



Restoring the Foundations

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PRAYER

Releasing the Body from Shock, Fear, Trauma, and Terror

Compiled in part by Jonathan Ede

This prayer mainly applies when a person is in a 'stuck' position with the physical sensations associated with trauma and can be used through ministry to remove shock and trauma from the body. Consider using words at times like: recalibrate, align or alignment, reset, wash through, etc. Consider also pray through the five natural senses.

PRAYER

Lord Jesus, I ask you that by the power of the Holy Spirit, you would remove from my body all natural shock, trauma, fear and terror from:

- **THE CELLS OF MY BODY - including the pumps that manage intake and outflow of the cells:**

I command my body to purge me from all accumulated metabolic waste, pollution, byproducts of improper chronic stress responses, and resulting toxins in the cells of my body. I also command that all resonant frequencies, oscillations, including their amplitudes and phases and all spectrums, polarities, electromagnetic fields, and harmonics at a cellular level be brought into their intended Godly order.

I command my immune system and all biological and chemical systems in my body to return to their optimum state of full health so that my body is in a completely balanced state of homeostasis (healthy function) according to the Lord Jesus Christ's originally designed intention and purpose.

- **MY SKIN**

- **MY ORGANS**

(Name the specific organs as led and include any that he/she is aware of which are affected.)

- **MY MUSCLES, LIGAMENTS, TENDONS, JOINTS, CARTILAGE, BONES, AND BONE MARROW**

- **MY NERVOUS SYSTEM FROM THE STEM OF MY BRAIN TO MY NERVE ENDINGS - including the receptors and communicators and the pads on the nerve endings.**

I ask You, Lord Jesus, that you would pour your oil of healing into my nervous system.

- **MY MIND, ON CONSCIOUS LEVEL, THE SUB-CONSCIOUS LEVEL, AND THE UNCONSCIOUS LEVEL**

- **MY EMOTIONS, MY WILL, MY IDENTITY, AND MY SPIRIT**

- **MY BLOOD STREAM AND MY DNA – including removing any foreign formation or abnormality and correcting any chemical imbalances whether inherited or not:**

Lord, please return to my DNA, all components that were given away or stolen from my ancestor's line.

Lord, please correctly align the order and sequence of all the components of my DNA.

Lord, please restore, the health, wealth, blessing, and favor that should be inherent in my DNA structure.

Lord, please reverse the curse on my DNA when Adam sinned and return to me the original blessing that was designed in my family's DNA.

Lord, release all the inherent blessings that were given to my family's DNA.

Lord, release the components of my DNA that were trapped by the stealing and illegal trading and giving away of my ancestors with the enemy for instant gratification.

Lord, reestablish, the vibration of the electrons that connect the elemental parts of my DNA.

Reestablish the correct frequency and vibration to the chemical bonds in my DNA.

- **MY ENDOCRINE SYSTEM**

(Adrenal gland, thyroid, para-thyroid, pituitary thyroid, pancreas, hormones, blood sugar, any bone demineralization, reproductive cycle – When praying for a woman name the components of her reproductive system. When praying for a man, use the word genitals and include the prostate).

- **ALL NON-COGNITIVE AND PRE-VERBAL MEMORIES**

- **ALL COGNITIVE AND VERBAL MEMORIES ASSOCIATED WITH THE SHOCK, TRAUMA, FEAR AND/OR TERROR**

- **MY AMYGDALAE, MY HYPOTHALAMUS - please return them to their natural functioning states, turning off the alarm systems and the hyper-vigilance within me.**

I ask You, Lord Jesus, that you would receive all the silent screams from my body. I ask that you would turn off the fight and flight response that has been activated by the shock and trauma of this event and that you would restore the fight and flight response to Your original design within me.

I ask, Lord Jesus, that You would restore my brain to its natural homeostasis and that you would establish new neurological connections within me to the Joy Center.

Lord Jesus, I ask that you would fill my cells with Your peace, Your love, Your Joy. I invite Your presence. Please bring my body to a place of rest and fill these areas that You have cleansed with Your Holy Spirit. I ask all of this in Jesus' Holy Name, Amen.

Any fragment of me that has been taken, stolen, misplaced, or relinquished (whether willingly or not); I call you back to me now. From the north, south, east, and west, I command you be released and return to me fully functional and healthy, in Jesus' Name.

DEFINITIONS FOR MINISTER'S USE

1. Amygdalae – (uh-mig-duh-luh) – an almond shaped neuro structure involved in producing and responding to non-verbal signs of anger, avoidance, defensiveness and fear. Its general purpose is a defense response and control network.
2. Hypothalamus – (hi-po-thal-a-mus) – regulates body temperature, blood pressure, heartbeat, metabolism of fats, carbs, and sugar levels. It is where pleasure, pain, fear and rage plus sexual behaviors can be stored.
3. Homeostasis – (ho-me-o-stay-sis) – a relatively stable state of equilibrium (*internal environment*) maintains constancy.