



HeartSync in a Nutshell: A Scriptural Basis

Situation

Our soul (mind, will, emotions, and heart) is both delicate and designed for resilience and survival. We have all been negatively impacted by life events and suffered from pain and trauma, but we somehow manage to go on. Even so, these events wound our soul and break our heart.

HeartSync is a process that addresses each soul's universal need to have Jesus "heal the brokenhearted [and] proclaim liberty to the captives" (Isaiah 61:1, Luke 4:18 NKJV). That is also the desire of God's heart and Jesus' mission on earth. Father Andrew Miller, developer of the HeartSync Ministry, says, "Isaiah 53 makes it clear that Jesus bought our suffering. He owns it. ... I like to say, *Now He's come to collect what He already owns.*"[†]

The types of events that damage us may include:

- TRAUMA A: ABSENCE of good things we should have gotten, such as basic necessities (food, safety, shelter), affectionate touch, affirming words, acceptance, quality time, value, unconditional love, consistency, gifts...
- TRAUMA B: BAD things that happen to us, such as betrayal, divorce, death of a loved one, natural disaster, physical, emotional, or sexual abuse, or other things we should never have encountered.

How do we know our soul needs healing? Traumas to the soul have various effects. For example:

- Inability to experience the loving presence of God as Father, Son, or Holy Spirit.
- Arguing with yourself and feeling torn: "Part of me feels this way, but another part feels that way."
- Self-criticism, self-rejection, self-hatred.
- Painful events in the past that you "can't seem to let go."
- Addictions, excessive behaviors, and other defense mechanisms to numb the pain.
- Lack of ambition, purpose, or interest in life.
- Emotional numbness or stoicism.
- Overwrought grief, shame, anxiety, anger, sadness, disgust, apathy, disappointment, hopelessness...
- Sudden situational sleepiness, confusion, forgetfulness, or mental fog.

Parts

God designed us to survive life traumas by allowing our heart to break into specific parts with essential roles. These parts are in all of us who have lived long enough to suffer. Romans 12:4 alludes to this diversity of parts, "...we have many members in one body, but all the members do not have the same function." Although this generally refers to the body of Christ, it is also true of our own heart.

The four primary types of parts[‡] have certain recognizable characteristics:

- **A function part** (doing part) accomplishes the daily tasks of life while working in the home or business world, running errands, paying bills, taking care of family, doing ministry, and so forth. This is the steward aspect who serves God, others, and self. It's a heavy responsibility to meet expectations, take care of those around you and make sure your own body survives. Romans 12:4 above specifically mentions the concept of *function*.

[†] "Appendix A: Healing the Brokenhearted" by Andrew A. Miller and Scott Flanagan, in *Open My Heart, Lord* by Kathi Oates, page 131.

[‡] Parts of the soul correspond to parts of the brain: *function*=left prefrontal cortex "explanation center," *emotion*=cingulate cortex "synchronization center," *guardian*=amygdala "guard shack," *True Self*=right prefrontal orbital cortex "identity center."

- **An emotion part** (feeling part) holds the feelings about what you've experienced, including any unresolved pain and effects of trauma, and doesn't always know how to release big emotions safely. Until then, the feelings stay as fresh as the day they were encountered. The Lord hears them continuously: "I have indeed seen the misery of my people in Egypt. I have heard them crying out because of their slave drivers, and I am concerned about their suffering" (Exodus 3:7 NIV).
- **A protective guardian part** (discerning/thinking part) watches out for, analyzes, and classifies incoming information or experiences as good, bad, or scary, and stands ready to fight, flee, freeze, or fawn. This is a very important aspect of every person. The Bible calls this part a watchman on the wall, a gatekeeper of the soul who is ordained for an important mission: "Above all else, guard your heart, for everything you do flows from it" (Proverbs 4:23 NIV). 1 Peter 2:23 describes an aspect of Jesus as "the true Shepherd of your lives - the kind Guardian who lovingly watches over your souls" (TPT).
- **A True Self part** (being part) is the essence of a person, having come into existence at the moment of conception to hold hopes, dreams, purposes, giftings, and destiny. This part has the capacity to connect most strongly with God and others, "for you created my inmost being; you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place" (Psalm 139:13-15 NIV).

Solution

Your heart (soul) was never intended to remain stuck in survival mode. HeartSync uses a gentle approach that enables each part of the heart to experience God, to "taste and see that the Lord is good" (Psalm 34:8 NIV).

A divided heart may survive, but it won't thrive. The Lord's desire for each person is to "give them an undivided heart and put a new spirit in them; I will remove from them their heart of stone and give them a heart of flesh" (Ezekiel 11:19 NIV). Our souls yearn to enter into the abundant relational life that the Lord promised (John 10:10).

Jesus made it clear that we were never meant to carry our burdens and responsibilities alone. "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light" (Matthew 11: 28-30 NIV). Your burdens, cares, tears, and sufferings are all very precious to Jesus. "You've kept track of all my wandering and my weeping. You've stored my many tears in your bottle—not one will be lost. For they are all recorded in your book of remembrance" (Psalm 56:8 TPT). HeartSync facilitates the process by which your parts can finally lay down their burdens, pain, and consequences of trauma for Jesus to take.

Outcomes

As ambassadors of Christ (2 Corinthians 5:20), we have the opportunity to work out our salvation (Philippians 2:12) by reconciling each part of the heart to the Lord, to other parts of the heart, and to other human beings (Matthew 22:37-39). So the goal of this inner healing is not simply to neutralize pain and paralysis, but to enter fully into peace, perspective, community, and abundant life (John 10:10).

Walls of division come down as we encounter God's presence and relationship is restored: "They will be my people, and I will be their God. I will give them singleness of heart and action, so that they will always [respect] me and that all will then go well for them and for their children after them. I will make an everlasting covenant with them: I will never stop doing good to them, and I will inspire them to [respect] me, so that they will never turn away from me. I will rejoice in doing them good and will assuredly plant them in this land with all my heart and soul" (Jeremiah 32:38-41 NIV).

With hearts made whole, we find it easier to trust, love, worship, receive from, and respond to the Lord. "Teach me your way, Lord, that I may rely on your faithfulness; give me an undivided heart, that I may fear your name. I will praise you, Lord my God, with all my heart; I will glorify your name forever. For great is your love toward me; you have delivered me from the depths, from the realm of the dead" (Psalm 86:11-13 NIV).