

Who is **Téo V.D. Weele**

- China, the cultural revolution and the "Barefoot Doctors"
- My ministry with abuse survivors started in the late sixties in Thailand.
- Coming back to the Netherlands in 1975 I met more and more survivors. God taught me a way to help them.
- Meeting the eighties Dr. Vibeke Moeller in a Hospital Christian Hospital meeting in Denmark. She invited me to teach her and interested people about helping people in abusive situations. They challenged me to write a book, I developed a draft in English so that it could be translated in Danish. I told about my encounter with the Powerful Peace of God who also can heal what the body still remembers, even if our mind has forgotten why we do some times peculiar things.
- It was also my story of WWII, and the time that my parents went to jail as collaborators with the Germans. I started to understand why I was always nervous when I would go through police checkpoints or customs, they were always looking for people who were nervous, so they got me time and again... but never found anything that wasn't allowed.
- "Krafftful Fred" written in 1990 and was then translated in proper English. I had already 20 years of experience, in a time that it was hardly known by professionals. One psychiatrist told me in 1977 that there might perhaps be some cases of serious abuse but he had never met any.
- I wrote my observations, with many case studies, what I saw that the Bible said, in "From Shame to Peace". This has now been published in Danish, English, French, Finnish, Dutch, Arabic and is in process of translation of Hindi and in Myanmar language (former Burmese).how these principles harmonized with psychological principles that were emerging in these days¹.
- I started in begin of the seventies with the premise that the facts of trauma
- (= wound) may be 'forgotten' but the emotional feelings were still locked in the age when the 'scar' was formed. Stress makes us usually react at a lower emotional age (marriage counseling is like often seen as two children fighting each other). To my joy I discovered that the Peace of God could help people grow emotionally, mentally and spiritually. I started also to give attention to body parts and what they were telling us. I blessed the brain, the 'bridge between the brain halves', the nose, the hands, the skin, the spine, the intestines and the feet. Speaking good words to counselees and to specific body parts "in Jesus name"², resulted in dramatic changes.
- Neuro-plasticity was discovered in the early nineties: it is the ability of the brain tissue to restore itself and grow. This confirmed the scientific bases of my biblical based understanding that God still heals the brain today.
- From Shame to peace also is the foundational philosophy of our ISARPAC - International School of Abuse Related Pastoral Counseling -training in Denmark with daughter-schools in Switzerland (French), India (English), Egypt (Arabic) and in Myanmar (former Burma). This school has now been expanded into IPSICC:

¹ Dr. Bessel van der Kolk: In „ The Body keeps the Score“, 2014 gives an excellent overview of these scientific studies.

² Mathew 8:14-18

International Psychotherapeutic School in Christian Culture and is recognized by the Danish Psychotherapeutic Society.

Powerful Peace and the effect on behavior

I learned years ago in Educational Psychology that student can't learn (that is, to change behavior according to what they learned) *unless there is an inner calmness*. This also made it understandable why we see so many people who know a lot of factual information, but due to inner tensions are unable to have that knowledge affecting a change in their behavior. This also stimulated my observations as I had seen the relaxing attitude of people who personally experienced the peace of God calming them.

I referred a client to an English language (computer) based program in the USA in which serious hurt clients are taught to first give attention to safety³. It helps them to develop life-strategies to live in the here and now. People are given a choice to follow a yoga type of creating inner calmness **or** to use their own private way of 'finding inner calmness'. I am so glad that the peace, which God gives through Jesus Christ, can go way deeper than any peace humans can create for themselves. This peace has helped me to hear hundreds of ugly stories and still be able to sleep well.

When you hear difficult stories then ask your self what that meant for the person who tells you this. Don't try to project these stories on your self. To prevent a burn-out in counseling it helps to **avoid asking** your self how you would feel in such a situation.

The last thing I want to happen in my helping approach is that people must face issues they can't handle. In general I start out with teaching: "don't dig into the past, unless you have a good archeological tour guide." For me that person is Jesus Christ, the Prince of Peace. In Philippians 4:6-8 we are invited to share:

"all our needs and concerns with thanksgiving to God and the peace of God will protect our hearts and minds".

If people can experience this peace, then facing the results of traumatic situations (and possibly the actual events which caused that trauma), becomes much easier. Even when I knew the peace of God protecting me, inside this "wall of peace" there were still my unpredictable feelings. While it didn't bother my counselees it did bother me and caused often a gnawing self-doubt.

I accepted that there is only one truth, so truth found in science needs to be in harmony with the Word of God. This helped me in my thinking about the interaction between psychology and Godly Truth.

Our brain has been designed to automatically discard any not important information or disregard information that is too hard to deal with. I concluded that: "our bodies do remember as feelings, what the mind doesn't know, as it hasn't been transferred to the

³ TopDD/network.org

hippocampus". The automatic blockage helps us to handle intolerable emotions. One can also decide that it is not the right time to face a certain ugly situation, to lay issues aside, for later, when we **can** face them. I have found that the Lord is willing to help us to store these pictures away, without bothering us until we are ready to face them⁴.

Certain pictures or sounds can be reframed from 'always present' to 'this once happened but I live to day and it has lost its power'. Our memories are stored in our stomach-brain, our heart- brain and our brain-brain. The memories of WWII air raid-sirens warning "planes are coming, bombing immanent", was time and again activated when after the war once a month these sirens were tested. Automatically I felt it in my stomach, as a pressure. My heart started to beat faster and I had difficulties thinking. Then I made it my "call to prayer for peace". Since then I my body doesn't react anymore. Reframing ugly incidents has been a major aspect in my ministry.

Powerful Peace

Powerful Peace is that what causes us to become quiet and have a inner sense of safety, in the midst of troubling situations. It isn't that one will not be scared or so. These are human reactions. So I advise people to learn to have "stereo-feelings". Powerful Peace can be felt next to other feelings. By focusing on God's Presence through this peace we can be rejoicing and sad at the same time.

The effects of Powerful Peace

Safety is the key needed atmosphere for healing of emotional wounds. Seriously hurting people have a 360degree radar system to check out if a situation or a person is considered safe. They are ready to run, fight, freeze or yield.

Powerful Peace and Psychology

Dr. Bessel van der Kolk, a Dutch immigrant to the USA summarized his position as follows:

"How do we help people to feel safe inside rather than to re-expose them to the traumatic incident(s) and re-traumatize them. This is the BIG question in trauma therapy."

Psychology tries to find a safe place inside the person. The newest findings shared on the 4th of March, just a week ago in Amsterdam are that it is not a safe place, but **a safe person what is really helpful**. So children who are traumatized are seen first by the therapist alone, before the parents/caretakers are seen. The therapist needs his or her own understanding of what the child says or feels. Then in the presence of parents/caretakers in which the child has trust, the treatment starts. This strengthens the bonding between them parents/caretakers and the child.

⁴ 1 Cor.10: 13b

A boy who had terrible anger expressions against his birthmother, thus was brought in with his adoptive parents. Together they blew balloons. The adaptive parents held the boy left and right and with his feet he powerfully burst the balloons with his feet, giving a powerful Huh. This brought him in touch with his deep-seated feelings of anger. He could then talk about it and this was the beginning of his cure.

The Church has had 1900 years of experience before psychology came up. The priests and pastors were the one's who took care of the soul/mind. What is the mind? Scientists have not found a definition yet about what it is. They can just describe its functions of the mind that they have observed.

Now we can learn from the Brain sciences once again how wonderful God has made us and how He has prepared healing for people, if they walk in peace with Jesus. We can so learn to live in the Jesus atmosphere as we become like Christ, "and learn to act from the mind of Christ"

Yet how can one be peaceful when everything around them is in turmoil: it is possible through faith. To accept the awareness of the Presence of Jesus, like a healing shelter, protecting them from too heavy blows. Since the beginning of the Church the people who because of their faith were killed showed that while facing death they could still bless their enemies.

"Focus your attention on Jesus".

Dr. Bessel van der Kolk says that in his opinion most of the alcoholics, heavy overweight people and drug-users have a deep wound, that causes feelings that are unbearable, they have to medicate themselves and come into a shadow world, that isn't reality. This is my reason of going slow about WHAT has happened. People can't face safely what once happened, unless they know that someone they trust is there encouraging them, coaching them "from peace to some pain and back to peace again". One doesn't have to know all what has happened in order to get healed from it.

Abraham and his offspring were called to be a blessing for the world. Through Jesus Christ we are now children of Abraham. We are a Royal Priesthood called to bless: (1 Peter 2: 9). Be prepared that people will have negative comments on what you do. Bless those who persecute you (Luc. 6:28). Last week I read a story of a surgeon in Syria who was recently in the terrible civil war was forced to witness the execution of his wife and three children. He was allowed to live. Some time later the executioner was severely wounded and taken to the hospital. The surgeon recognized him. He could have led him die or even kill him during the operation. The Lord told him: don't do that just love him. After this man was healed he asked: you knew that I killed your wife and three children, how could you not revenge yourself? He said: Jesus told me to love you... Briefly after this, this man was baptized.

Share therefore your life with other spiritual people, meet regularly for prayer, practice blessings without discussing theological issues. Seek special Blessing Times with

likeminded people. This is Helping Through Blessings (HTB)

How can we do this practically from a Christian perspective? I know through hundreds of encounters with traumatized people that HTB is a wonderful way to create an ecosystem around a person in which this can happen. Now we need to use what we learned from the Brain sciences once again how wonderful God has made us and how He has prepared divine healing for people, if they walk in peace.

How can one be peaceful when everything around them is in turmoil: that can happen through faith. To accept this healing cocoon like peace that shelters them from too heavy blows. We need to show again that Christians can be lively and laugh, while they hold to Gods precepts also for bodily health.

Summary:

FIRST: give your physical body to the Lord Rom. 12:1,2
THEN FOLLOWS "and be renewed in your mind".
THEN we can know the will of God for our lives.

Jesus gave all believers in Him the authority to bless, to speak good words in HIS name. HTB has an intimate relationship with authority. Thus the assistant (s) giving the lead-person the authority to lead: NOT I am the lead-person, I do that...but...please be the lead-person...

Guro wrote me: I think the most important aspect we learned during this recent team time, is to bless the lead person (briefly) who will in turn be the main one to lead in blessing..... So many of us are already wrecked with a performance approach.....so we are relearning "risk", "it's ok if nothing happens", "rhythm and pause".

Practice times

"Counseling is like sharing a poem: descriptive, picturesque, sensitive touching and unique". Effective counseling doing the work like an artist: we have to communicate in a way the client can understand. They need to express themselves in their style. When they have problems to share their feelings, you could ask: "I can't see in your mind, can you draw this for me?"

We also need to be practical:

- Have a clock standing behind the counselee, so that you know when to start 'finishing up'. (My talks usually don't last longer than 1 hour and 15 minutes, many survivors open up 10 minutes before you are coming to a close. Say: 'thank you that you share this, let us discuss this the next time', don't go over your set time, this is also important for your assistant. There could be other appointments, even when there is not someone else one needs some time to check with the

assistant to see how (s)he is doing).

- Watch body reactions. Recommended: ***The body remembers: by Barbara Rothschild. Amazon.***

- Ask what they think about prayer? Could you pray? In any case: if you talk about God: what name do they use for God? Be use to use their Name(s) of God. (If it is very hard for them to mention any name, then I suggest them if I could use the name Dove of God).

- When and if they have agreed that a prayer might be useful and when/if you sense a need in them for prayer or when/if you want to pray at some time during the session: ask them always first: about touching: what is the cultural background?
 - o Is touching the shoulder or the head O.K.? Or
 - o They can later decide what they want
 - o They can say rather not....

- Be careful that you don't stroke the hair, this is especially so with ladies blessing ladies, as this is felt as being very intimate. They need to be aware of your act as being a blessing. Your attitude and your words are so important and transfer a lot of meaning. Physical action can be a help or create unexpected reactions: if not sure ask. If you discover : "this wasn't a good idea", then admit that. This prevents you too of becoming a guru... ☺. You will find them so understanding!

- Thank God for that what you see is good in the counselee.

- ("Confrontation without relation brings separation". One can usually "Bless their willingness to try to do the will of God, as He might show them". One might have prophetic insight, be careful in using that though in prayer. The stress should be on blessing. I find it usually O.K. to 'thank God that they are still alive' as most people who were seriously hurt have at least considered the possibility of suicide. I bless their enduring ability to stand so much hurt).

PRACTICE TIME in HELPING THROUGH BLESSING

- One is the counselee to receives prayer-blessings, one leads and one observes + take notes.

- Ask the counselee: What Names of God (and/or what makes that special to you?).
What sign will you give if it's enough?
Always ASK if/where you can put your hand to bless the person who needs prayer.
Example; Something special you'd like blessing for? Encourage FAITH for the person by asking what God already has done in his/her life.

Seek ways to bless soul/mind/spirit, involve body parts in your blessing and always ask first if you want to touch or if they want that. Use time of silence in order to listen to the Lord for words of encouragement.

Keep eyes open when you pray to observe!

When they go to deeper levels. Where is distress/pain and/or ugly feelings felt physically in the body? Keep internal eyes on what God is doing in the person, focus is on their desire, the encouragement of the Lord in the midst of the distress/pain and/or ugly feelings

Growing into becoming a sensitive trauma counselor:

1. The personal experience of the Presence of God is a given
2. We are looking for God, not an experience of God
3. St. Benedict: Pray and Work, Work like you pray.
4. We are drowning in a sea of information. Knowledge is something different.
5. There is often a need for information fasting because of a communication overload:
 - Too full agenda's
 - Too many unfulfilled needs
 - The need for silence and aloneness. We are like a glass of water with sand mixed in. As long as we stir this, we can't see through the water. It is muddy. We need to let it rest, then we can see the sediment as well as looking through the water.

Franciscus of Assisi: We learn to loose ourselves when we have the courage to fall. Leave your performance orientation at the foot of the Cross of Jesus.

- Everyone needs to decide how to find silence: in the world or in a monastery. Key questions that we have to face in the counselee or ourselves
 - I want to get out of the treadmill, can I?
 - Where am I now?
 - Who am I now?
 - In the silence: possible: I hear the sound of nothing.
 - Do they sense the love of God in the silence or is it a sense of dread...
- (Let them then focus on the love, without denying the reality of the dread-experience).

Freedom is not just doing what one wants to do, but to find fulfillment of one's deepest desires. Freedom needs the borders of direction and discipline, as our human tendency is towards inertia. We need the inner control to exercise our freedom. (General Superior of the Benedictines, the German Notken Wolf).

- Happiness is being at peace with oneself.

- Unless a seed of grain falls in the soil, and dies, it will not bear fruit. One has to hand his or her life over in the hands of the Lord, we need to abdicate from our throne and give him the leadership of our life.
- The mother of Charles and John Wesley had this gift of inner control: when she wanted to pray in a small apartment, with no place to pray private and with kids around, she put a dishcloth over her head, all the children were quiet: NOW Mom is **praying**.
- In the rush of one's own race in life we need to learn to be weak, so we can be strong in the Lord, to be happy in a crowd or when we are alone at the same time. Realism tells us that there are rules of God that will be broken. One needs to learn to listen to one's own heart, if not then a crisis arises. We can suppress a lot and say: I choose the freedom. Freedom in one's heart: that is where God speaks. One needs to have room in one's heart to receive these words. Allow the Lord to make you empty. For some to run or to swim helps them to quiet down the thinking processes. When someone is in his right place, he or she blossoms open. The question is not: how useful is this or that. An artist does also useless things (painting, composing creating things etc.). It has to do with higher values like beauty.

Friendship demands time, we need to come to rest to have deeper relation

It is the same with Jesus. Life teaches us to face reality, it teaches us to be humble.

An adult lives with frustrations without being frustrated.

The heart is the place where our mind and feelings meet.

Contemplation in action: we start with silence and end in inner silence. Pater Peter Hans Kolvenbach, (former general-superior of the Jesuits)

Learn to wait for impressions that God gives. You can say: I have the **impression** the Lord says... rather than: the Lord: says...

Concepts of Powerful Peace

Maranatha: the Coming of the Lord

Maranatha can be used in two ways: Marana-tha: "Come Lord Jesus in this situation" and Maran-atha "The Lord will come". Messengers would be send out in Israel with the Manaran-atha exclamation: Prepare the way for the king, the king is coming. People who had legal problems were waiting for that message: Come O Lord, they would cry out: Marana-tha.

Often there is a battle that seriously wounded people have with a God who didn't stop the abusers from doing what they did. To use the cry: "Come, O Lord help now", but also that one day the Lord will come back and **He will take** revenge, has been a comfort for

many. Also some one said: the best revenge is to live well!

Shalom

The meaning of Shalom: well being in spirit, soul, body and financial. St. Paul was a missionary who needed to translate Shalom into Greek language. He couldn't find *one* word that translated Shalom, he needed two words: Grace (the goodness of God which we don't deserve, it is related to the Hebrew word Hosed: God smiles at us) and Peace (the absence of war). Thus, God graciously, like a father smiles at us, while He knows who we are and how we at times mess things up and says: I simply love you, even if you don't understand why I didn't act, I invite you to still be filled with my love.

The physical felt peace of God, next to all other good or bad feelings, enables us to feel the emotions stored in our bodies without having to remember ugly facts of the past. Only when *we are able* to face ugly facts and *the Lord agrees* that we can face these facts (1 Cor.10: 13), *can* we actually look them straight in the eye. Tell all your *concerns* and your *needs* to Jesus with *thanksgiving* and the *peace of God will protect your heart* and your *mind* (Philip.4: 6-8). The first thing that I noticed in my own healing process was that the Lord told me, “No Téo, don't say that or don't do that”. The ‘wall of peace’ protected also my environment against some of my infantile reactions. I discovered that this would work with my clients, but not in my family ☹. They felt my inner anger, at times expressed due to the behavior of my kids. “Be angry and sin not” says the Bible (Ephesians 4:26-32). I had to learn to be cleansed from the sin in my anger.

My teaching in a word picture:

People are like **one** diamond with **different** sides. When a person gets traumatized they have a part of their brain that stays frozen in time. This explains childlike reactions among adults who quarrel with each other. Others have named this in a metaphor: ‘The Inner Child’. Looking at my own life I discovered a whole raft of different ‘emotional ages’. It was like a childrenshome with the accompanying problems of different parts not liking each other or the ‘internal bullying’ of a weaker part. I asked the oldest one to help me. His answer: “what do you want me to do”? I told him that I had a counseling session and wanted to give all my attention to this client. The internal noise of different voices in my mind made it hard to focus. “Could you watch the ‘internal family’ so I can be fully there for my client. “ O.K.” he said. Since then I have had a much better ability to focus. This older internal family member became a part of my adult functioning and in this way I could go down in the ages for the rest of the family. In India in 2013 I walked past a Ferris-wheel. An internal voice said unexpectedly: I want to get in there. The problem was that it wasn't working and nobody was there to get it going. So I said that half loud to my self. Then it was like a huge internal protest. My foot wanted to stamp on the ground and the voice said: I want to get in it! I laughed as I recognized the young

internal child. I told him "it is not working. We can't get into it". He replied: "then I want to go down the hill on a sleigh". I heartedly laughed out loud and said: O.K. when we are back in Austria I promise you to do that. Then it was silent...I asked the Lord: 'Lord, I have talked in my courses so often about this young boy. Why hasn't he grown up more? The answer came at once " Téó, you haven't forgiven your parents that they were collaborators!" Well, forgiving them was not a problem at all ... A few weeks later it had snowed in Southern Germany and I got from somewhere a sleigh. Down the hill I and little me, went and I laughed heartedly!

The power of Blessing:

We are a Royal Priesthood called to bless: (1 Peter 2: 9). Be prepared that people will have negative comments on what you do. Bless those who persecute you (Luc. 6:28). Share therefore your life with other spiritual people, meet regularly for prayer, practice blessings without discussing theological issues. Special Blessing Times with likeminded people.

Walking in the light of the Lord:

God is covered in light (Ps. 104:2). We are created according to God's image. Adam and Eve were, I believe 'also covered in light like a cloak'. When they sinned, this cover dropped down and they became aware that they were naked. Now we are called to 'walk in the Light'. I sense that a cover of God's light shields us from attacks on our soul/spirit. They can attack our body/emotions, but I have the idea that they can't touch our soul/spirit, if we do walk in the light. We can also ask for angels to come and help us, St. Michael is a strong supporter for God's servants when they face battles.

Blessing body parts

"Lord, I bless this person with your peace from the top of the head to the foot soles and everything in between". That was especially important in Thailand, as I couldn't speak about any emotional effect that women might have suffered. Speaking 'good words' to body parts has an often quiet but profound effect.

Tension can e released during PP practices

Dr. Peter Levine is a biologist and psychologist. He studied animals how they handled stress. He observed how they started to lightly shake. He discovered that humans actually also need to do something to get the inner stress out. It can be running, biking, intensely swimming etc. Also he noted how a light trembling does the same, it relaxes the muscles. Often I tell people when I notice that this happens in their body: let it happen, it is O.K.

Praying for the womb

Petra and John lost a child and she couldn't get pregnant again. Petra was in a mess due to a bad youth. I asked her what the first time was that she could remember that her

father had hit her. She shared that it started age 6 and went on until she married at 18. I then started to share with her about what happens in the body of a child. I then talked in rather simple German to the “6 year old girl and encouraged her let Petra help her”. This gave some unexpected reactions. Petra really got in touch with her young inner child. She showed her love, right on the spot. She embraced herself. Patting the ‘little girl on the shoulders’ and saying some lovely soothing words like a mother would do to her baby. It was then that I could see her strong will and affirmed that through my blessing. As we blessed her belly she was able to conceive again and gave birth to a beautiful girl.

Praying for the feet

In one of my seminars in Austria I talked about ‘praying for the feet’, blessings them with good words. I have found that this was often the only part of a body I was allowed to physically touch when women were seriously hurt. This lady hadn’t had any physical hurts, so I was debating with my self if I could bless her feet anyhow. So I asked her. A bit amused she said O.K. I knelt down and told her feet: “just obey the Lord, even if she doesn’t understand where you want to go”. One afternoon she was preparing food. Suddenly she felt her feet turn, she looked down and said: “what are you doing”? Then she remembered my prayer and decided to follow her feet. They went up the stairs, to the bedroom of her one-year-old baby. There she found the child already struggling for breath as it was suffocating in a sheet... God had saved her baby by warning her. That boy is now a healthy adult!

Praying for the nose

A lady asked for prayer, we talked a little before. My attention was time and again drawn to her nose. I asked her: do you have a problem with your nose. “Yes, I can’t smell” she said. I blessed her nose and she exclaimed: ”get your dirty hands away from my nose...”. I calmly replied: sister, you are not smelling hands. Then she started to gag. After some time she shared that her father forced her when she was fourteen years old, to use her mouth to satisfy him.

Praying for the brain

Often I get feedback like “when you blessed my brain, something tangible happened”. I often bless the “bridge between the two brain halves, as traumatic incidents destroy some of the connections. We know that stress releases cortisol in the brain and that creates havoc with the connecting parts in the brain. Blessing (the peace of God) helps to restore what broke down.

Blessing the skin

As I discovered how God practically wanted to bless my spirit, soul and body, I asked the peace of God to touch me physically. I discovered a strange quirk in me: I felt very sensitive to my environment, but physically I felt hardly anything. Then I read the words: “put Jesus Christ on”. When I literally did the first time, something changed. I noticed

how I would sense physically when I would be ashamed, how I clenched my teeth when angry, that I balled my fists. This again helped me to help abuse survivors who would be so angry and so ashamed. The skin is the largest organ of our body and a blessing can heal the reaction or the absence of reactions, to outside impulses. Thus bringing harmony again between inner sensitivity and our awareness of our skin.

Client with blue spots on her legs

Once I had a client who as she experienced the peace of God relaxing her body she looked at her legs and said: "Téo, look, do you see these blue spots develop too?" Indeed there was a row of blue spots. She said astonished: "I had often these blue spots in my youth, when my dad in an angry outburst would hit me with his belt". Because of the peace of God, she could now experience this again and start a process of forgiving.

Praying in the language of the inner child

A lady stepped in a long-distance bus in the USA and sat next to me and we shared some pleasantries. I noted her Dutch accent. I switched to Dutch and our talk immediately changed. She asked me what I was doing and I told her that I had a biblical based spiritual approach to help traumatized people. In a few sentences she then explained what had happened to her before she immigrated to the USA. "Could you help me right now" she asked. I taught her some biblical principles how she could help herself. She had sought help, but never could bring herself to talk about "things that happened many years before". I explained to her why she could do this now because she was hurt, as a young girl and that girl didn't know English. She needed a Dutch counselor to get help. With a peaceful look and happy smile she got up, as she had reached her destination.

The Body Remembers what the mind didn't consciously register or has suppressed. God can clean our bodies without having to remember what happened. He can touch limbs that are stuck in an unaccomplished task of running away. He can give courage to open their mouth to give a scream, when they were frozen as they were abused. This is the background for the often-used statement in Powerful Peace work: don't dig into the past to find out what has happened. First focus on peace, and then ask your body if it wants to tell something. We can then decide to say: yes Lord I look at it, **or** 'Lord, I give this back to you. This is for now not right for me'. (1 Cor.10: 13).

Powerful Peace and its effect on the children, young people and adults

In 2013 Children's Choir Kisi (Kids Singing) with children age 4-18 celebrated their 20 years of existence. Cardinal Schönborn asked them during the festival "what is this blessing you are talking actually all about"? One young boy of 12 took the microphone and told: "before we perform somewhere, we bless each other, not always with making a cross or so, but just saying: I bless you in Jesus name. You can do this task or whatever

we feel we can say". I know that the children also bless the adult assistants, they pray for each other. One girl of 11 is so sensitive to the Lord that she hears what Gods answer is for their problems. So first goes to a staff worker and asks if she can say that. One time the Lord had shown her in a vision a man in great need. She finally saw him finding a place back in the concert hall. She got permission to go to him and simply shared Gods' answer for his need. The man broke down and sobbed. And she just stayed a while encouraged him.

Blessing with the eyes

A nurse couldn't say anything about God to a dying patient. If she did she would be fired at once. I told her about the four places in the brain where scientists have found mirror-neurons. These mirror-neurons make that we can sense what someone is feeling, if we are on the same wavelength. I told her: No one can stop you from thinking a blessing. A month later as I met her again, she was radiant. She told that she was sitting with a dying patient. The man moaned and tossed round and round. She just thought blessings in Jesus name. After some time, his eyes met her. He really looked and drank in her love, shared without words. He became calm and started to smile. After some time his breathing became slower and with a smile he died. She knew from his chart that he was Christian. She gave him what he needed in his last hour of life.

Blessing the will-power

The will is often in the Bible used as being connected to the neck e.g. "stiff-necked people". We can bless the will by laying on hands on the neck, naturally only if they agree to that. It is actually an act of blessing people when we tell them: "we only discuss what you want to discuss. What are your desires now, so we can bless that"? It is for many such a relief that they even can tell what they don't want to happen. The aim is to bring them to **surrendering their will to the Lord**. How we do this? Unless we have a safe approach, it can be that the operation succeeds but the patient dies. So we approach them with **respect** for individual and his culture. Jesus gave His life him or her. This respect has helped me to hold my tongue, when I met something that was strange for me. There is one truth where different denominations can agree on: the saving work of Jesus!

The need for confidentiality in a counseling relationship

More then 20 years ago a RC husband shared with me a sexual problem. Then his wife came to me and also shared her sexual struggles. I then made the mistake of sharing with her that also her husband had problems in this area. This resulted in a loss of confidence in both... it has taken many years to be restored. They told me "that I had a role as a priest even if I wasn't one and that they didn't appreciate my attempts to help them by braking this confidentiality". When one make such mistakes in it is dearly paid, even when one shows remorse and sadness.

If they become too open (and you start to feel uneasy)...

My assistant told me that Bettina had a very difficult youth. This was the first time she was willing to see a male counselor. Bettina told that her greatest problem was her anger and that she hoped to receive help. She shared how she bit her teeth. I explained to her how she could bless her own facial muscles and finally I blessed her hands. She held out her hands but I didn't feel I should touch them. I prayed "In the name of the Father, Son and Holy Spirit, come Lord Jesus on these hands". Her relaxed hands suddenly started to tremble. There was obvious power flowing through these hands. Then she touched her cheeks. After some time said: "this is amazing, I can feel how my face reacts". This was the opening for her to share much more, as Gods peace obviously touched her body. After some time I felt I had to stop her, as she became for me too open. They can share what they want, but if I think that someone shares too much in a **first talk** I usually stop it. Her dentist was amazed that her teeth chewing had stopped. Bettina also said that she was happy that I had interrupted her as she felt afterwards that she had been a bit too open to me, because she hardly knew me... she could share later more with my female assistant.

How long should we continue to bless

As long as a counsellee *continues to grow*, one can continue to help them, by blessing what God and the person are doing. One reaches the borders of helping when the mental/emotional health situation of the counsellee is beyond one's capacity to help. *Then a more trained person should become involved. One has the duty to prepare them for even secular help.* Talk to psychologists or psychiatrists in your area and ask if you could come along as a note taker, so you can discuss what is said one more time with the client. In no way should you disagree with a specialist unless you sense that this goes beyond the borders of professional help as if the specialist says: well, find a man and get him into bed...you need that.

Necessary preparations in order to work with people.

- Bring your soul to rest in God (Ps.131, Ps.23)
- Know the answer of God for yourself: be realistic, we are in a battle (Eph.6).
- Live out of Philip.4: 6-9. To have God's peace like a defensive wall. Paul's use of a military term: standing guard. Keeping IN what should stay in and keeping OUT what should stay out. Or to 'put Jesus Christ on', like a mantle (Rom.13: 14). Living in peace of Jesus (Col. 3:12-17).
- Relax physically in order to focus on what your body feels, without rejection a feeling as 'bad'. Come to full acceptance of who you are now. God loved you unconditionally while you were still a sinner and didn't know Him, He still loves you (Rom.5:8).
- Accept reality, we are all 'thirsty people some of us like to share what we have found as the source of Living Water Jesus'.