



INTRODUCTION TO TRANSFORMATIONS

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Transformations
Community

What is Transformations?

- We are a community of overcomers and restorers
- Our commission is to face difficult things with the unconditional love of God and see restoration
- Trauma doesn't need to define us
- We get to see the triumph of God's love demonstrated in our own lives and in our community
- A relational approach to wholeness





What Does this Look Like?

- The course – Transformations: Becoming Who You Are
- Weekly and monthly groups for relationship building, processing and overcoming
- Most of our groups are online, but we are building towards a local community and housing for survivors

Knowledge vs. Relationship

- Knowledge is helpful and needed
- However, **the only path to healing is relational** – with God and with people
- There is no escaping this – knowledge does not heal
- We were created for relationship, to love and be loved – this is the only REAL living
- Survivors of trauma tend to isolate in self-protection
- You are brave to consider walking out this journey!

Relationship with God

Often distorted by the images of
our earthly parents

Walls of self-protection also block
out love from God

Many survivors do not trust God
because of what they experienced

Addressing trust issues

Relationship with Self

- Most survivors are disconnected from themselves and are not connected to their spirit and often not their body
- The soul is often fragmented through dissociation
- There may be self-hatred and unforgiveness at various levels





Relationship with Others

- Addressing self-protection and learning to trust through God
- In Scripture we are told not to trust man but to trust in God alone
- However, relationship without trust is impossible
- So how do we walk this out?
- Everything through God – He is our protector/filter

Safety

- Healing doesn't happen when we don't feel safe
- Transformations is NOT a perfect community and there will be triggers, disappointments and hurt
- It is not about avoiding pain, but learning how to process through it in relationship





Addressing Faulty Belief Systems

- Religious systems
- Culture systems
- Educational systems
- Political systems

Who Is a Candidate for Transformations?

- Anyone who has experienced trauma
- “A” traumas are the absence of things we needed such as nurture and bonding
- “B” traumas are the bad things that happened to us such as abuse which may range from emotional, physical or sexual abuse to satanic ritual abuse and mind control





Various Levels of Trauma

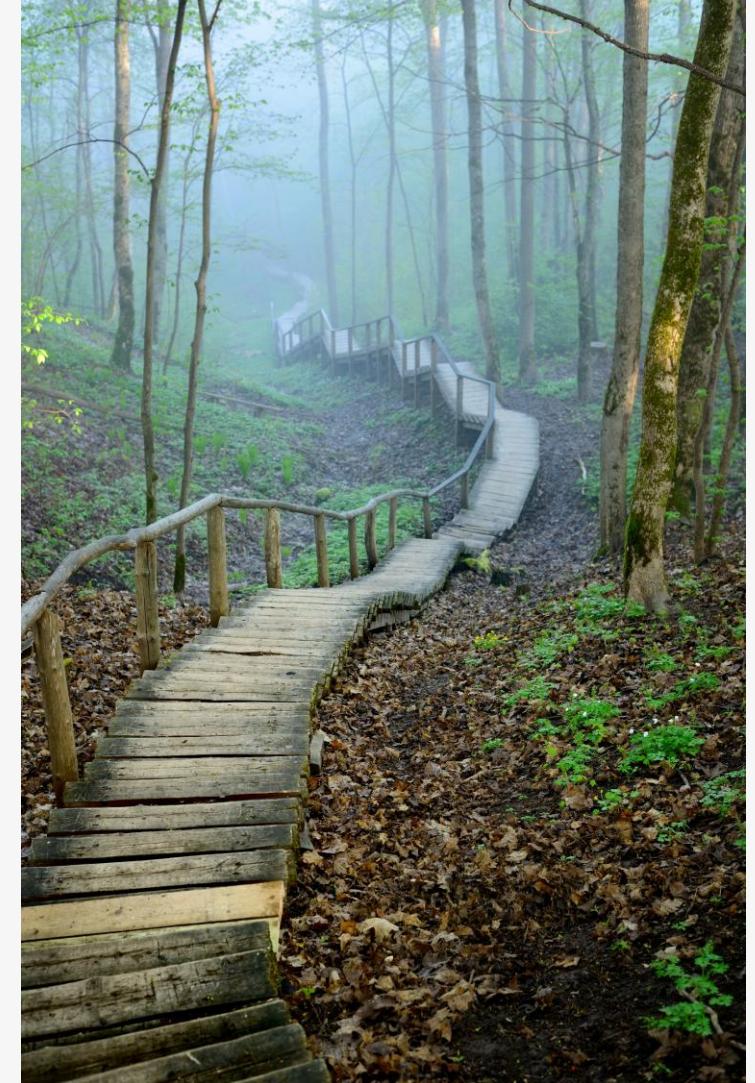
- Trauma is trauma – it all gets to be healed by Jesus and it all matters
- Don't diminish your own trauma or think you can't share because others haven't experienced what you have
- TOGETHER we get to grow!
- If you are triggered by something someone says, let's talk it through!

Inner Healing and Deliverance

- Most approaches focus on healing but don't include relational skills and maturity gaps that are common issues for survivors of trauma
- Transformations seeks to incorporate a wholistic approach (spirit, soul and body) including relational skills and maturity development along with inner healing and deliverance
- A and B traumas result in distorted or broken attachment bonds
- Developing relationship with God and community is the way to healing and restoration
- This takes time

Journey vs. Destination

- Transformations is not about “fixing” someone, but about the journey of restoration and deepening intimacy with God and others
- Especially those with complex trauma, this is a process
- No quick fixes
- Lots of little and big miracles along the journey of restoration





This Course is...

- A wild adventure with God and community to explore...
 - Your true identity
 - Your place in God's amazing plan of restoration
 - How to walk in wholeness

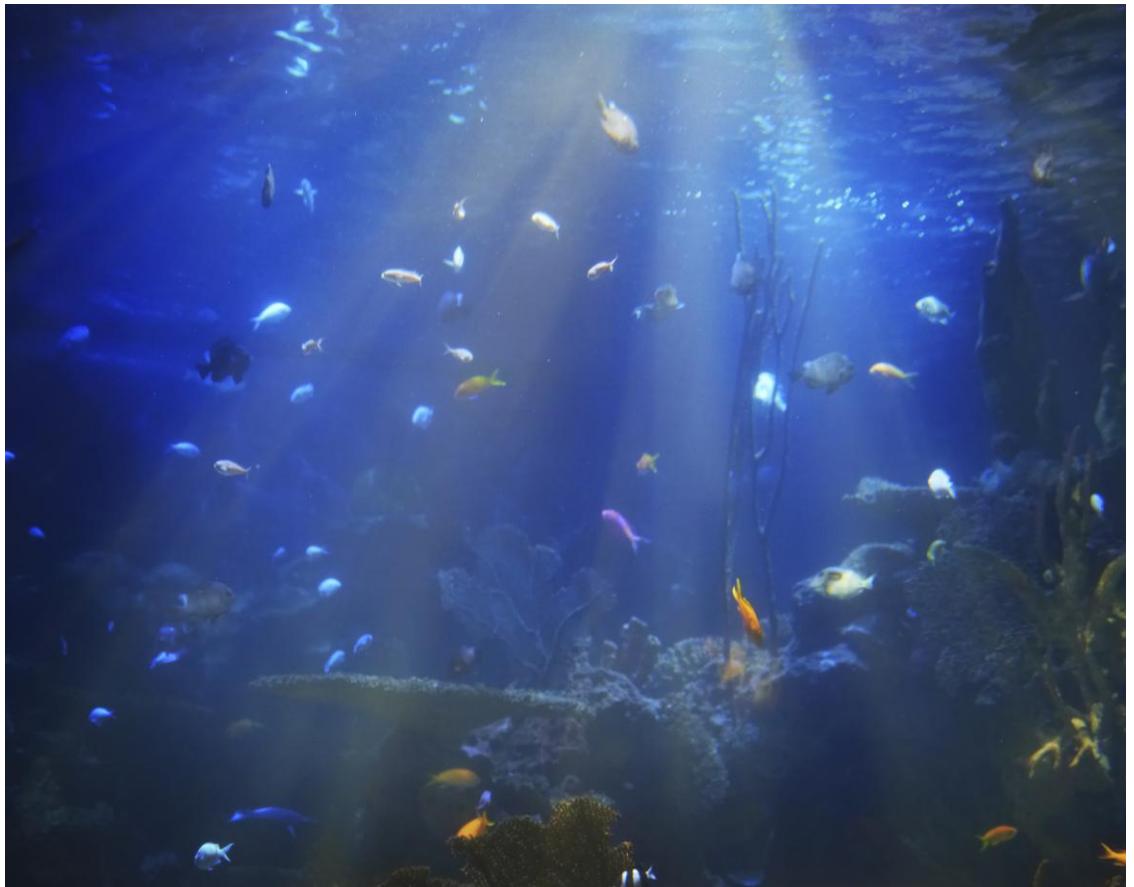


Everyone is Unique

- No “one size fits all” courses
- Receive what resonates with you
- “Put on the shelf” anything that doesn’t make sense or apply right now

Find a Deeper Layer

- If a teaching seems basic, or “Oh, I’ve got that” ask the Lord to show you where it applies in your life and take it to a deeper level!



Short Teachings with Activations

Don't
speed
through

Listen and
engage
over and
over

Discuss in
group

Practice,
Practice,
Practice!



Hope – Our Anchor

- Looking at “tough” stuff without hope doesn’t help us!
- We can look at ANYTHING in relationship with God and hope that He gives us
- Hebrews 6:19 TPT “And now we have run into His heart to hide ourselves in His faithfulness. This is where we find His strength and comfort, for He empowers us to seize what has already been established ahead of time—**an unshakeable hope!** We have this certain hope like a strong unbreakable anchor holding our souls to God Himself. Our **anchor of hope is fastened to the mercy seat** which sits in the heavenly realm beyond the sacred threshold”

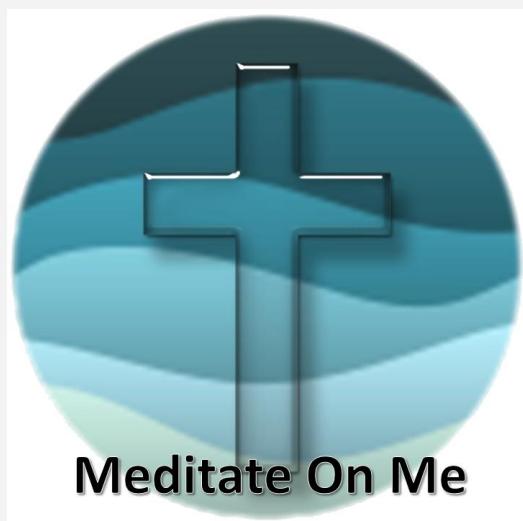
Reframing it All

- Through the lens of unconditional love
- Through the lens of restoration
- Through the lens of relationship



Additional Benefits

- Meditate on Me – Guided Christian meditations
- Breathing Transformations – Focus on Breathing technique with guided meditation
- Various Topics
 - Forgiveness
 - Relationships
 - Scripture Meditations
 - Blessing your body, Blessing your soul
 - Declarations
 - And much more



Are You Willing?

- You will get out of this course what you are willing to put in
 - Activations
 - Group discussions
 - Teachings
 - One on one where needed



Expectation vs. Expectancy



Expectations will be disappointed



Holding things loosely with expectancy of great things yields peace and joy

Activation

- Connect with God
- Release expectations
- Receive the hope HE has for you!

