



## Ministry to the Amygdala

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Abba YHVH, I present my amygdala (left and right) before Your throne right now. I praise You for creating my amygdala to allow me to react to the world around me. Help me to understand more about my inward parts and forgive me for replaying bad memories in my mind and having negative reactions over and over again. Forgive me that fear, anxiety, and stress control my amygdala and for the sending of messages that release stress hormones through my brain at each trigger. Lord, You are the healer of my amygdala.

Your word states in Proverbs 15:3 The eyes of the LORD are in every place, watching the evil and the good and in Psalm 33:18 Behold, the eye of the LORD is on those who fear Him, on those who hope for His lovingkindness. Father, where the Amygdala is always watching and always on alert for some clue or sign of danger. When it does not matter if this is true or false danger it always reacts the same, it races into action, hits the fight or flight button, and floods me with dread and fear. I ask creator God, Ancient of Days, that You strip it of all ungodly and unhealthy devices that holds it in bondage to trauma, terror, horror, pain, shock, anxiety, fear, stress and anything else that is harmful.

I repent for all ungodly reactions to events instead of making Christ the solid rock that I trust and stand on. He is my shield, He is my defender and my protector. I repent for all the generational ungodly reactions to events that have marked my Amygdala for anxiety, fear, and stress. 2 Timothy 1:7 For God will never give you the spirit of fear, but the Holy Spirit who gives you mighty power, love, and self-control.

Where my Amygdala learned through conditioning, and I taught it by my reactions to fear, to operate from an emotional baseline of fear, anxiety, and stress, I declare over it that this was before I stepped into covenant with Yeshua Ha'Mashiach. In Isaiah 35:4 you say, say to those with fearful hearts, "be strong, do not fear, your God will come, he will come with vengeance; with divine retribution he will come to save you. Father will you please cleanse my Amygdala from all programming as to before my becoming one with Yeshua. My life, including my Amygdala, is no longer mine and it is no longer I who live, but Christ. Isaiah 43:1 But now, this is what the LORD says— he who created you, Jacob, he who formed you, Israel: "Do not fear, for I have redeemed you; I have summoned you by name; you are mine.



Wash and sanctify my Amygdala of all the above-mentioned frequency, vibration and radiation that keeps it locked up in ungodly dimensions and harmony. You instruct us to cast all our anxiety on You because You care for me. Amygdala we cast all your anxiety on Yeshua because He cares for you. Psalm 34:4 I cried to God in my distress and he answered me. He freed me from all my fears! Abba free my Amygdala from all unconscious level programming and training of fear, anxiety, and stress. I declare and decree a redeemed new path of protection over your amygdala.

Matthew 6:34

“Refuse to worry about tomorrow, but deal with each challenge that comes your way, one day at a time. Tomorrow will take care of itself.”

Father forgive me for training my Amygdala that normal things were in fact dangerous in the first place. Help me to feel this fear in the short term to remove it in the long term. Help me to go against my instincts to protect myself, as I am not in any real-life threatening danger. Help me to transfer this instinct to You, my protector. Isaiah 41:10 ‘Do not fear [anything], for I am with you; Do not be afraid, for I am your God. I will strengthen you, be assured I will help you; I will certainly take hold of you with My righteous right hand [a hand of justice, of power, of victory, of salvation].’ Abba Father will you show my Amygdala that it has no need to react in all your normal situations, as there is no danger. Please forgive me for teaching my Amygdala that the only way to keep me safe is to leave and quickly. Abba wash the Amygdala’s record system that has stored every emotional response that I have chosen over my lifetime. Will you rewrite the reactions stemming from the responses, in Yeshua’s name.

Joshua 1:9 Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.” Father will You please visit every situation stored in the subconscious that has conditioned me with fear, anxiety, and stress, with the sound frequency and light frequency of the redeeming blood of Yeshua. John 14:27 “I leave the gift of peace with you—my peace. Not the kind of fragile peace given by the world, but my perfect peace. Don’t yield to fear or be troubled in your hearts—instead, be courageous! Will you give me the courage to go to what I fear so that my Amygdala’s belief system, that these places are fearful, and it will never be ok, will change to Your reality, Abba Father.



Father will You flood my Amygdala with Your unconditional unlimited love in Yeshua's name. 1 John 4:18 There is no fear in love. But perfect love drives out fear because fear has to do with punishment. The one who fears is not made perfect in love. Cause Your perfect love to cast out the fear, anxiety, and stress out of my Amygdala. Perfect my amygdala in love. Yeshua, You took the punishment upon yourself. Please balance out the chemicals in the blood flooding my Amygdala. Correct and balance the incoming and outgoing brain frequency waves in Yeshua's name. Highlight the belief system in the memories and its associations and form new ones, Holy Spirit.

Abba YHVH, I bless my Amygdala and its operations and functions today with an ability to be retrained and to respond differently to feelings of anxiety and panic in Yeshua's name. Psalm 115:11 You who [reverently] fear the LORD, trust in LORD; He is our help and our shield. Holy Spirit will You help me to stop avoiding your panic and go towards it. Will You clear out all my distortions and align me with Your reality. Creator God, will you heal my sensory organs so that they send messages to the Amygdala to remove the anxious reaction. Isaiah 41:13 "For I the LORD your God keep hold of your right hand; [I am the Lord], Who says to you, 'Do not fear, I will help you.' I surrender to you my feelings and my emotions. Father will You bless the interaction of the Amygdala (limbic system) and the neocortex.

Will you cause my brain and mind to reflect, instead of acting on emotional impulses and to make wise choices. Father I submit to You the whole record of historic sensory input stored in the Amygdala. At any time that my expected picture did not match up with reality and I am stuck in disappointment I give You permission to release me. I repent for my reactions and my behaviours in Yeshua's Name.

Father, please switch of my Amygdala's alarms and signals and rewrite a script for safety and reverse them to normal. Romans 8:15 And you did not receive the "spirit of religious duty," leading you back into the fear of never being good enough. But you have received the "Spirit of full acceptance," enfolding you into the family of God. And you will never feel orphaned, for as he rises up within us, our spirits join him in saying the words of tender affection, "Beloved Father!". Abba if my amygdala is more sensitive than others, please will You place armor around it to protect it from victimization.

Father help me to train to use my prefrontal cortex to support recovery, not anxiety.

Psalm 32:7 You are a hiding place for me; You, Lord, preserve me from trouble, You surround me with songs and shouts of deliverance. Father I ask for your shouts of deliverance over the continual release of chemicals from the signals of the Amygdala in distress, in Yeshua's name. Psalm 107:6 Then they cried to the Lord in their trouble, and He delivered them out of their distresses.



I bless the release of serotonin and cortisol into my blood as You balance them out. Please cleanse my blood chemicals from layered serotonin and cortisol overloads due to overreaction, anxiety, fear and stress. Abba as my emotions survive after memories vanish, please wash and cleanse the reservoir of chemical downloads as well as the frequencies and vibrational pathways. Isaiah 35:4 Say to those with an anxious and panic-stricken heart, "Be strong, fear not! Indeed, your God will come with vengeance [for the ungodly]; The retribution of God will come, But He will save you."

Ancient of Days, YHVH Elohim I address every evil sentient creature that has been assigned to my limbic system and amygdala in Yeshua's Name. As the Blood of the Lamb of God washes over my Amygdala and Limbic system, cleansing it and bringing it into alignment with YHVH's original design, I bound you and I render you powerless and strip you of your generational assignments over it. I cancel the assignments and I break all generational curses over this emotional brain in Yeshua's Name. I break the frames that my own and generational thoughts and words and reactions have caused which are not in Abba's plans for me. I ask that all devices be removed and destroyed as the angels search and find them. Deactivate all of them also in their union with other collectives universally. Disconnect frequencies in Yeshua's Name. Abba destroy any claims or clamps or reprisals and backlash due to what we are praying today. 2 Samuel 22:2-3 He said: "The LORD is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge, my shield and the horn of my salvation. He is my stronghold, my refuge and my saviour."

Ancient of Days we dedicate our Limbic system unto You for Your glory and for Your Kingdom in Yeshua's Name. Through the blood of God, we trade back order and shalom in the Limbic system's chemical frequencies and vibrations, record system and everything else pertaining to it. Psalm 91:9-11 When we live our lives within the shadow of God Most High, our secret hiding place, we will always be shielded from harm. How then could evil prevail against us or disease infect us? God sends angels with special orders to protect you wherever you go, defending you from all harm.

Turn off the alarms that have been ringing for so long, and replace the fear, dread, and hyper-vigilance with Godly discernment. Let (him/her) know when there truly is danger and give wisdom to know how to respond. Bring peace and rest to the part of the heart that has always had to stand guard and be alert; remove any pervasive low-level anxiety.

# Sons of God Ministries

unlimited

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Lord, You said in Your Word that The Blood Speaks a Better thing than the blood of Abel. Father, You also said that Your voice is as the sound of a Mighty Shofar and many waters. Father, let the shofar sound of the Voice of Your Blood be heard throughout our entire triune being. Let the washing of the water of the voice of Your blood, Father, wash clean our minds and our hearts Lord. Wash our synaptic recesses and neuropathways clean, Father, of anything that is not of You, anything that is not Holy, Lord.

Let the voice of Your blood be heard in our left hemisphere and our right hemisphere Lord, in the amygdala of our brain, Lord, in the hippocampus Lord, in the hypothalamus, let it be heard. Let it be heard in the pineal gland and in the pituitary gland Father. Let it be heard in our Thyroid gland, let it be heard in our hearts and lungs Lord. Let it be heard in our kidneys and adrenal glands Father. Let it be heard in our liver, in our pancreas, in our gall bladder, in our spleen, in our bladder, in our intestines, and in our pericardium Father. Let the voice of Your Blood be heard Father! Let it be heard Father, from the crown of our heads to the soles of our feet, down to the very marrow in our bones. Let it heal every cell, tissue, organ, bodily system and structure in our bodies, Father. We thank you for this anointing and blessing LORD, and we count it as done.

In Yeshua's Mighty Name, Amen.