breath be longer than the in-breath. This engages the parasympathetic nervous system and fosters relaxation, calm, and peace

## Step 2: Focus on Regenerative Feelings

- While maintaining this rhythm, shift your attention to feelings of gratitude, appreciation, love, care, or compassion
- Hold your focus there
- Allow yourself to fully experience these emotions as they grow stronger and more stable in your heart

## Step 3: Radiate and Receive

- With each in-breath, take in those renewing feelings. Allow yourself to be filled with love, compassion, appreciation
- With each out-breath, send those feelings outward, radiating care, compassion, and love to yourself and to others



MANAGER

# Pillar Three

FIREFIGHTER

INTERNAL



CRITIC

# Internal Family Systems (IFS)

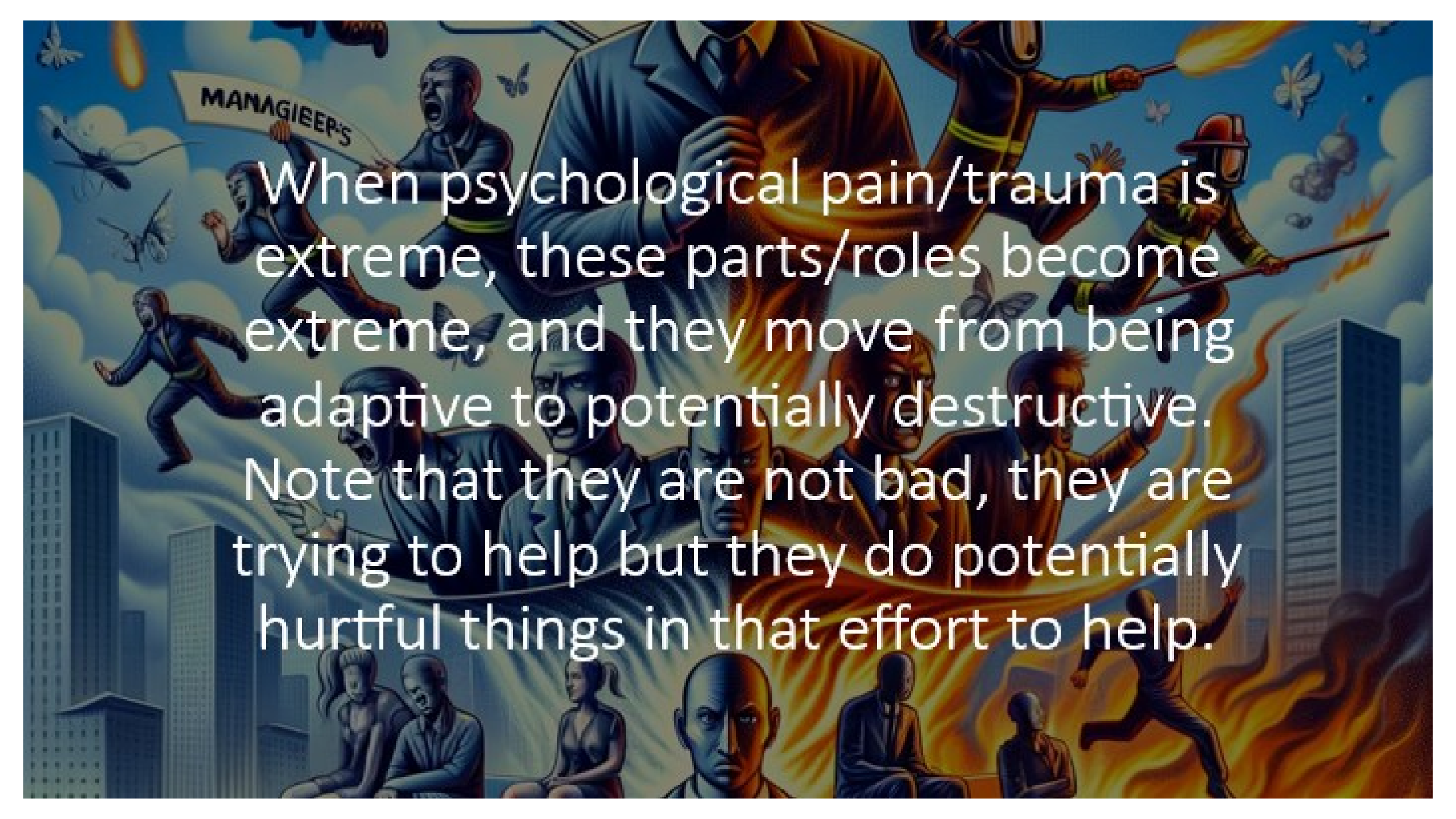
- Trauma fragments the soul into 'parts':
- Exiles – carry pain and shame.
- Managers – control to keep pain hidden.
- Firefighters – rush to numb pain with addictions or distractions.
- Inner critic – shames and condemns.
- IFS provides a map to make sense of these defenses.
- At the core, it's about returning to the true Self, which in Christian terms is aligned with the Holy Spirit.
- The “Eight C’s” of IFS (calm, clarity, curiosity, compassion, confidence, courage, creativity, connectedness) resonate with the fruit of the Spirit in Galatians 5:22–23.
- Healing is not erasing parts, but redeeming them under Christ’s Lordship.



Manager  
Exile  
Firefighter

---





When psychological pain/trauma is extreme, these parts/roles become extreme, and they move from being adaptive to potentially destructive. Note that they are not bad, they are trying to help but they do potentially hurtful things in that effort to help.



# Treating a System, Not a Symptom

## Managers

- Stabilize/Improve
- Future-oriented
- Proactive
- Over-identified

## Firefighters Distracters

- Avoid/Soothe
- Present-oriented
- Reactive
- Reject/Concealed

**SELF**

## Exiles

- Absorb Energy
- Past-oriented
- Overwhelming
- Repress/Ignore

Cese Sykes notes that in IFS, we treat a **system**, not a **symptom**.





# IFS Exiles

Exiles hold deep emotional pain and trauma.

They are protected by managers and firefighters to avoid pain.

Healing exiles is a goal for reintegration and relief.

Represent vulnerability and sensitivity.

Need acknowledgment and compassion for healing.

Healing transforms their roles for positive contributions.

Facilitates leadership by the Self, promoting calm and clarity.

Crucial for overall mental health improvement.

# IFS Firefighters

**Intervention:** Firefighters act quickly to extinguish emotional pain or discomfort from exiled parts.

**Distraction:** They often employ distracting behaviors to pull attention away from distress.

**Impulsivity:** Firefighter responses can be impulsive and may include behaviors like substance abuse, binge-eating, or overworking.

**Intensity:** Their actions are usually more extreme and can be disruptive to everyday functioning.

**Short-term relief:** The focus is on immediate relief rather than long-term solutions.

**Protection:** Their primary goal is to protect the psyche from feeling the pain of wounded exiled parts.

**Conflict:** Firefighters can be in conflict with Managers, as their strategies often oppose the Managers' approaches to control and order.





# INNER CRITIC

A harsh inner voice  
that criticizes and  
devalues, keeping  
you in check but  
potentially  
going too far.



The background of the slide features a warm, golden sunset or sunrise scene. In the lower center, a hand is visible, holding a small, white, rounded object, possibly a piece of clay or a small stone, with the fingers gently cupping it. The overall atmosphere is peaceful and contemplative.

# The 8 Cs in IFS

**Calmness:** The ability to maintain a sense of inner peace and tranquility.

**Curiosity:** A non-judgmental interest in understanding one's internal experiences and parts.

**Clarity:** The ability to see situations and internal parts with clearness and understanding.

**Compassion:** A deep caring and empathy for oneself and one's parts, even those in pain or causing problems.

**Confidence:** A strong belief in oneself and the ability to handle what comes up inside.

**Courage:** The bravery to confront painful and challenging parts or memories.

**Creativity:** The innovative and imaginative energy to heal and transform one's parts.

**Connectedness:** A sense of being in harmony with all parts and feeling connected to others.

For some faith-oriented people,  
IFS's 8 Correspond nicely to Galatians 5:22-23



Fruits of the Spirit:

Love  
Joy  
Peace  
Forbearance  
Kindness  
Goodness  
Faithfulness  
Gentleness  
Self-control



**PILLAR FOUR**  
**SPIRITUALITY**  
**AND FAITH**





# Spirituality & Faith in Christ

- Science can explain wounds, but only Christ redeems them.
- Developmental trauma etches negative core beliefs into the default mode network (I'm not lovable, I'm not valuable, I don't matter).
- These become filters shaping every perception and relationship — a destructive confirmation bias.
- Scripture rewrites the truth:
- “I have loved you with an everlasting love” (Jeremiah 31:3) → You are lovable.
- “You are worth more than many sparrows” (Luke 12:6–7) → You are valuable.
- “See what great love the Father has lavished on us... that we should be called children of God!” (1 John 3:1) → You matter.
- Faith is the anchor: science shows neuroplasticity, but God provides the new story.
- “If anyone is in Christ, the new creation has come: The old has gone, the new is here!” (2 Corinthians 5:17).

# PROTECTIVE FACTORS OF SPIRITUALITY



Adolescents raised in a spiritual environment were 80% less likely to experience substance dependence or addiction.

They were 60% less likely to develop Major Depressive Disorder.

Girls were 70% less likely to engage in sexual risk taking.

Spiritual adolescents were 50% less likely to experience suicidality.

# Spirituality as a Powerful Protective Factor

Based on Dr. Lisa Miller's research

Children and adolescents raised with meaningful spiritual or religious involvement experience strong mental health protection:

- ✓ **80%** less likely to develop substance dependence or abuse
- ✓ **70%** less likely to engage in sexual risk-taking (in girls)
- ✓ **60%** less likely to develop Major Depressive Disorder
- ✓ **50%** less likely to experience suicidality

“Spiritual development is not just good for the soul, it's powerfully protective for the mind.”

— Dr. Lisa Miller



# Emotional Frequencies and Health

## Unresolved Toxic Shame **Kills** US!

(Hawkins, 2014; 2020)

### Shame (20) and guilt (30)

are seen as the heaviest emotions and are the lowest in energy where we feel contracted and stuck.

In contrast, emotions like **love (500)** and **joy (540)** are lighter, with more energy and movement, creating a sense of openness and lightness.



700+	Enlightenment
600	Peace
540	Joy
500	Love
400	Reason
350	Acceptance
310	Willingness
250	Neutrality
200	Courage
175	Pride
150	Anger
125	Desire
100	Fear
75	Grief
50	Apathy
30	Guilt
20	Shame

# The Bottom Line

Trauma may write its scars on our bodies, but Christ rewrites our story. Trauma may have stolen years, but Christ restores eternity. We are not defined by our wounds—we are defined by His victory.

