
Your Brain -
A Gift From the
Creator of the
Universe

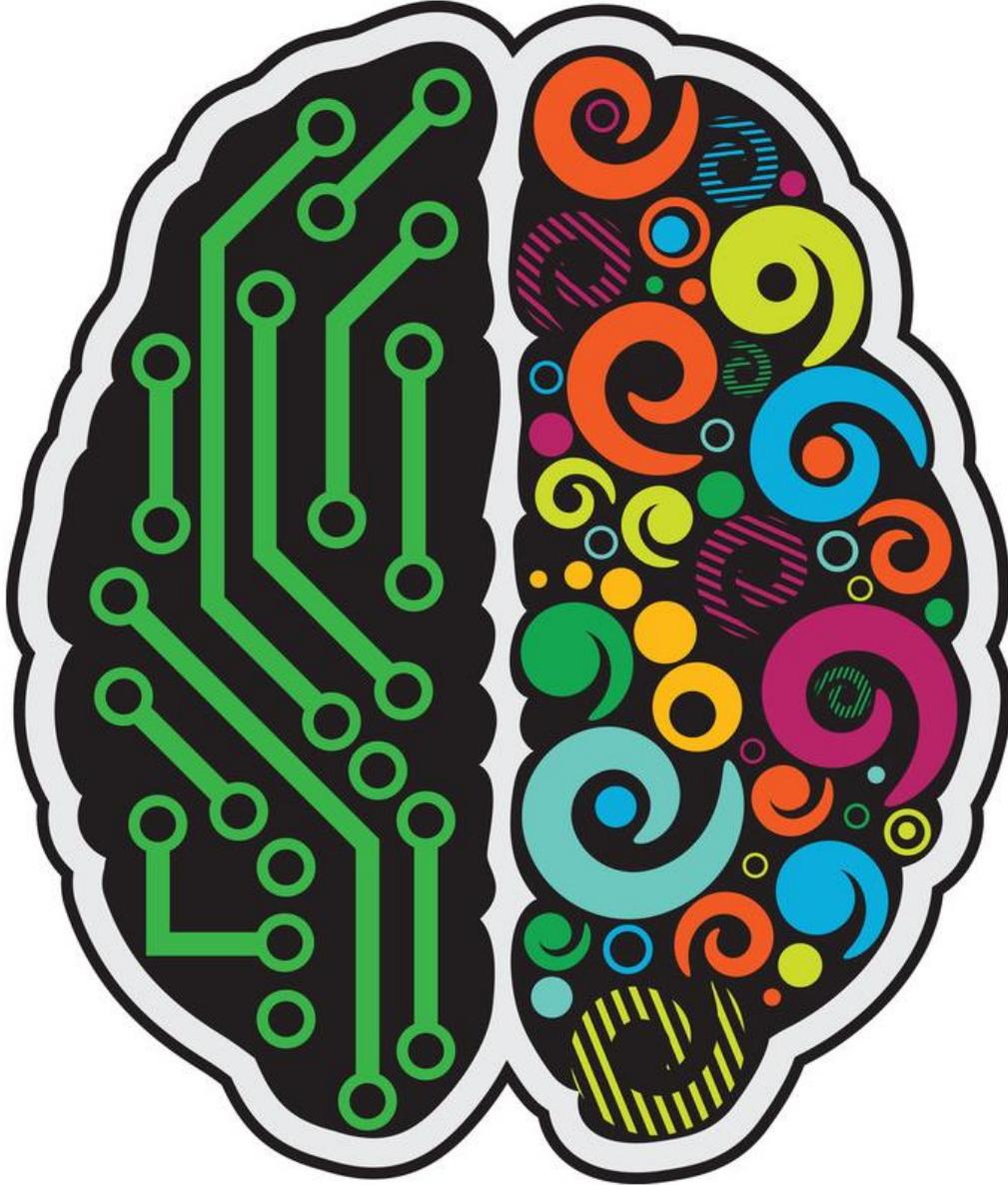
Luke 4:18 Ministries





Peaceful appreciation

A moment of grace

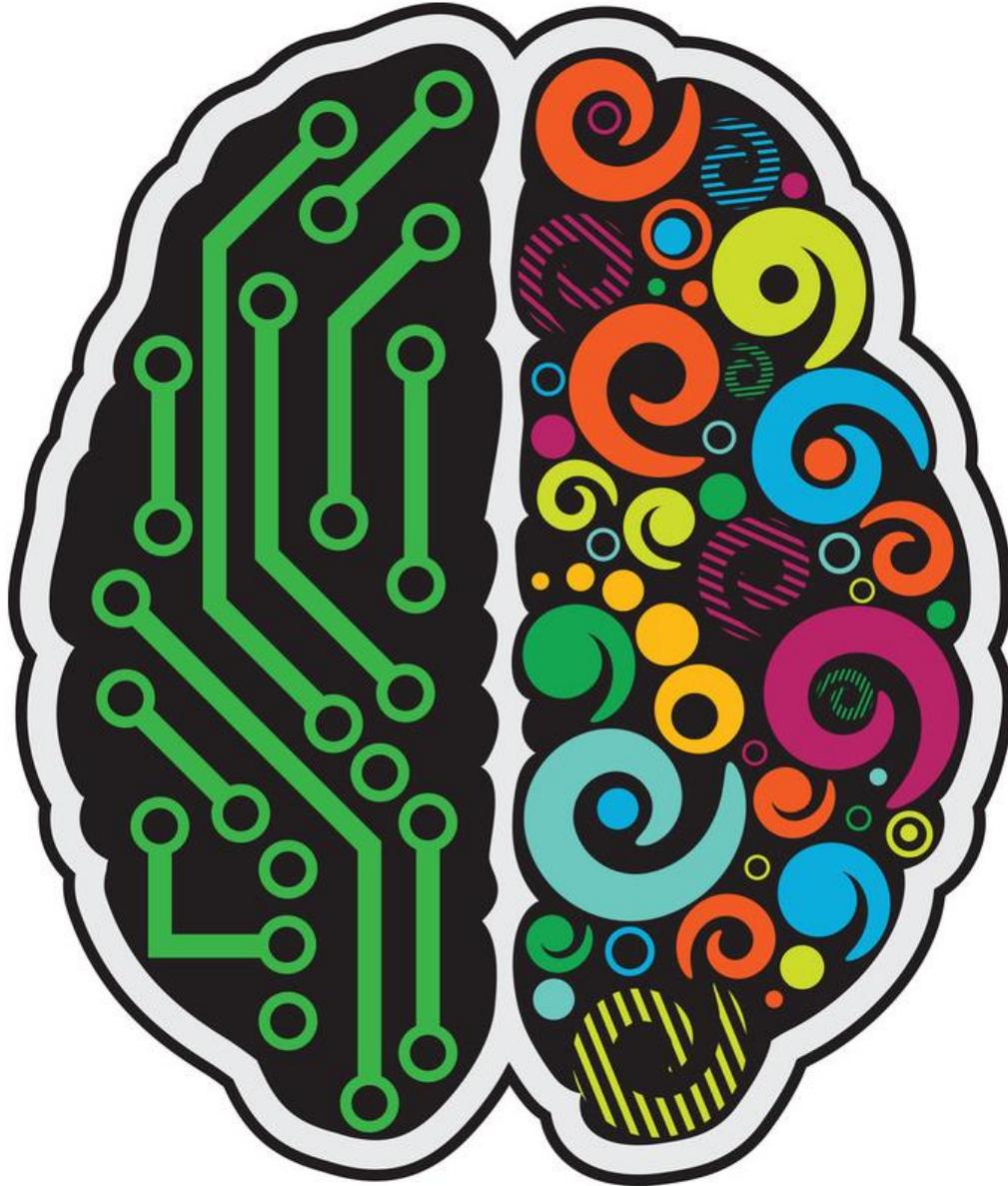


Your Brain

Have you
given it much
thought?

“Of all the objects in the universe, the Human Brain is the most complex. There are as many neurons in the brain as there are stars in the Milky Way Galaxy.”

Discover Magazine, Sept. 2007



God's thoughts on the brain:

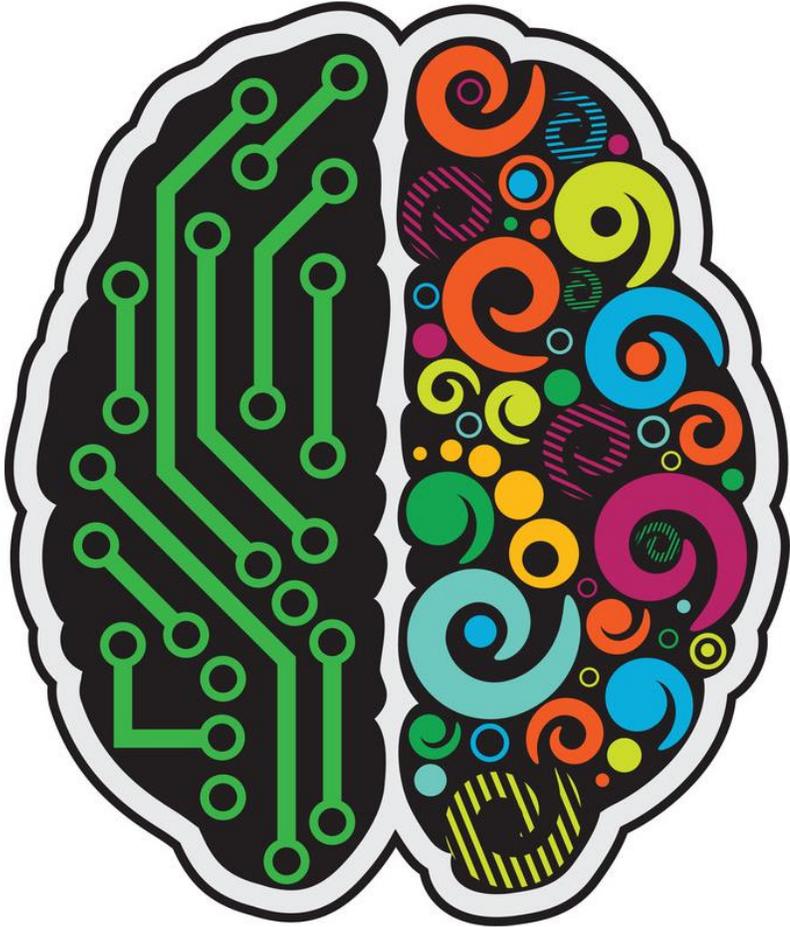
“You will keep him in
perfect peace, him
whose mind is
steadfast, because he
trusts in you.”

Isaiah 26:3

Romans 12:2 (TPT)

Stop imitating the ideals and opinions of the culture around you, but be inwardly transformed by the Holy Spirit through a total reformation of how you think. This will empower you to discern God's will as you live a beautiful life, satisfying and perfect in his eyes.

General Aspects of the Brain



- Has a joy center
- Fetal biochemistry; joy can be built all your life
- Syncs with caregivers, peaking at 9 months
- Each side has different functions:
 - Left: Verbal, logical
 - Right: Expressive, where trauma resides

Taking Sides

Left

Computational

Logical

Verbal

Analytical

Language

Sequential

Linear

Factual

Runs at 4-5 cycles/second

Right

Creative, artistic

Imaginative

Non-verbal

Emotional

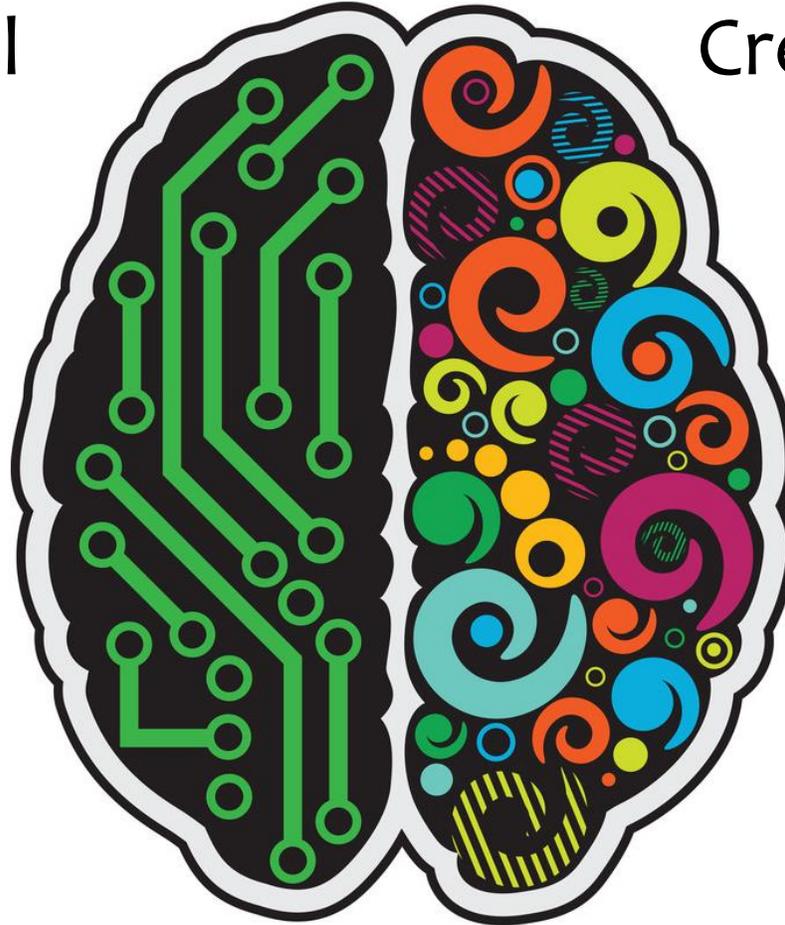
Visual

Intuitive

Melodious

Daydreaming

Runs at 6 cycles/second



I AM THE
LEFT BRAIN

Decisive!
011001011 LOGIC

Accurate
ANALYTIC

REASON
1 2 3 4 5 6 7
2 4 5 8 9

PRACTICAL
Strategic

CONTROL

SCIENCE
Realistic
Brain

WWW.CARTOONADAY.COM

I AM the
Right BRAIN!

Intuition
& Love
Love Love
thou art
Poetry

FREEDOM

Passion
vivid

creative

YEARNING

PEACE



The Goal of Infancy

- Growing a synchronized self that moves with body rhythms and fits well with the people around him.
- At 3 months the prefrontal cortex starts growing and copying what it sees the mother doing. The brain actually forms chemically on the basis of the mother's brain and what the baby receives.
- A baby becomes what he receives.

Needs - Birth through 3 Years

- Strong, loving caring bonds with parents
- Important needs are met without asking
- Others take the lead and synchronize with him first
- Quiet together time
- Help regulating distress and emotions
- Be seen through the “eyes of heaven”
- Receives and gives life

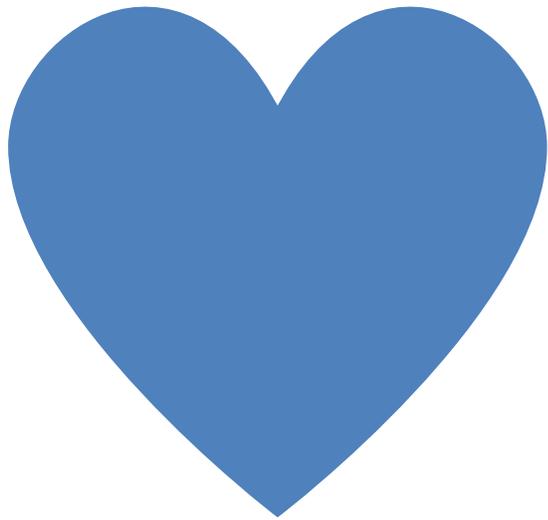
Tasks - Birth through 3 Years

- Receiving with joy
- Learns to synchronize with others
- Organizes himself into a person through imitation
- Learns to regulate and quiet every emotion
- Learns how to return to joy from every emotion
- Learns to be the same person over time
- Learns self-care skills
- Learns to rest

Building Joy



What About Returning to Joy?



What are those six major emotions we mentioned?

1. Fear
2. Anger
3. Shame
4. Disgust
5. Sadness
6. Hopeless Despair

Critical Periods of Brain Development

2-9 months

Mother Core

6-12 months

Joyful identity develops

2-3 years

Library of conscious emotions comes on-line

5-6 months

Theory of self/
mind sight

12-18 months

Learns to return to
joy from bad emotions

3-4 years

- 2 sides of the brain become attached
- Can now use words to change how the child feels!

God's Thoughts

“A joyful, cheerful heart brings healing to both body and soul.

But the one whose heart is crushed struggles with sickness and depression.”

Proverbs 17:22 TPT



Jim Wilder's Definition of Joy

“Someone is
glad to be
with you.”



Joy is:

- Core of how our brain wants to learn
- Basis for strong and secure attachments
- Basis for better brain development during first 2 years
- Only emotion infants seek on their own!
- The way to grow and strengthen relational bonds



The greater the
joy, the greater
our capacity to
handle distress
and trauma.

Joy can be built in
our brains during
our entire
lifetime!



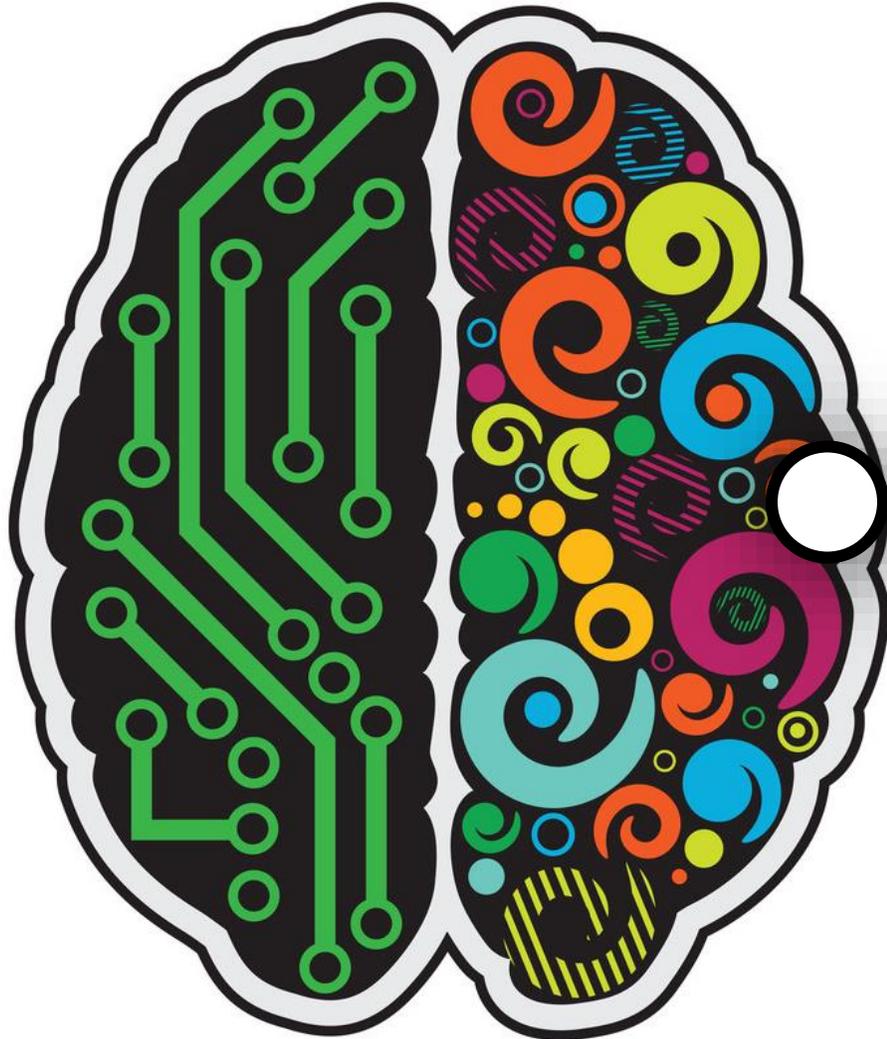
Daddy Building Joy



A close-up photograph of a person's hand holding a yellow hard hat and a rolled-up white blueprint. The person is wearing a blue denim shirt. In the background, a large building is under construction, with a complex network of steel beams and yellow support columns. The scene is brightly lit, suggesting a sunny day.

Let's Build a Brain!

Overview of the Command Center



- Located in the right hemisphere
- Always in charge
- Shuts down other areas of the brain when under high stress
- Develops during first 24 months of life
- 4 Levels:
 - Thalamus
 - Amygdala
 - Cingulate Cortex
 - Right Orbital Prefrontal Cortex

LEFT SIDE

RIGHT SIDE

Conscious / Voluntary

Subconscious / Involuntary

1

Attachment & Pleasure Center

- Notes what's **personal or important** to me
- Gets us attached or bonded

LEFT SIDE

RIGHT SIDE

Conscious / Voluntary

Subconscious / Involuntary

2

Fear Center: Keeps us safe

- **Evaluates** as either: good, bad or scary
- **Good?** Engage. Go to level 3
- **Bad? Scary?** Flight, flight, freeze, appease

1

Attachment & Pleasure Center

- Notes what's **personal or important** to me
- Gets us attached or bonded

LEFT SIDE

RIGHT SIDE

Conscious / Voluntary

Subconscious / Involuntary

3

Relational Quality: Synchronizing Center

- Wants to **share** experiences, to be **with**
- Synchronizes all other functions

2

Fear Center: Keeps us safe

- Evaluates as either: good, bad or scary
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1

Attachment & Pleasure Center

- Notes what's **personal or important** to me
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LEFT SIDE

RIGHT SIDE

Conscious / Voluntary

Subconscious / Involuntary

4

Identity Center: Who we are

- Stimulated by joy; can always grow
- How I feel about how I handle things
- Defined by how others see us
- Wants models for how to be

3

Relational Quality: Synchronizing Center

- Wants to **share** experiences, to be **with**
- Synchronizes all other functions

2

Fear Center: Keeps us safe

- Evaluates as either: good, bad or scary
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1

Attachment & Pleasure Center

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- Gets us attached or bonded

LEFT SIDE

RIGHT SIDE

5

Belief Center: Language

- We can talk about it
- Rational belief, logic, reasoning
- Name, explain, analyze
- Only changes beliefs when right side is activated

Conscious / Voluntary

Subconscious / Involuntary

4

Identity Center: Who we are

- Stimulated by joy; can always grow
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1

Attachment & Pleasure Center

- Notes what's **personal or important** to me
- Gets us attached or bonded

What we've learned so far: Brain facts to remember

Left Side

vs.

Right Side

Verbal and logical, always explaining everything happening right in front of it

Center for stories, as well as anxiety and guilt

Very resistant to change

If no information is received from the right side, the left side simply makes things up to explain

Houses both the joy and command centers of the brain

Maximum growth ~ 9mo.

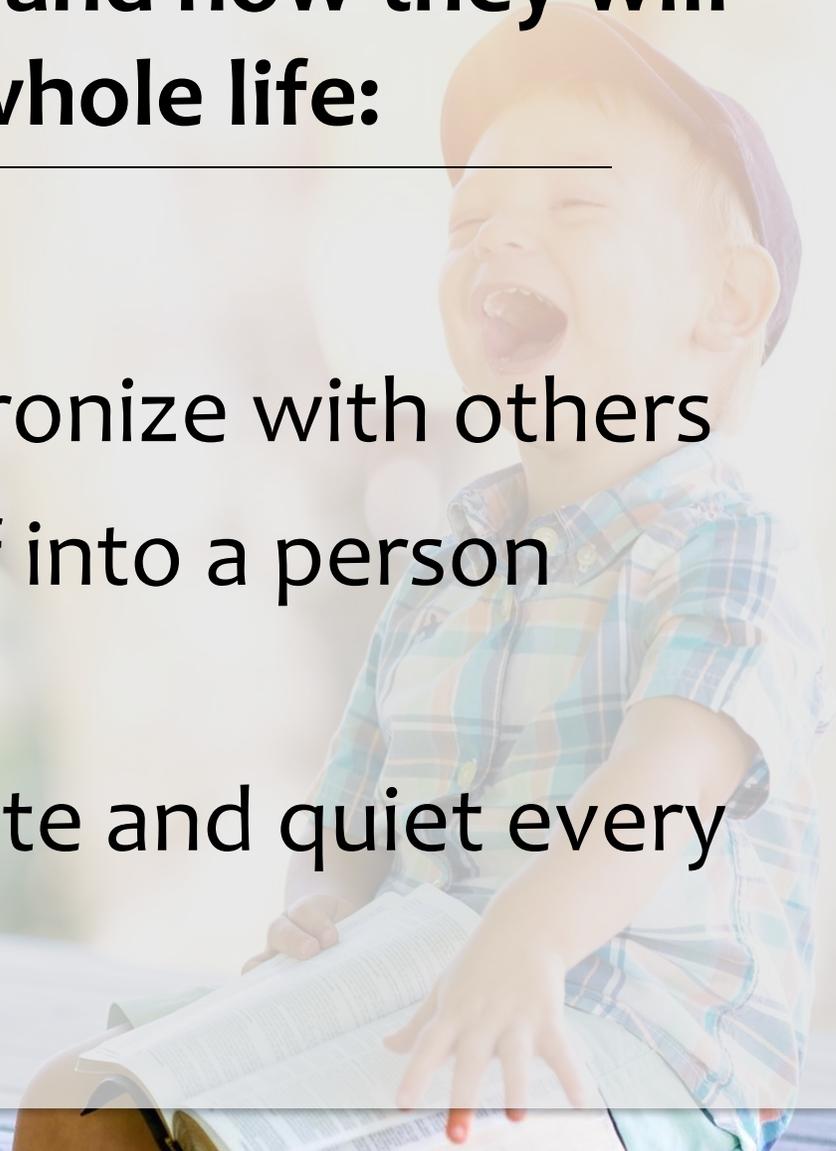
Defines “you” as “you”

Non-verbal, noticing everything and responding to tone and facial expressions

Houses the cingulate cortex, which is the “Mother Core”

So think about those key tasks that the baby needs to learn and how they will affect her whole life:

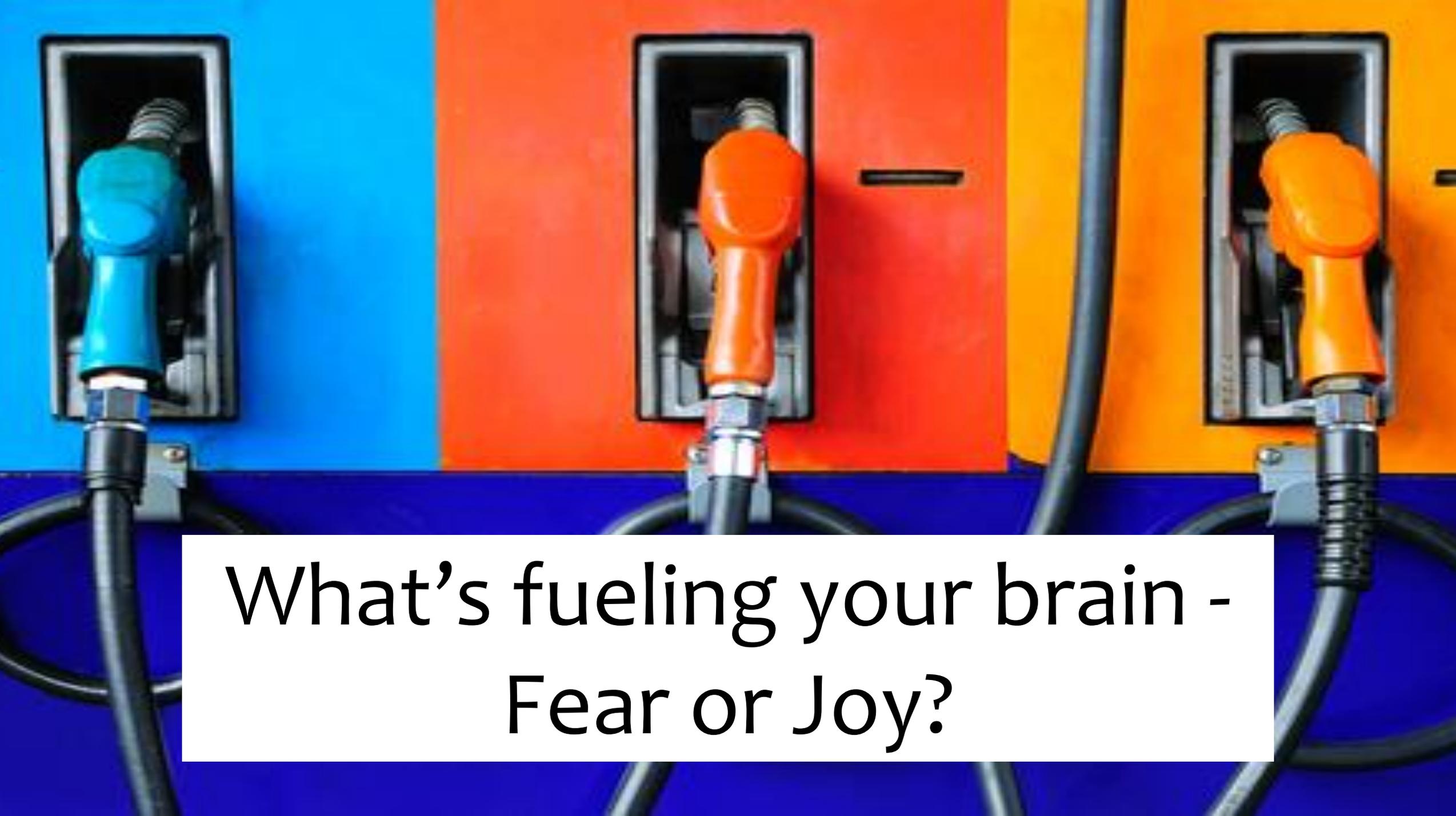
- Receiving with joy
- Learning to synchronize with others
- Organizing herself into a person through imitation
- Learning to regulate and quiet every emotion



Key tasks that the baby needs to learn, cont.

- Learning how to return to joy from every emotion
 - Learning to be the same person over time
 - Learning self-care skills
 - Learning to rest
-

What does that mean as a person grows up? When trauma comes, what happens if one has a full joy bucket or an empty one?

The image shows three gas pumps in a row, each with a different colored nozzle. The first pump on the left has a blue nozzle and is set against a blue background. The middle pump has an orange nozzle and is set against an orange background. The third pump on the right has a yellow nozzle and is set against a yellow background. The pumps are connected to black hoses. A white text box is overlaid on the bottom half of the image.

What's fueling your brain -
Fear or Joy?



The Brain in Trauma and Fear

**A double-minded man
is unstable in all his
ways.**

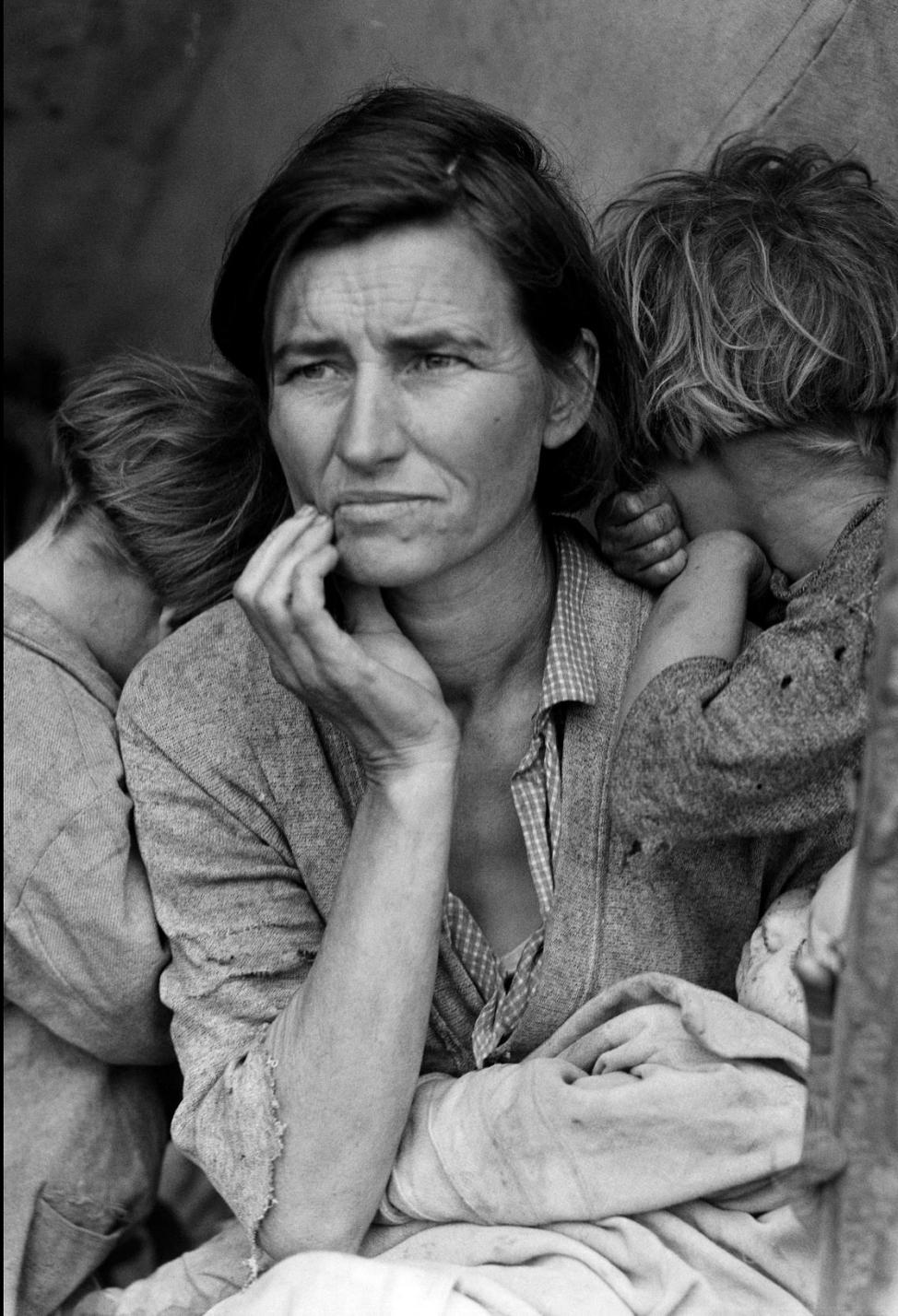
James 1:8

**“For God did not give
us a spirit of fear, but
of power, love and
self-discipline.”**

2 Timothy 1:7



**Traumas can
inhibit brain
development
and
overwhelm
capacity**



Type A Trauma

Absence of Good Things

- Abandonment, rejection, malnutrition, isolation, lack of love, lack of encouragement
- Inhibits the development of capacity
- Develops insecurity attachments
- Impacts brain structures where strong emotions are handled

Type B Trauma

Bad Things That Happen

- Actions against you, betrayal, abuse, humiliation, even “first person shooter” video games
- Overwhelms existing capacity
- Seriously impacts “memory” area



Type B Trauma, Cont.

- Brain protects with amnesia/instant forgetting of the trauma after age 3
- Can take a long time to heal
- Therapy can help heal





Fractures of the soul



Fractures of the mind

BONDING – What is it?

- **Simply the process of forming an attachment.**
- **Bonding is using our emotional glue to become connected.**
- **It is genetically determined.**
- **Infants depend on an adult for survival and attachment/bond is crucial to that survival.**

BONDING – How does it work?

- **An emotionally and physically healthy mom will be drawn to her infant.**
- **Mom wants to smell, cuddle, rock, coo and gaze at baby.**
- **The baby will respond with snuggling, smiling, clinging.**
- **There's a very fast reciprocal loop established as they gaze at one another.**
- **Both JOY buckets get filled up.**

Bonding Experiences Involve:

- **Time together**
- **Face to face interactions**
- **Eye contact**
- **Physical proximity – touch, smell, sound, taste**



The Attachment Center

- **The attachment center lies at the foundation for every other area of the brain that is responsible for emotions and relationship. It builds a foundation for the ability to feel—but not become stuck in negative emotions such as sadness, anger, fear or shame. When the attachment center is not working well, our ability to make decisions— and live from the hearts Jesus gave us is impaired. Life is painful, filled with anxiety and dominated by feelings of loneliness, shame, fear, isolation and sadness. Even our cognitive functioning is impaired.**

The Attachment Center

- **God created the attachment center to attach to him and others in joy-filled and mutually fulfilling relationships. He designed us so that our entire brain functions best in joyful, honest and loving relationships. Without these attachments, the attachment center, and the entire brain function in a state of ongoing emotional and cognitive distress.**

The Attachment Center

- **In this state of distress, and absence of secure attachment, the brain's attachment center will “latch onto” anything that provides a sense of connection and pleasure. This complex neurochemical process takes without our conscious awareness. All we are aware of is that for some reason, we feel better—or at least don't feel quite so bad. The problem is that once the attachment center attaches to someone or something, it does not want to let go, and begins to rely on the attachment to help regulate emotions and pleasure in the brain. When these attachments grow, they literally hijack the attachment center—and the entire brain.**

A photograph of two young women with long, wavy blonde hair hugging each other on a beach. They are seen from behind, looking out at the ocean. The woman on the left is wearing a light pink hoodie, and the woman on the right is wearing a grey jacket. The background shows a sandy beach, the blue ocean, and a line of trees under a bright sky. The text "Does this sound a lot like addiction?" is overlaid in the center of the image.

Does this sound a lot like addiction?

What is Addiction?

- **We like to describe addiction as “An attachment to a Behavior, Event, Experience, Person or Substance (BEEPS) that is used to regulate emotion, increase pleasure or decrease pain.” BEEPS is a very useful concept, because it describes the neurochemical process of attachment that is at the root of all addictions. In addition, BEEPS can have a variety of forms. To the attachment center of the brain, Sex, Food, Work, Performance, Alcohol, Drugs, Gambling or Thrill-Seeking Behaviors can all help change how we feel, decrease pain or increase pleasure. Once the brain has attached to BEEPS and is using the BEEPS to regulate emotions, pleasure and pain, BEEPS then take on a unique life of their own. In this way, BEEPS literally hijack the attachment center of the brain—and eventually alter the functioning of the entire brain.**

What is Addiction?

- **BEEPS is also useful because it does not stigmatize certain attachments – and excuse others as more “socially acceptable.” To the brain, attachments to work, performance or thrill-seeking behaviors function in the same way as attachments to cocaine or alcohol. The only difference is that attachments to cocaine or alcohol cause secondary problems that are much less socially acceptable, and potentially more destructive. In terms of the ability to have healthy, joy-filled relationships with God and others – the impact of BEEPS causes us all to miss the mark.**

What is Addiction?

- **Lack of secure attachment and the experience of unresolved life trauma can make the brain highly vulnerable to BEEPS. The lack of pleasure and inability of the attachment center to consistently help regulate dopamine (the chemical that helps us feel pleasure) create optimal conditions for BEEPS attachment. Since we are unique individuals, BEEPS may all impact us to varying degrees, and what feels pleasurable to one person may not feel very good to another. But when a poorly developed attachment center encounters a BEEPS that does feel create strong feelings of pleasure, it is much more likely to attach to it.**

What happens when healthy bonding doesn't happen?

- **Developmental delays**
- **Eating disorders, hoarding food**
- **Soothing behaviors – bite themselves, head banging, cooing**
- **Emotional behaviors – anxiety, fear depression**
- **Aggression – Lack of empathy, poor impulse control, rage**

Love Bonds vs. Fear Bonds in Relationships

Love Bonds

Based on love by truth, closeness, intimacy, joy, peace, perseverance, and authentic giving.

Bond is desire driven

Grows stronger both when we move closer and when we move farther away.

We can share both positive and negative feelings.

Fear Bonds

Based on fear by pain, humiliation, desperation, shame, guilt, fear of rejection, abandonment.

Bond is avoidance driven.

Only grows stronger by moving closer or by moving further away.

We cannot share both positive and negative feelings.

Love Bonds vs. Fear Bonds in Relationships, Cont.

Love Bonds	Fear Bonds
Participants on both ends of bond benefit.	Participants on only one end of bond gain advantage.
Truth pervades the relationship.	Deceit and pretending are required.
Continually grow and mature people.	Increasingly restrict and stunt growth.
Operate from the front of the brain and govern “how do I act like myself?”	Operate from the back of the brain and govern “how do I get what I want?”



The Brain on Joy!

**“My heart and soul
explode with joy
—full of glory!
Even my body will
rest confident and
secure.”**

Psalm 16:9 TPT

**“The JOY of the
Lord is your
strength.”**

Nehemiah 8:9

**“For the
kingdom of God
is not a matter of
rules about food
and drink, but is
in the realm of
the Holy Spirit,
filled with
righteousness,
peace, and joy.”**

Romans 14:17 TPT

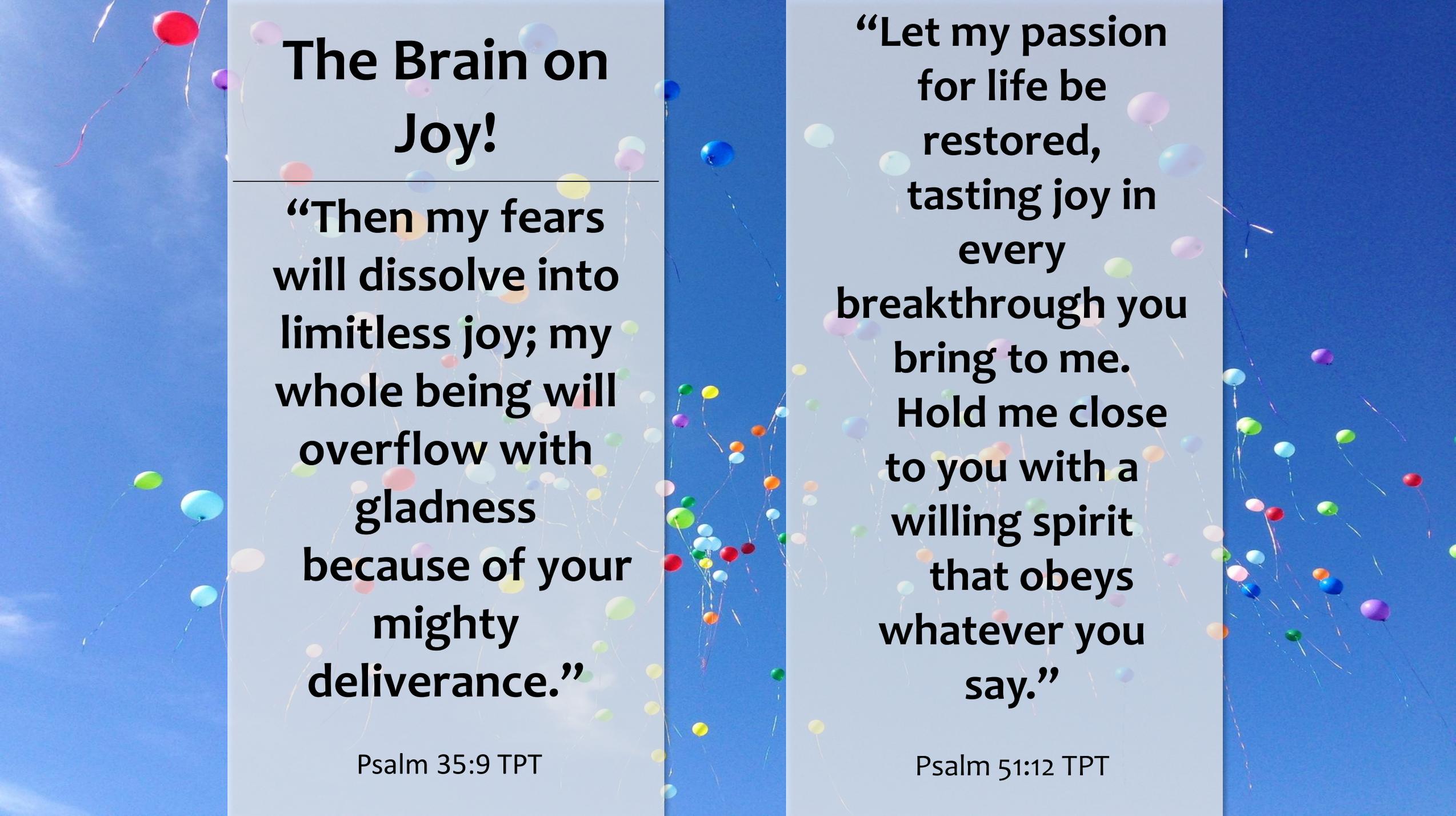
The Brain on Joy!

“As we trust, we rejoice with an uncontained joy flowing from Yahweh!”

Psalm 33:21 TPT

“Gaze upon him, join your life with his, and joy will come. Your faces will glisten with glory. You’ll never wear that shame-face again.”

Psalm 34:5 TPT



The Brain on Joy!

**“Then my fears
will dissolve into
limitless joy; my
whole being will
overflow with
gladness
because of your
mighty
deliverance.”**

Psalm 35:9 TPT

**“Let my passion
for life be
restored,
tasting joy in
every
breakthrough you
bring to me.
Hold me close
to you with a
willing spirit
that obeys
whatever you
say.”**

Psalm 51:12 TPT

The greater the
joy, the greater
our capacity to
handle distress
and trauma.

Joy can be built in
our brains during
our entire
lifetime!





Information

Revelation

Application

Appreciation gets you from the back of your brain to the front, where your brain can explain, verify and comfort.

Joy and a synchronized brain can keep the relationship bigger than the problem!

Joy and Peace walk with righteousness in His Kingdom Realm empowered by Holy Spirit.

How to stay relational with God and man?

But the fruit produced by the Holy Spirit within you is divine love in all its varied expressions:

**joy that overflows,
peace that subdues,
patience that endures,
kindness in action,
a life full of virtue,
faith that prevails,
gentleness of heart, and
strength of spirit.**

Never set the law above these qualities, for they are meant to be limitless. Galatians 5:22-23 TPT

Sources:

Living with Men by Jim Wilder

Rare Leadership by Dr. Jim Wilder

Works and writings of Dr. Jim Wilder

Joy Starts Here by Dr. Jim Wilder and others

Living From the Heart Jesus Gave You by Dr. Jim Wilder