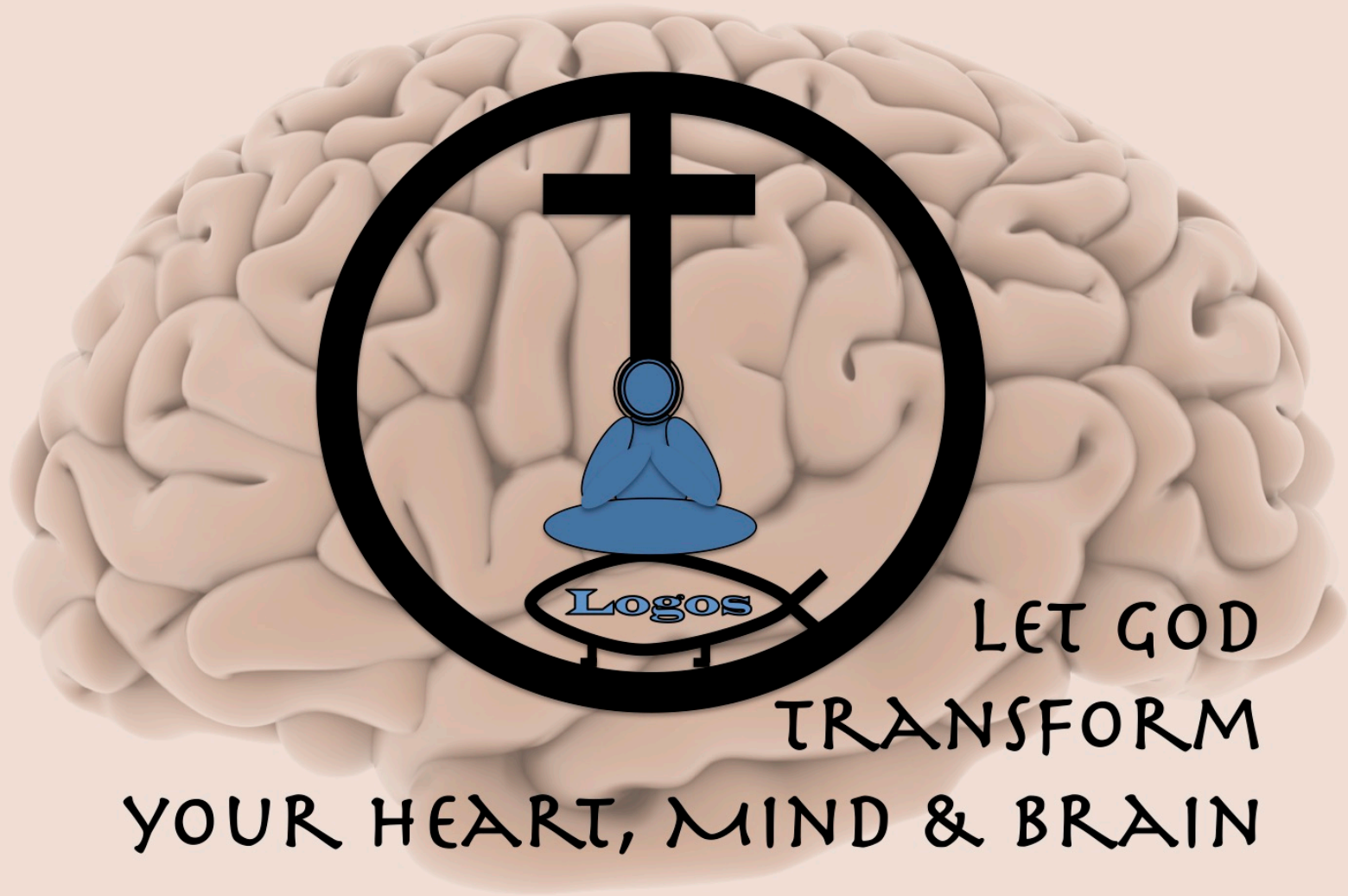
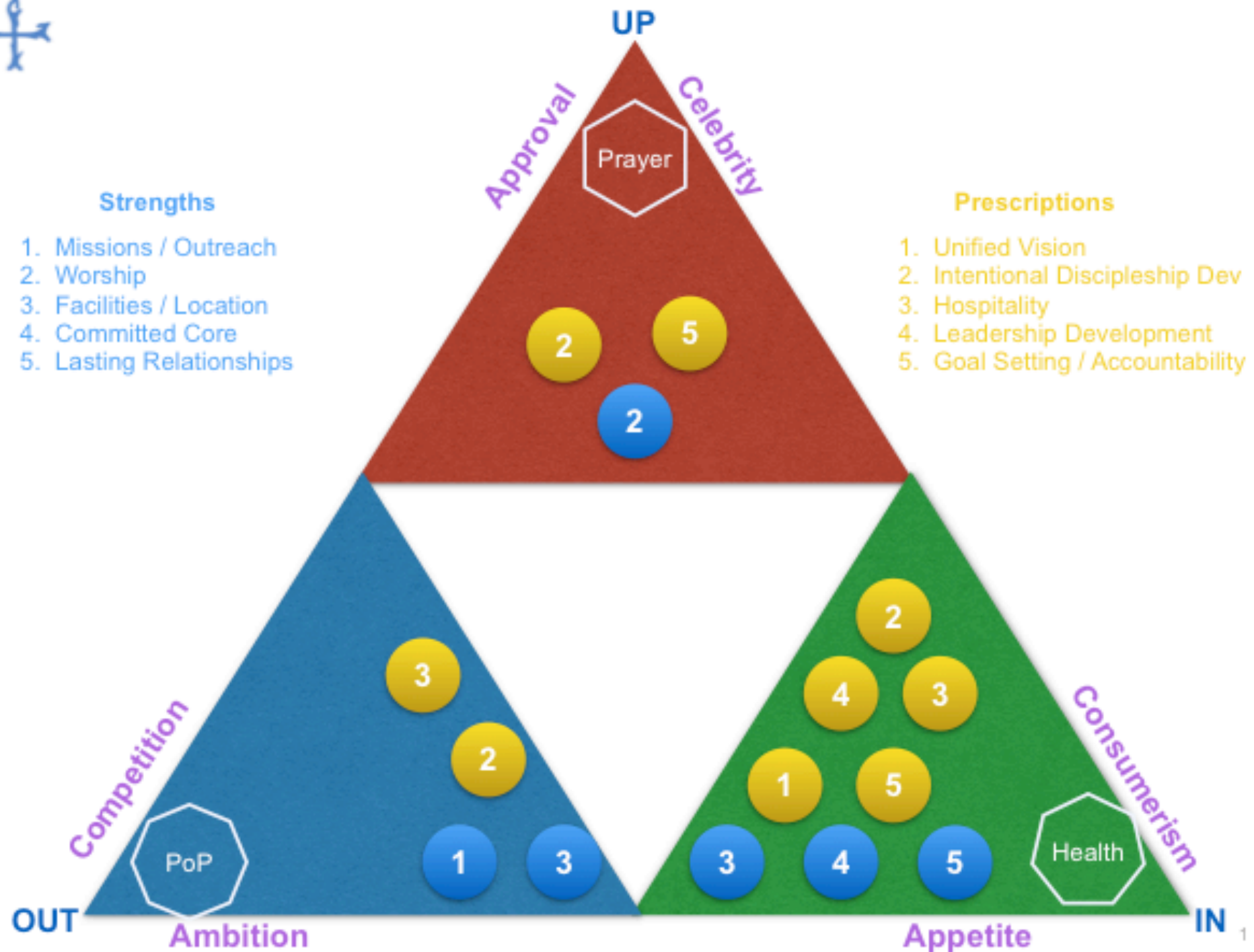


CHRIST-LIKE MINDFULNESS



LET GOD
TRANSFORM
YOUR HEART, MIND & BRAIN





Christ-like Mindfulness:

A possible Unified Vision, Intentional Discipleship, Leadership Dev.
Practicing the Way & Expanding Persons of Peace

- Practicing the Presence of God with Interpersonal Love, Joy, and Peace; (Hospitality)
- Experiencing Brain based Cognitive-Behavioral Christian Transformation via Prayerful/Meditative Purification, Illumination, and Unification (Daily Kairos of EXAMEN)
- Towards the outreach & inclusion of Post Modern Believers in God (people who identify as Christian, and who are non affiliated with churches); &
- Towards a Spiritual Unification (Unified Vision) of the Church via Christ-Like Mindfulness Practice



Christians in the United States today are deeply divided about what it means to follow Jesus: Our people of peace determined by their opinions or faith/trust in God?

- Many followers of Jesus oppose evolution and defend the literal-factual truth of the Bible's stories of creation. Yet followers of Jesus were the first to reconcile evolution with the Bible by understanding the Genesis stories symbolically and not literally.
- Followers of Jesus are among the strongest supporters of our nation's invasion and continuing occupation of Iraq. Followers of Jesus are among its strongest critics.
- Followers of Jesus are among the strongest opponents of gay marriage. Followers of Jesus are among its strongest advocates.
- Followers of Jesus are among the strongest supporters of an economic and tax policy that benefits especially the wealthy and powerful. Followers of Jesus are among its most vocal critics on the biblical grounds that such a policy betrays God's passion for economic justice for the poor."
- Excerpt From: Marcus J. Borg. "Jesus." iBooks. <https://itun.es/us/yxxRv.l> "



Reaching People of Peace

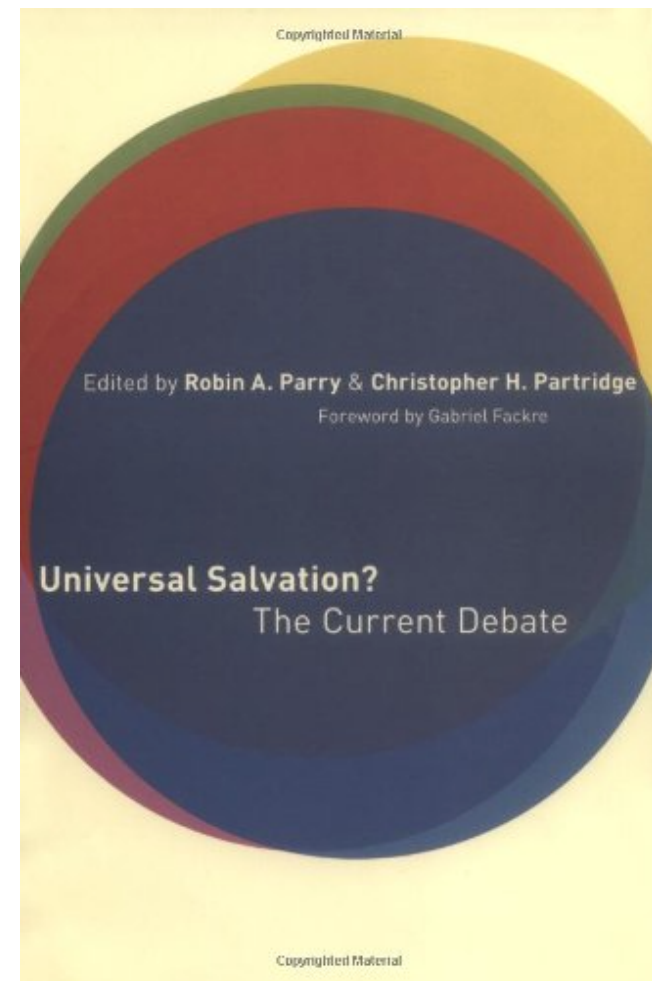
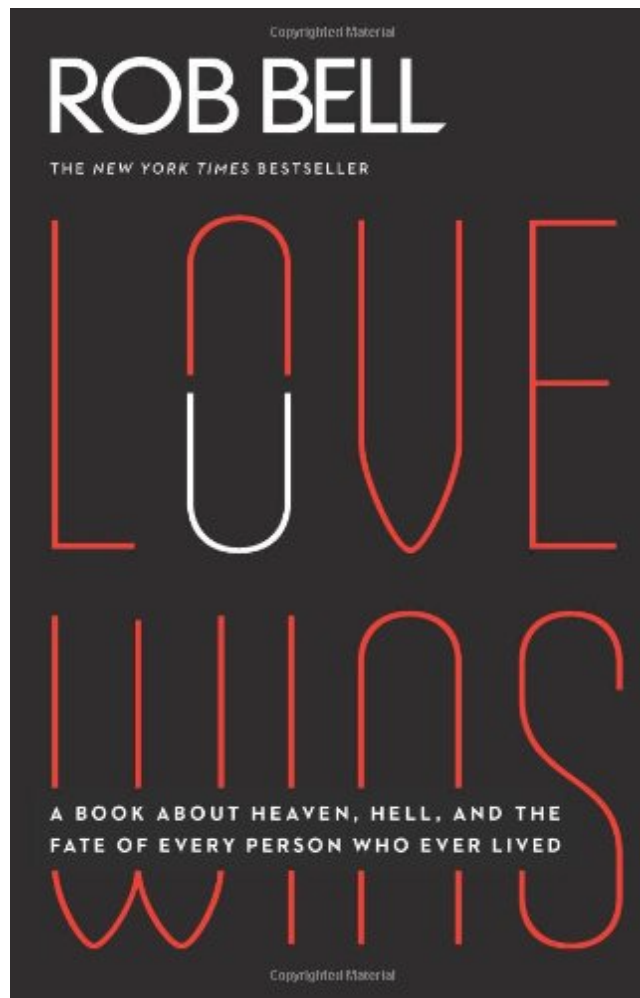
- 83% of Americans identify as Christian (ABC News Pole; July 2014)
- Less than 20% actually attend Church weekly (but 30-40% say they go to church almost weekly or monthly).
- Of those who went to church about, 3 million people per year become non affiliated Christians.
- From Steve McSwain “Why Nobody Wants to go to Church Anymore”



American's Belief about Satan, Hell, & Afterlife

- 83% identify as Christians
- 62% of Americans don't believe in literal Satan, but see him as a metaphor for evil, and primitive human behavior.
- 71% say some type of hell exists. But only 31% believe in literal Hell, which involves eternal physical torment. 79% believe in a soul that will live for ever with God or in His absence.
- 76 % say heaven exists, 64% believe they are going to heaven; 5% state they will just cease to exist; 0.5 % say they are going to hell, 5% believe in reincarnation; and 24 % are clueless.

Re-emergence of Universal Salvation Hope





Gay Marriage

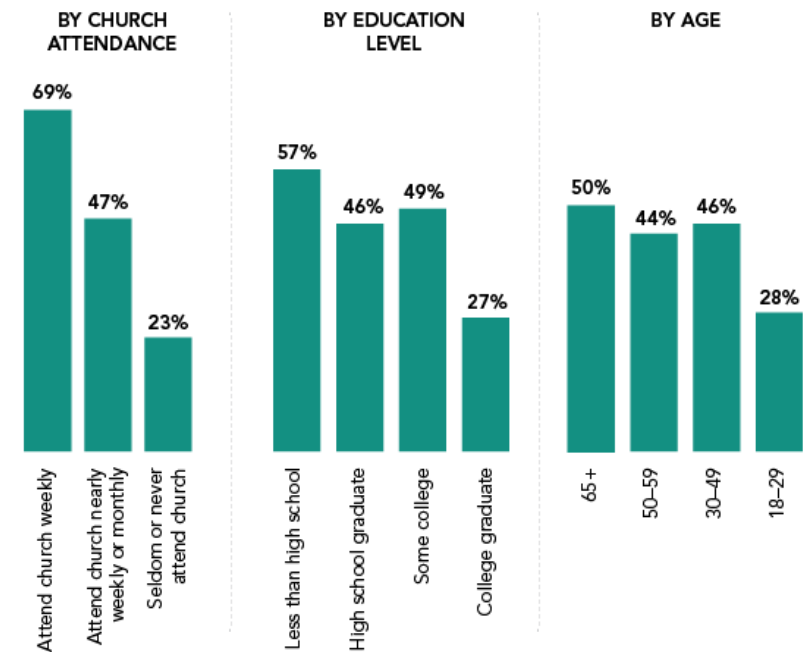
- 63% (CNN/ORC Poll Feb 2015) support constitutional right for gay couples to marry; 64% of Evangelical Millennial, and 62% of Catholics; 40% of Republicans.

Americans on Evolution

- 40% believe in Creationism (with young earth <10k years old).
- When 99% of scientists believe in Evolution.

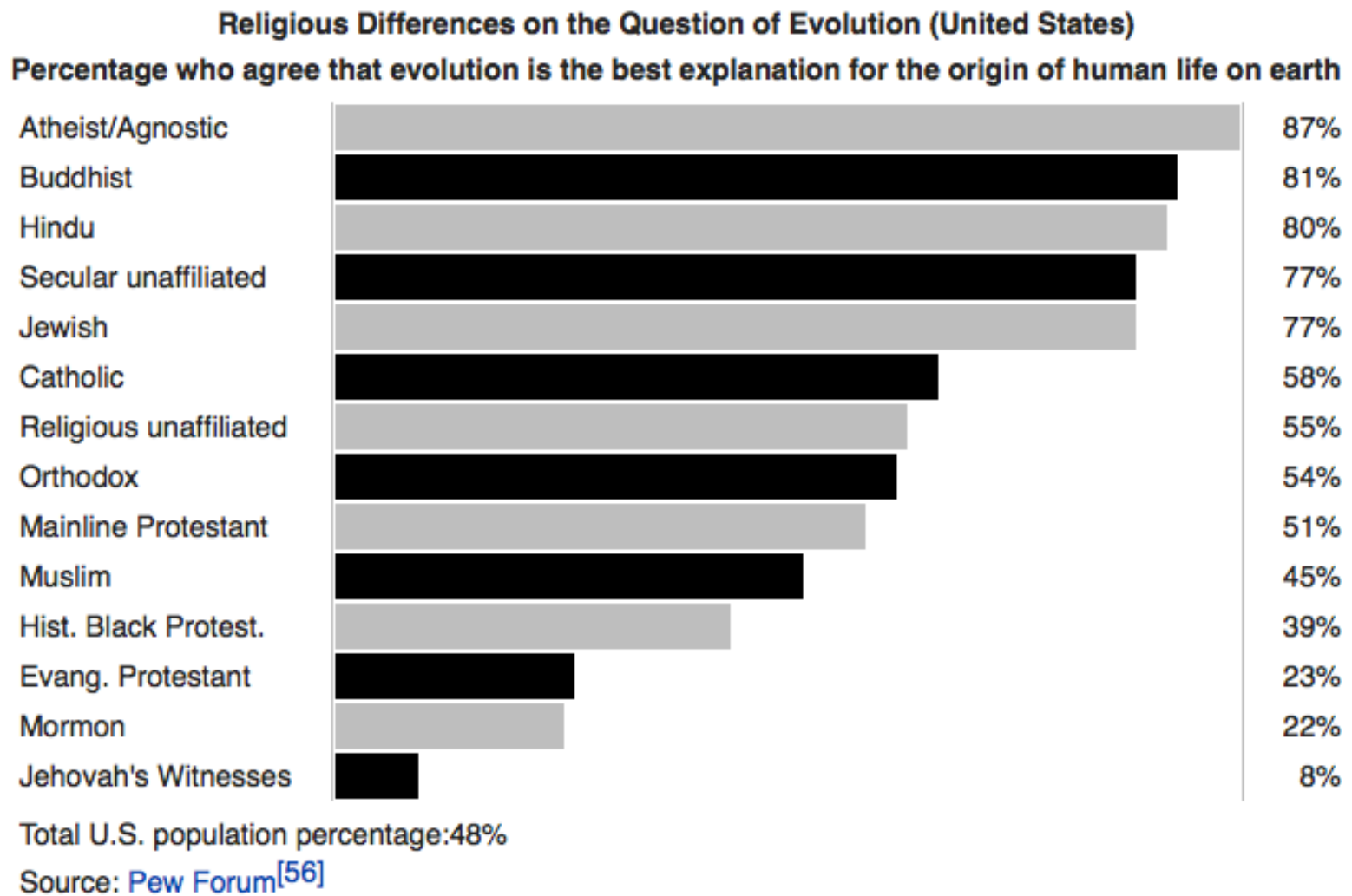
Who Still Believes In Creationism

Percent of Americans who say God created humans in present form within the last 10,000 years



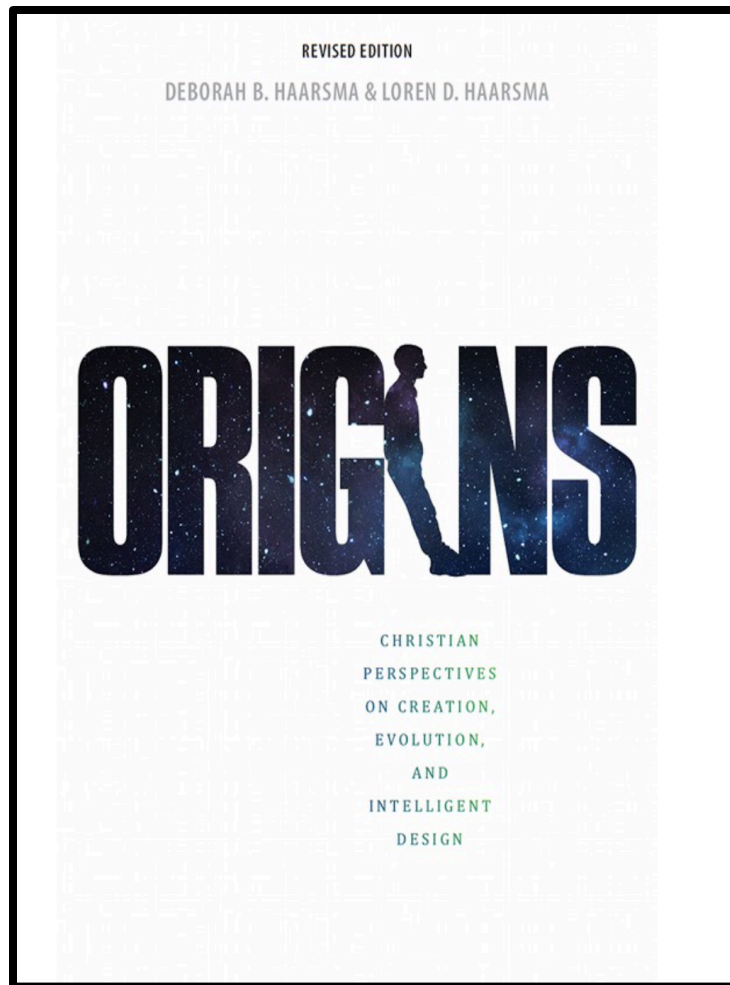
Source: Gallup

THE HUFFINGTON POST



2007-2008 data

Diversity & Spectrum of views on Origins that involve God



Ancient Flat Earth. A fully literal reading of Genesis 1-2 and other Old Testament passages describes a flat earth with a solid-dome firmament above the sky holding back the “waters above the earth.” This is how the Old Testament era Hebrews and surrounding cultures pictured the world.

“Modern” Flat Earth. The earth is flat but without the firmament or waters above. Genesis 1-2 and other Scripture passages are interpreted to require belief in a flat earth fixed in place; but words referring to the solid firmament and waters above the earth are interpreted differently.”

Geocentrism. The earth is spherical but fixed in place. Genesis 1-2 and other Scripture passages (Ps. 93:1; Josh. 10:12-13) are interpreted to mean that the earth doesn’t move. The sun, moon, planets, and stars all move around the Earth.

Young-Earth Creation. The modern sun-centered picture of the solar system is accepted as true, but the scientific picture of geological and biological history is disputed. Genesis 1-2 is interpreted as recent literal history; the earth and the universe are a few tens of thousands of years old. References to the firmament and waters above the earth are interpreted in a variety of ways. Although some “appearance of maturity” was included in creation—such as light from distant stars already on its way to earth—proper scientific measurements are thought to yield evidence that the earth and life on earth were recently created.”



Diversity & Spectrum of views on Origins that involving God

Young-Earth Creation: Created with Apparent Age. Genesis 1-2 is interpreted as recent literal history; the earth and the universe are about ten thousand years old. But the universe and the earth were made to “appear” several billion years old, so scientific experiments measure only apparent age, not actual age.

Young-Earth Creation: Apparent Age Due to the Fall. Genesis 1-2 is interpreted as recent literal history; the earth and the universe are about ten thousand years old. However, either because of the fall of man or the fall of Satan, the earth now appears much older.”

Progressive Creation with Recent Creation of Earth and Life. Genesis 1-2 is interpreted as recent literal history—but just for our planet and the creatures on it. The universe itself is billions of years old, following the evidence of astronomy.

Progressive Creation with Special Creation of New Life-forms. The earth and the universe are several billion years old. At various times during biological history, God performed distinctive miracles to specially create each new life-form. Species have not descended from a common ancestor.”

Progressive Creation with Common Ancestry and Modification. The earth and the universe are several billion years old. All life-forms are linked by common ancestry, and some microevolution took place. However, at various times during biological history, God also performed distinctive miraculous acts in order to give certain life-forms new features or greater complexity. God might have altered existing species or perhaps worked through a sort of miraculous genetic engineering.

Progressive Creation Through “Miraculous” Evolution. God used evolution, but the success of evolution is scientifically “surprising.” Life-forms have changed and become much more complex than would be expected by the mechanisms of evolution alone. God must have been directing the evolutionary process, perhaps arranging for the process to travel along preordained paths, leading to much-better-than-expected outcomes.”

Evolutionary Creation with Special Creation of First Life. The history of life on earth happened as described by the theory of evolution, with nothing surprising about its success. God created, and evolution was the tool he used. However, the fact that biological evolution got started in the first place cannot be explained by science. The very first life on earth must have been miraculously created.”



Diversity & Spectrum of views on Origins that involving God

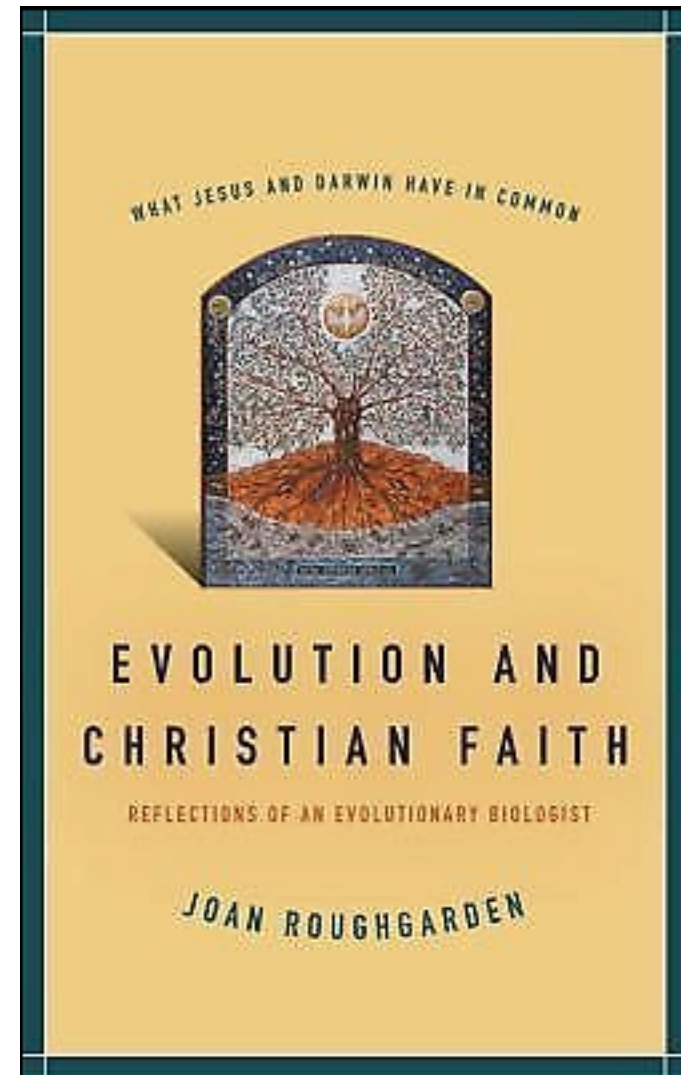
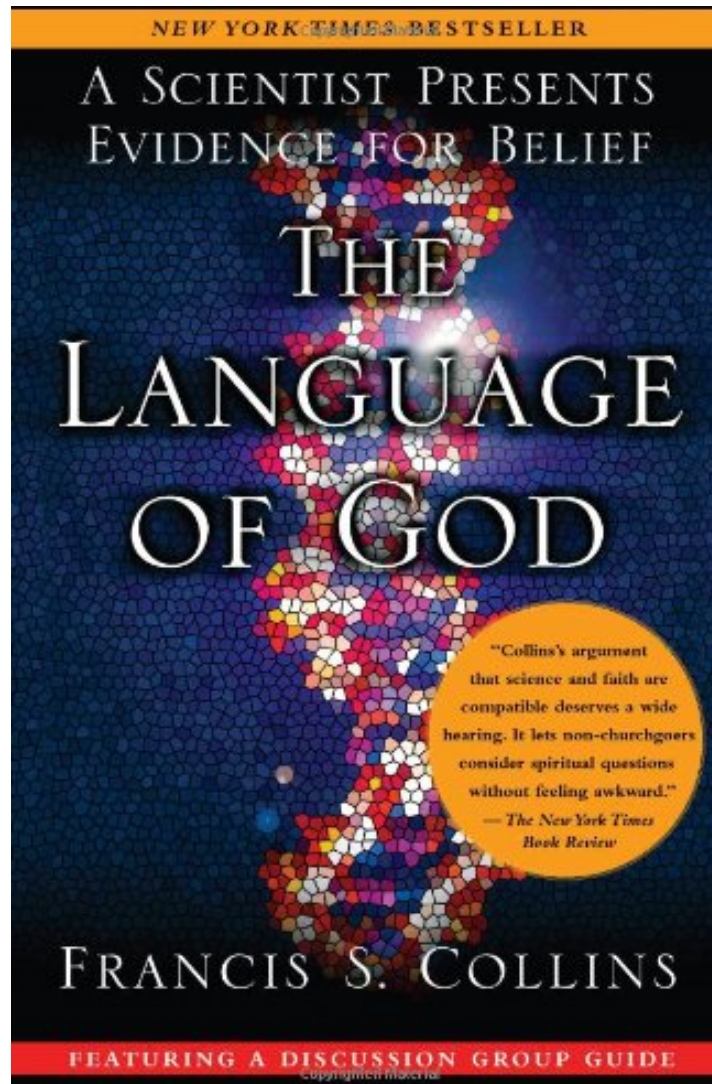
"We are not merely human beings seeking a spiritual experience, but first and foremost, we are spiritual beings having a human experience." Teilhard de Chardin

Evolutionary Creation. The history of life on earth happened as described by the theory of evolution. God designed the natural laws of the universe to be just right for first life to assemble and for biological evolution to happen. These are natural processes that God governs, just like every other natural process. God's governance of these natural processes is pictured in a variety of ways:

- "Evolutionary Creation with Programmed Outcome. The natural laws that govern evolution are designed to ensure that only certain kinds of life-forms will evolve. God ordained and intended our existence and designed natural processes to achieve more or less just what we see today.
- Evolutionary Creation with Chosen Outcome. Biological evolution could, in theory, have followed many different paths with different outcomes. However, the exact path that evolution took on earth and the final outcome we see today were entirely ordained by God, since every event that appears to be "random" to us is actually determined by God.
- Evolutionary Creation with Flexible Outcome. The exact path that evolution took on earth and the final outcome we see today were not entirely predetermined by God; rather, God gave his creation a certain degree of freedom. God also knew that this process would eventually produce intelligent, personal creatures to whom God could reveal himself.
- Evolutionary Creation Known Only Via Special Revelation. God designed and created the laws of nature so that life would evolve. We can't learn much about God's governance simply by studying the natural world. Nevertheless, we believe that creation occurred through God's hand because of God's special revelation in Scripture.
- Evolutionary Creation Known Only Via Special Revelation. God designed and created the laws of nature so that life would evolve. We can't learn much about God's governance simply by studying the natural world. Nevertheless, we believe that creation occurred through God's hand because of God's special revelation

Deistic Evolution Plus Divine Involvement with Humans. God created the universe and the laws of nature and then set them in motion without any intervention or meaningful governance. God got more involved with the world once humans came along.

Christian Evolutionists



biologos.org

Spiritual Health

Building a Discipleship Culture & Spiritual Formation

- **Movement:** Progressing in a plan of action, living in & through God's action plan
- **Respiration:** Biopsychosocially and Spiritually Breathing—God's Breath/Peace
- **Sensitivity:** Perception/Illumination of the needs of others—Compassionate Empathy
- **Growth:** Demonstration of personal transformation towards God—Fruits of the Spirit
- **Reproduction:** Others grow in Spirit through our active relationship with God.
- **Excretion:** Purification through the process of abiding in Christ-Like Transformation
- **Nutrition:** Intimacy with God is our spiritual food, towards Unification with Christ
- **Healthy Self-Examination**—Examen Prayer



C-L Transformative Disciplines

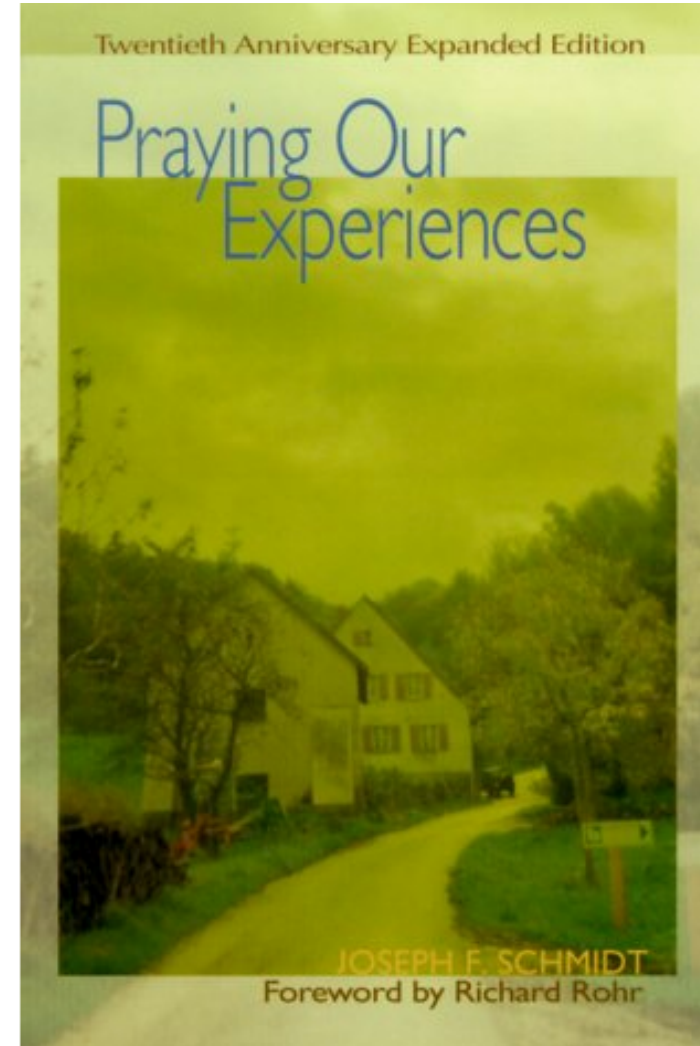
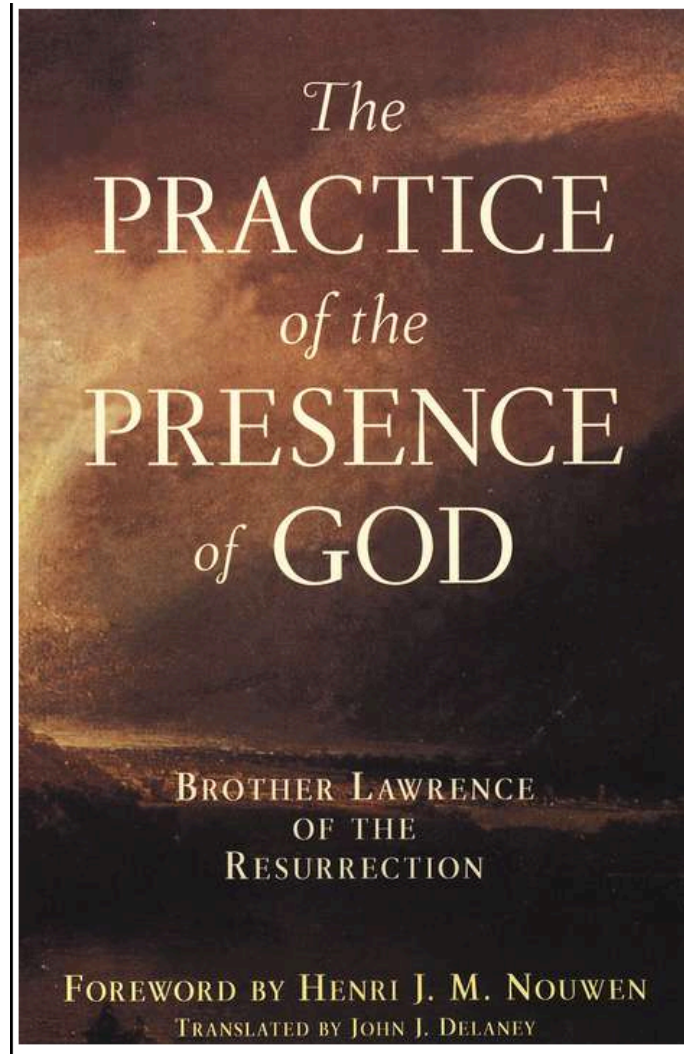
1. **Christ-like Mindfulness**—intentional abiding in the moment with God; Aware of one's Internal and External experience, dwelling on God's good, rejoicing & giving gratitude.
2. **Brain Transforming Mind-Heart Formal C-L Meditation:** (Loving-kindness, Compassion, Altruistic, Equanimity, Analytic-abiding, Empting-Kenosis, Guided Imagery, Biblical-Experiential, Dramatic improvisation-role playing, which is C-L psychodrama).
3. **Four Informal Ways (Themes) of C-L Mindfulness:** Finding God in all things; Being a contemplative in action; being a Divine Incarnation, or being Jesus to the world—doing God's will in all activities; & seeking freedom and detachment from stuff/the world, in order to be totally devoted to God's Kingdom—Doing no harm, doing good, staying in love with God.
4. **Examen Prayer:** (thanksgiving, insight, survey, repent-correct, unification), Contemplative (Oneness and I-Thou), Biblical—Cognitive-Behavioral restructuring.
5. **Bible Study/Sunday School/Becoming skilled in Conceptual Theological Tools & Verbal Narratives** used in Cognitive Behavioral Brain Transformation (skills of discipleship).
6. **Christ-like Lifestyle Behavioral Training** (Act. Sch., Social Skills, Gift Dev.; Small Groups).
7. **Worship as a Lifestyle**—Communal acts of Love & Praise, Rejoicing Always, Radical Hospitality.
8. **Church Relationships:** Practiced & Realized Love, Joy & Peace in Community.
9. **Christian Service/Mission-al Relationships**—Being an answer to someone's prayer.
10. **Christ-Like Stewardship** (detachment, simplicity, fasting, & giving).
11. **Christ-Like Witness, Invitation & the Making of Disciples.**



C

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Practicing the Presence of God & Praying Our Experiences



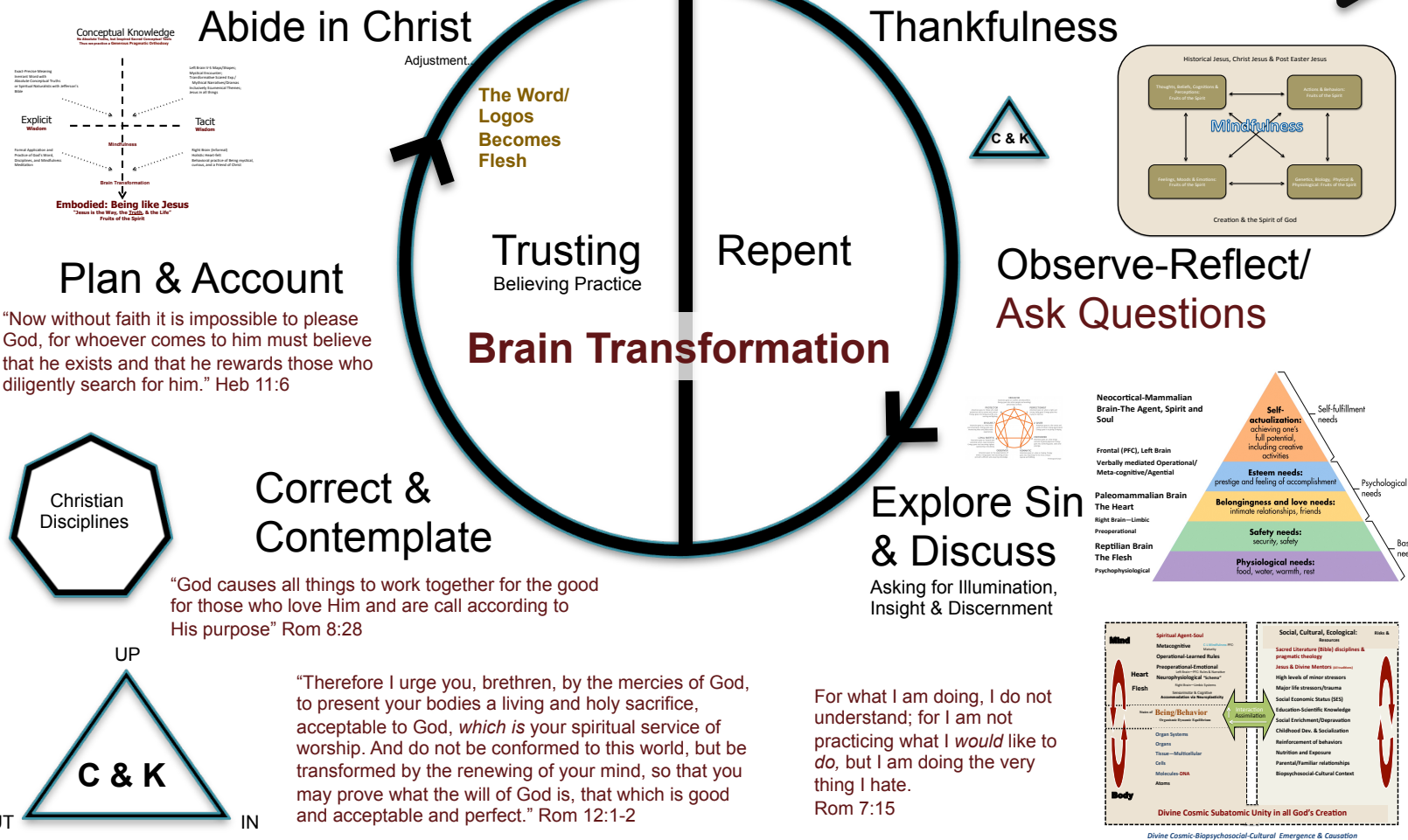
Daily Examen & C-L Mindfulness

Developmental Tasks—Spiritual Formation: Purification, Illumination and Unification

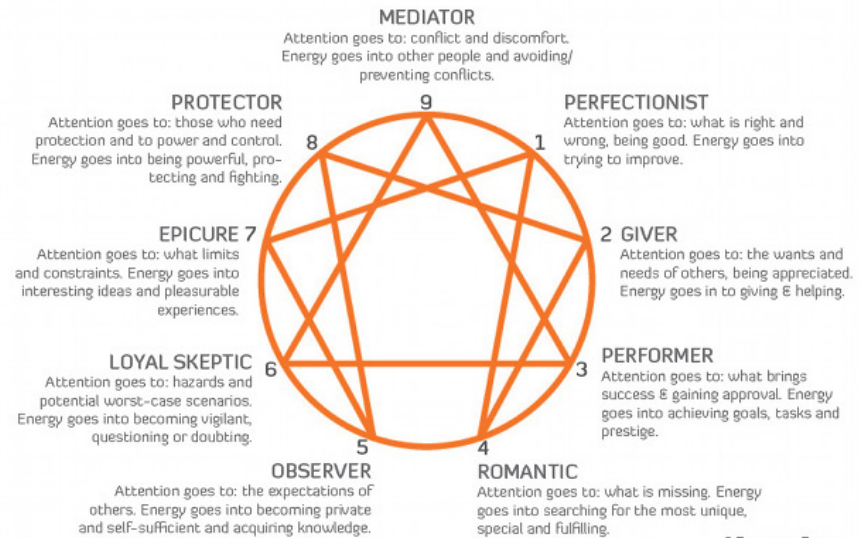
Life Narrative Enneagramic Themes

Kairos

Abiding C-L Practice

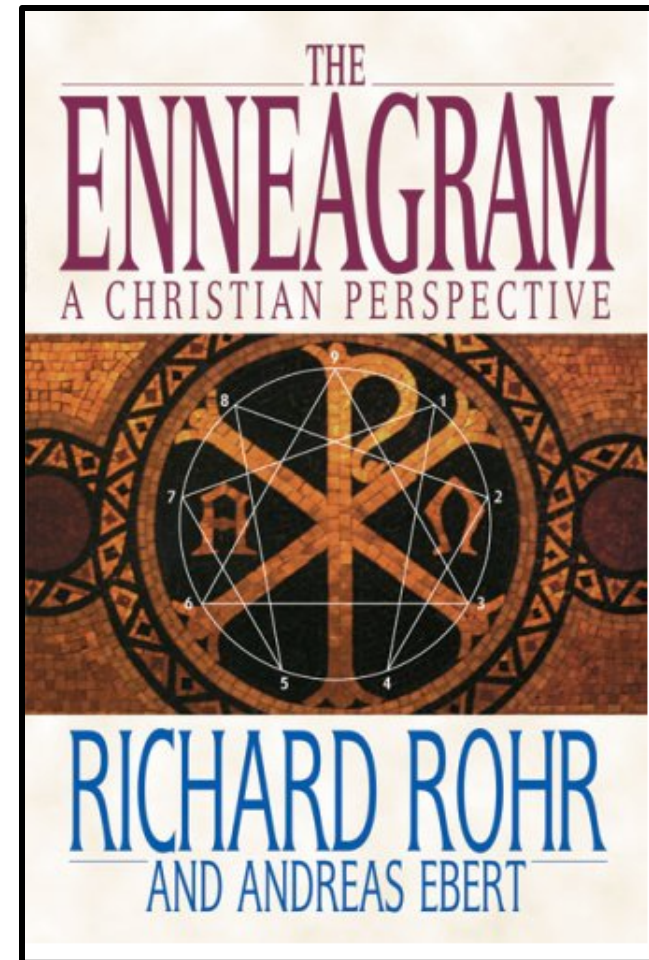
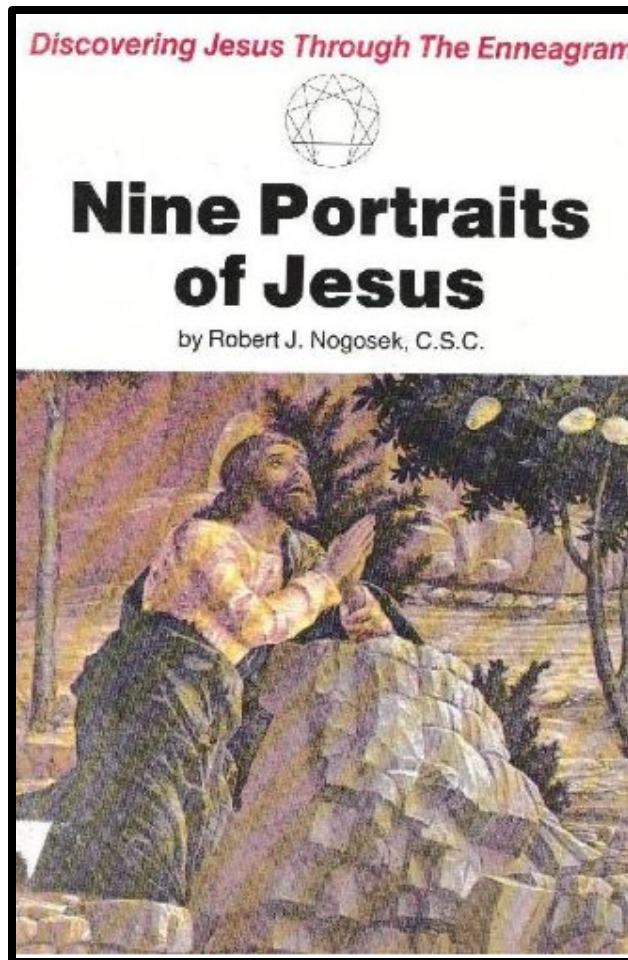


Life Narratives, Dev.Tasks and Enneagram Themes/EMS



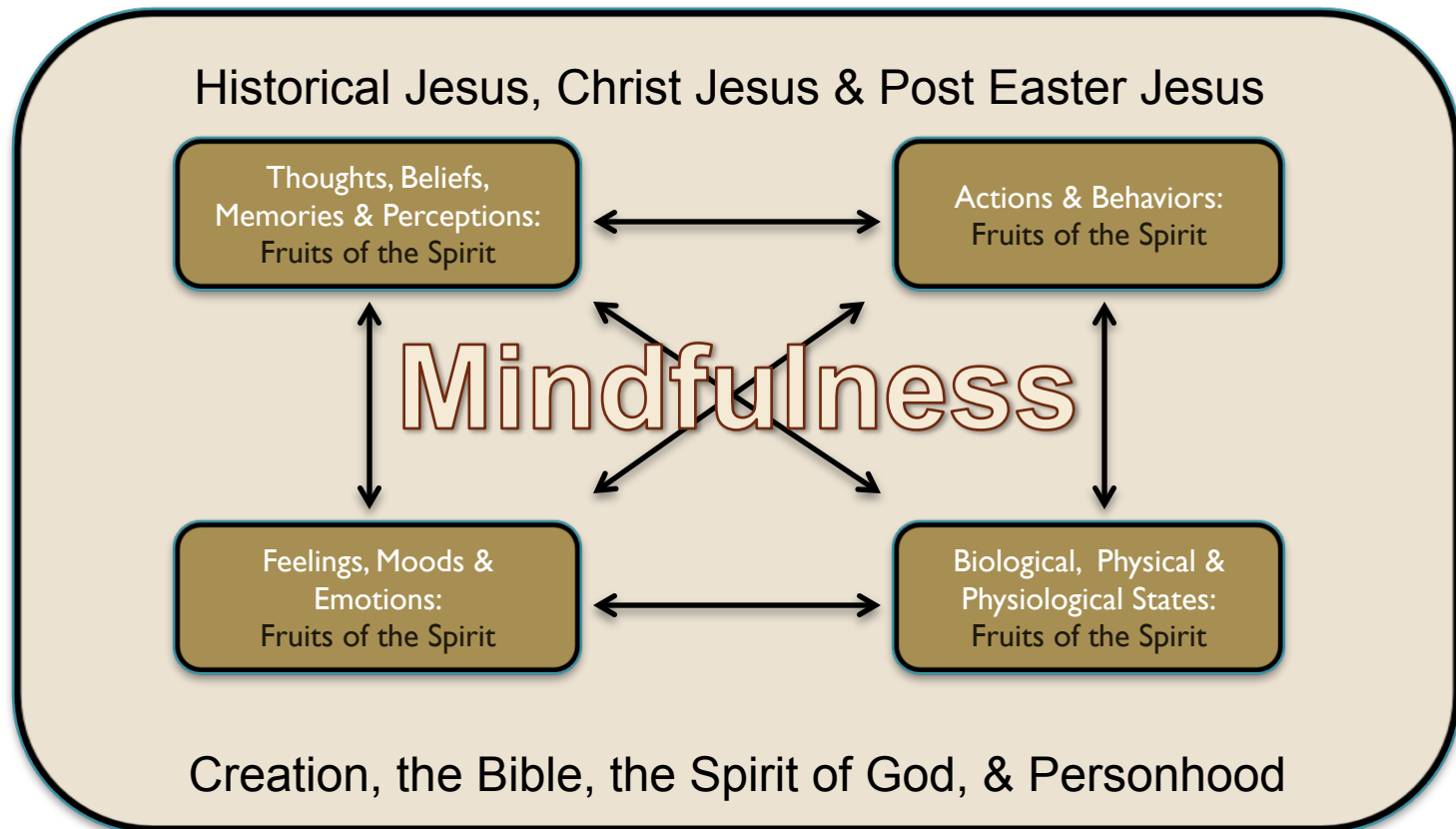
Type	Characteristic role	Ego fixation	Holy idea	Basic fear	Basic desire	Temptation	Vice/Passion	Virtue	Stress	Security
1	Reformer	Judging	Perfection	Corruptness, imbalance, being bad	Goodness, integrity, balance	Hypocrisy, hypercriticism	Anger (Resentment)	Serenity	4	7
2	Helper	Flattery (Ingratiation)	Freedom, Will	Being unloved	To feel love	Deny own needs, manipulation	Pride	Humility	8	4
3	Achiever	Vanity	Hope, Harmony, Law	Worthlessness	To feel valuable	Pushing self to always be "the best"	Deceit	Truthfulness, Authenticity	9	6
4	Individualist	Melancholy (Fantasizing)	Origin	Having no identity or significance	To be uniquely themselves	To overuse imagination in search of self	Envy	Equanimity (Emotional Balance)	2	1
5	Investigator	Stinginess (Retention)	Omniscience, Transparency	Helplessness, Incapable, Incompetent	Mastery	Replacing direct experience with concepts	Avarice	Non-Attachment	7	8
6	Loyalist	Cowardice (Worrying)	Faith, Strength	Being without support or guidance	To have support and guidance	Indecision, doubt, seeking reassurance	Fear	Courage	3	9
7	Enthusiast	Planning (Anticipation)	Work, Wisdom, Plan	Being trapped in pain and deprivation	To be satisfied and content	Thinking fulfillment is somewhere else	Gluttony	Sobriety	1	5
8	Challenger	Vengeance (Objectification)	Truth	Being harmed, controlled, violated	Self-protection	Thinking they are completely self-sufficient	Lust (Forcefulness)	Innocence	5	2
9	Peacemaker	Indolence (Daydreaming)	Love	Loss, fragmentation, separation	Wholeness, peace of mind	Avoiding conflicts, avoiding self-assertion	Sloth (Disengagement)	Action	6	3

Introduction to Christian Enneagram



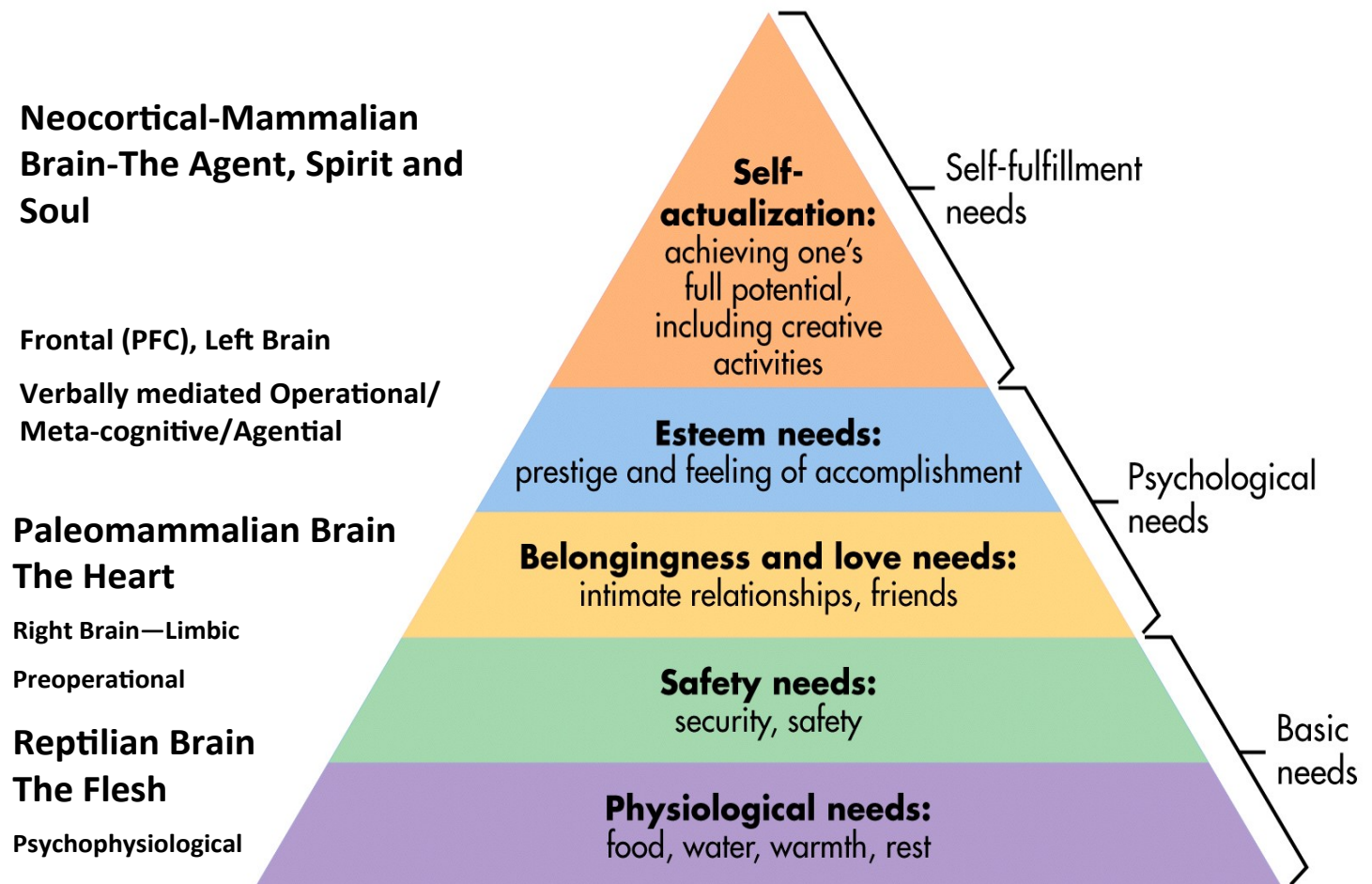
Christ-like Mindfulness Based Cognitive Behavioral Transformation:

Love, Joy, Peace, Patience, Kindness, Goodness, Faithfulness, Gentleness, & Self-control

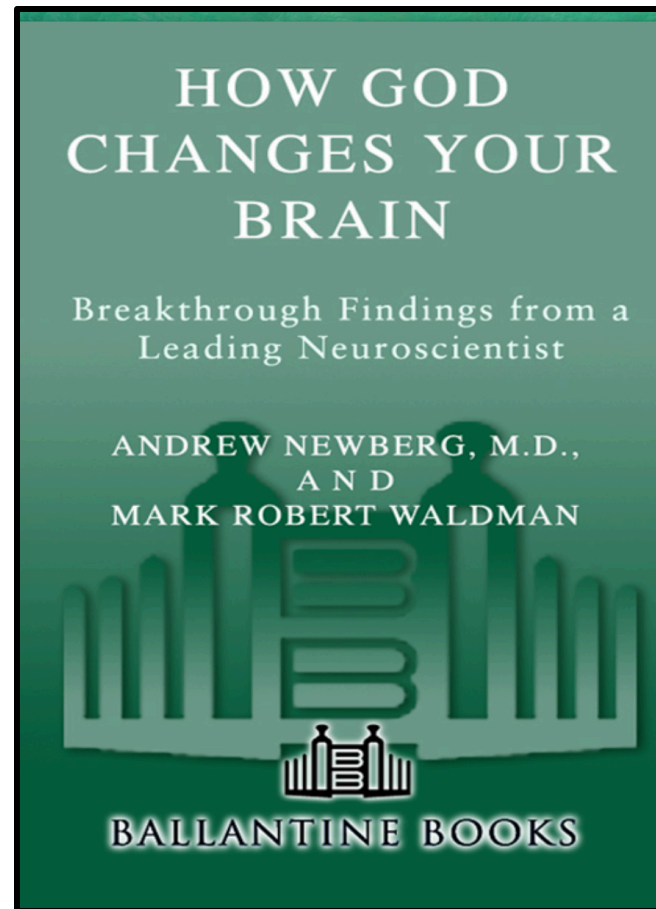


Christ-like Mindfulness

and the Human Condition (Maslow):
To Know, Spiritually Manage &
Transform our Mind-Heart-Flesh Desires



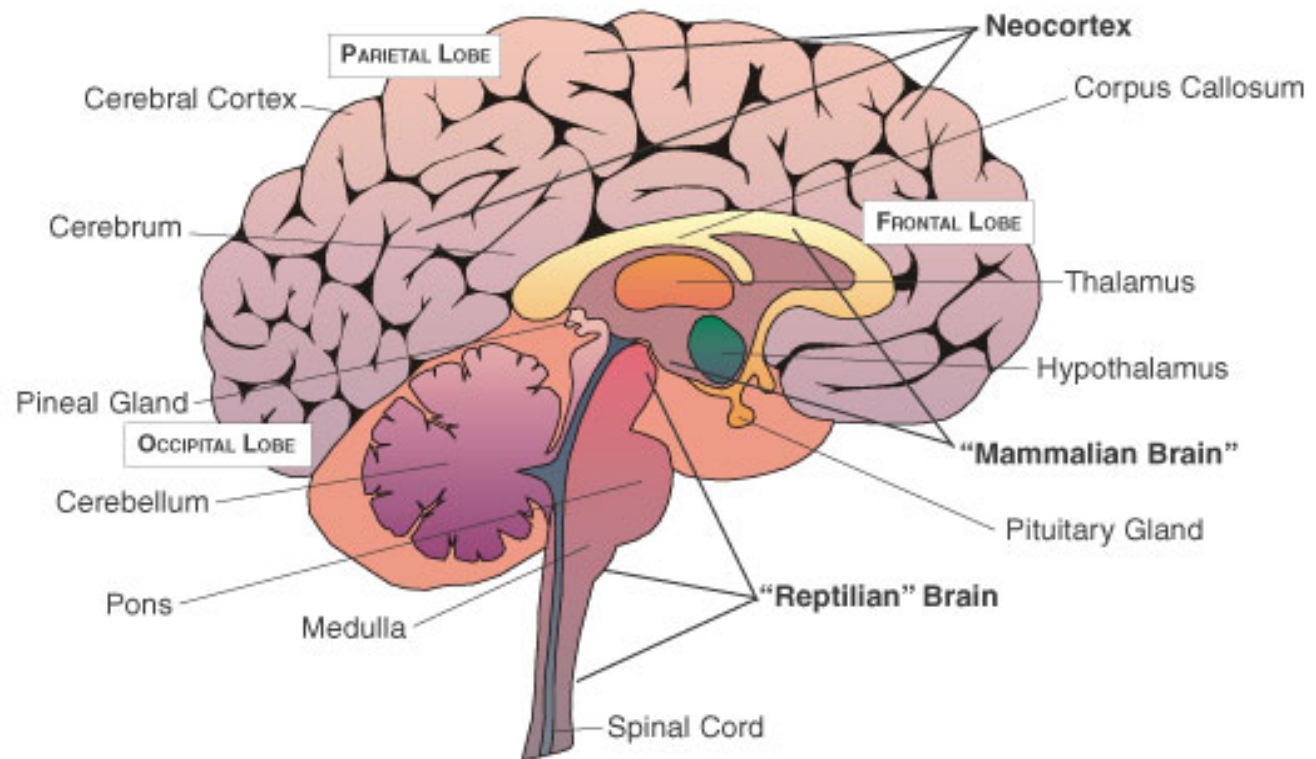
HOW GOD CHANGES OUR BRAINS



“The enemy is not authoritative religion; the enemy is anger, hostility, intolerance, separatism, extreme idealism, and prejudicial fear—be it secular, economic, religious, or political.”

Brain Based Cognitive-Behavioral Christian Transformation

The Tripartite Human Brain



Christ-like Mindfulness:

Christian Biopsychosocial Brain Transformation—up down model

Reptilian Brain (subcortical structures): **Matures structurally in first 3 yrs. of life. The toddler self.** Responsible for wakefulness, sleep, hunger, fear, rage, pain, fight or flight reactions, satiation experience, additions, sexual drive, ANS-parasympathic and sympathetic. Biblical term of “Flesh.”

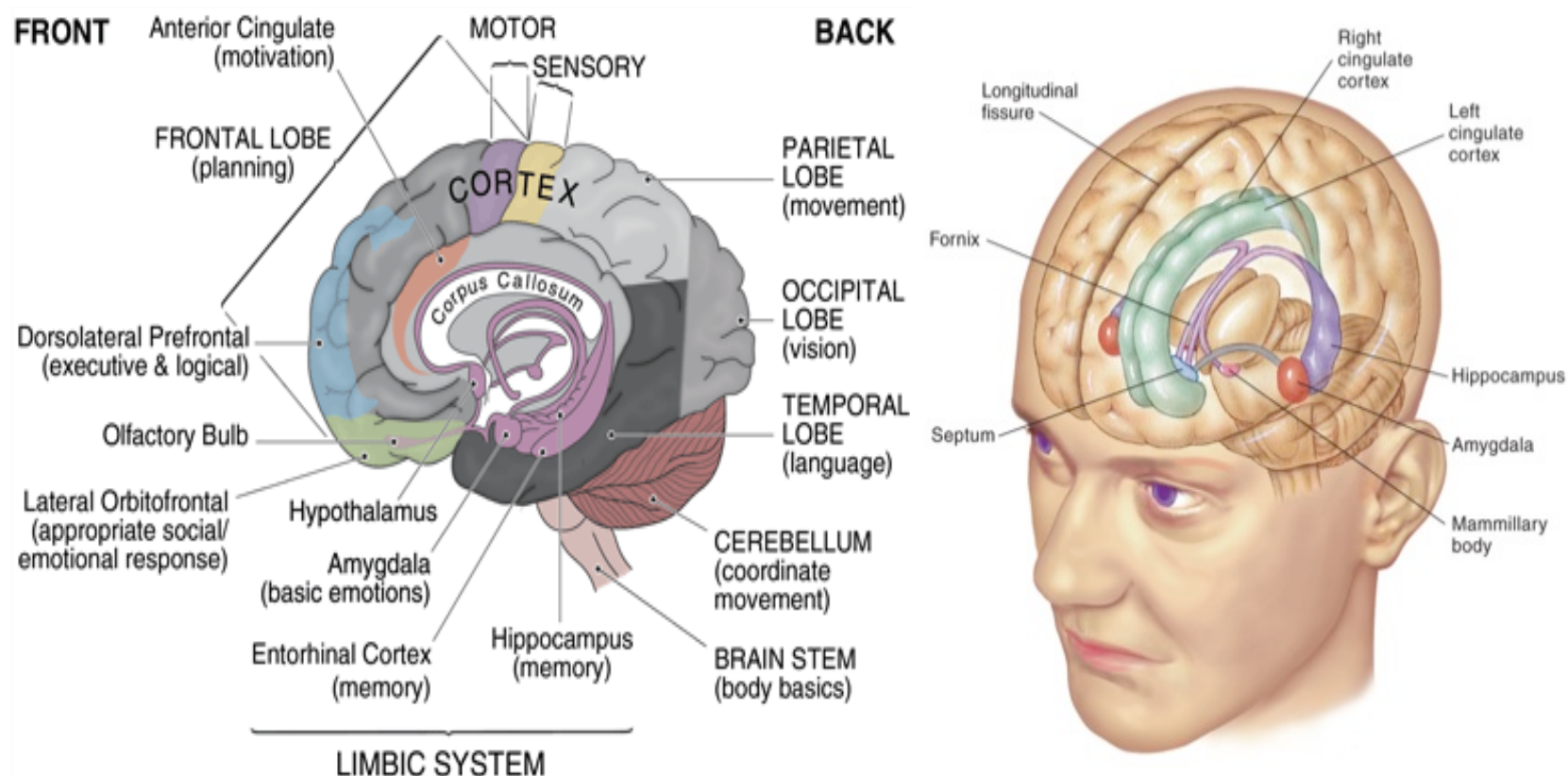
Paleomammalian Brain: **Matures structurally ages 3-12 yrs. in life. The child self.** The Limbic system contributes to socio-emotional experience of joy, sadness, anxiety, anger, jealousy; it involves classical, operant, social learning, and gives emotional tone to long-term memories/learning; it contributes to loving bonds, caring for and teaching descents/young, playfulness, & socially oriented communication. It allows for **Us-Them distinctions--both aggressive and loving.** Biblical term of “Heart and/or Flesh—the Passions.” (Processes of avoiding harms, approaching rewards, & attaching to others).

Neocortical-Mammalian Brain: **Matures structurally ages 10-28 yrs. The adult self.** Functions include: God consciousness, language mediated planning, delaying gratification, impulse control, & problem solving. It greatly influences the Limbic & ANS Systems, but in turn, the heart (limbic system) strongly effects/biases intellectual thought & choices. The adult self can become the C-L Self. The Biblical term for these brain functions is “Mind and Soul,” “the knowledge of good and evil,” and it is the biblical-conceptual/explicit means of spiritual and psychological transformation. (Processes include: inhibition emotional reactions; mental simulator/planner; intentionally focused attention, intentional perceptions and behaviors; it produces a meaningful narrative of self in time and space, which uses verbal and visual-spatial conceptualizations & maps; & it has a default mode experience—“I in time and space” with steam of conscious involving internal & external sensory awareness-with verbal narrative spin.)

Christ-like Mindfulness is the intentional awareness of all these brain areas and their functions, for the purpose of participating in God’s transformation of our mind, heart and body (flesh) in order to become more “Christ-like” in experience and behavior. “The Word made flesh” John 1; Rom: 12-16, Col:4-6; Heb 12-14, 2Tim 3:16.

Limbic System: Mammalian Brain

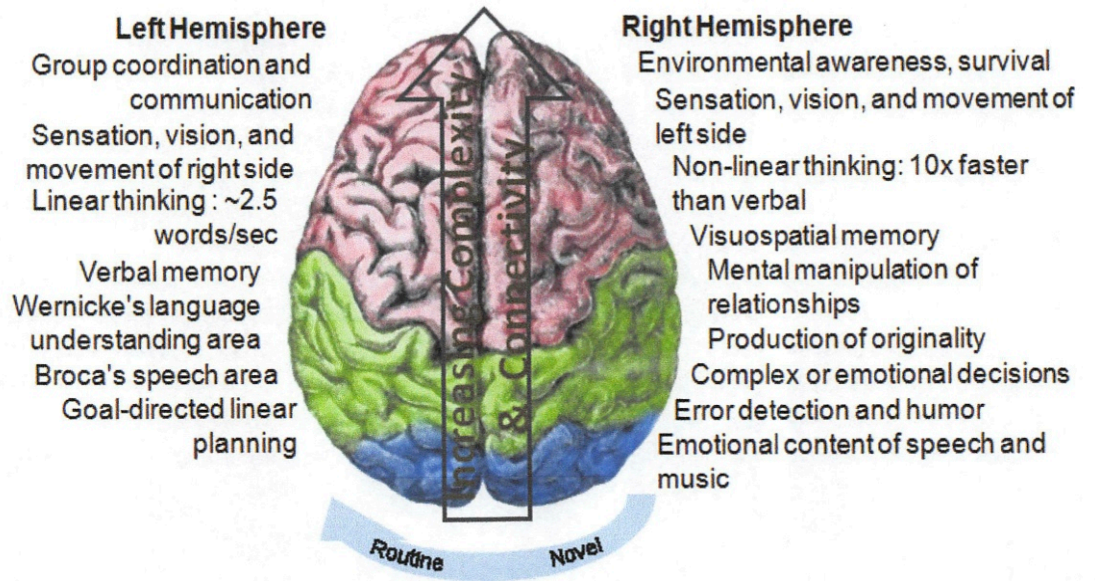
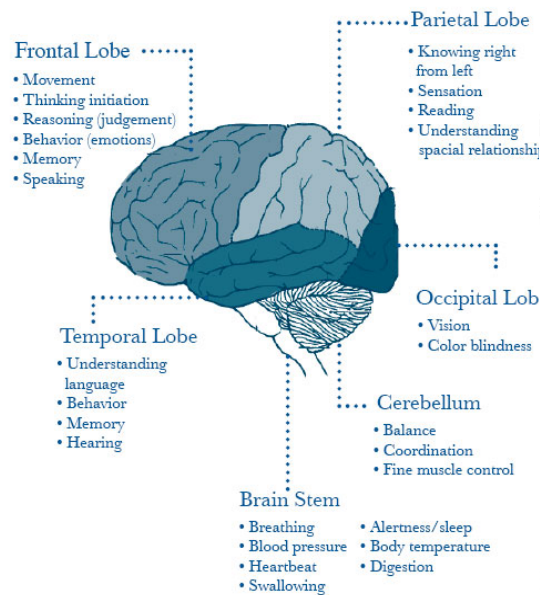
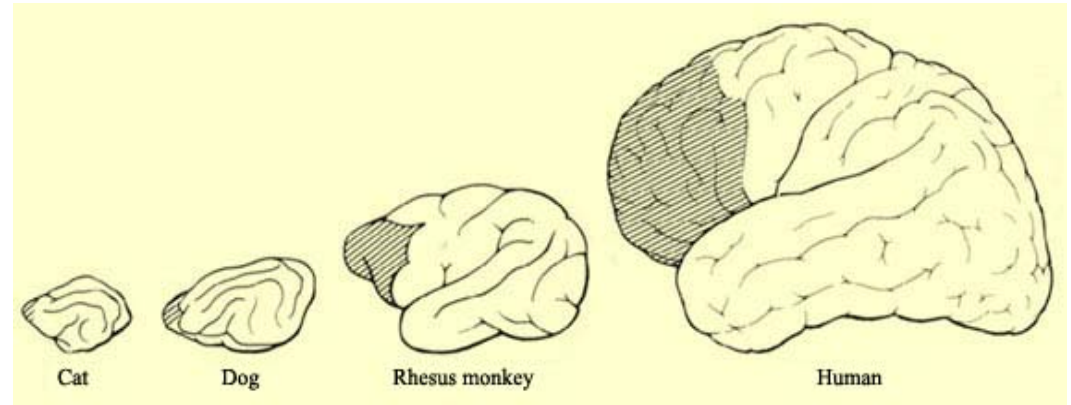
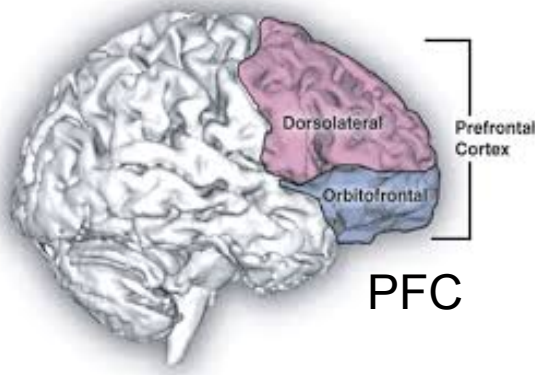
The Old Evolutionary Brain (or functionally similar with dogs & primates)



Instinctual & learned processes that are very quick (\leq one sec.), this system processes dangers, high reward targets, and tribal/family relationships—**“Us-Them”** schema. It is governed by classical, social and operant learning, and biological drives. **It functions subconsciously and is biased by who or what we love, fear, crave or hate the most. In small groups of 3-4 we can explore our subconscious (right hemisphere-limbic) biases by examining our thoughts, emotions, physical states, and behaviors. C-L Mindfulness intentionally examines both Limbic -- Right Brain Neocortical processes.**

The Cerebral Cortex:

The Evolutionarily New Brain that knows Good & Evil and can Know God, and can be transformed in and through the Neurogenesis via the Practice of the Way , the Truth & the Life of the Spirit of Christ Jesus



C-L Brain Transformation: Left-Right Model

HOW GOD CHANGES OUR BRAINS I/2

- Spiritual practices, even when stripped of religious beliefs, enhance the neural functioning of the brain in ways that improve physical and emotional health. The brain is constantly changing, and two weeks of practice makes stable neurological cell changes, in 8 weeks habits. We are what we practice cognitively and behaviorally.
- Prolonged practice (years) of contemplation of God and other spiritual values appears to permanently change the structure of brain circuits that control our moods, give experiential efficacy to our notions of God and Self, it improves selective attention, and goal attainment, and shapes our sensory perceptions of God and His world.
- Contemplative practices strengthen a specific neurological circuit (PFC-ACC) that generates peacefulness, emotional control, social awareness, improved empathy, while slowing aging, and increasing compassionate action toward others.
- Faith is the most important intentional component for enhancing brain health (both medical & emotional). Faith is def. as realistic, functional and imaginative optimism. The process involves/exercises the Prefrontal Cortex (PFC) and Limbic balance of the brain.
- Peoples' stated beliefs predict nothing about healthy brains, but loving religious practices (application of specific beliefs) are associated with emotional, social and physical health—and the Christian Fruits of the Spirit.
- Authoritarianism that involves angry/fearful/aggressive religious experiences and practices actually harms compassionate areas of our brains, ages our bodies, and increases chances of illness and dysfunctional behaviors. **“The enemy is not authoritative religion; the enemy is anger, hostility, intolerance, separatism, extreme idealism, and prejudicial fear—be it secular, religious, or political.”**

HOW GOD CHANGES OUR BRAINS 2/2

- Spiritual practices that involve relaxation and controlled breathing enhance parasympathetic tone, which lower the emotional and medical damage of stress, by inhibiting the Stress response.
- Spiritual practices that involve simple observation, a prefrontal lobe activity, and the observing of negative and positive emotions increases Anterior Cingulate (ACC) activation, which decreases activity in Limbic system thus decreasing anger, fear, and dysfunctional desires/cravings.
- Intense, long-term contemplation of God and other spiritual values appears to permanently change the structure and strength of PFC, ACC, Right Parietal, Right Temporal regions of the brain, which gives rise habituates a loving experience with God, self and others; it increases compassionate acts, and lessens emotional distress
- Two weeks of compassion and relaxation meditative practice strengthens PFC and ACC circuits that generates peacefulness, improved attention, emotional control, social awareness, improved empathy; at 8 weeks it starts to slow aging, enhances memory capacity, and increases compassionate action toward others.
- Faith is defined as a realistic, functional and/or imaginative optimistic trust, which can add a year to life in terminal illness, improves performance, goal attainment, enhances efficacy of all medical procedures, and faith in one's (or God's) efficacy is also strongly associated with mental and physical hardiness (ability to cope with stress).
- Mindfulness Practice: Involves the PFC and ACC, and improves detached (non-reactive awareness, which lowers fear, anger and dysfunctional desires/cravings.)

God Circuits in our Brains

Adapted from ANDREW NEWBERG, M.D. and MARK ROBERT WALDMAN:

- **Occipital Parietal:** In young children God is a face, and while our images become more abstract with maturity, we all maintain images of God that effect our experience of God.
- **Frontal-Parietal:** Allows us to have the experience of I-Thou with People and God, and with maturity we are able to perceive God as a Real Person in our physical & mental life, and God as being in all things. During some types of meditation can we feel one with God.
- **Frontal Lobe:** Integrates all ideas & experiences about God and attempts to answer all the “why, what and where” questions raised by spiritual experience. This area can also activates the Anterior Cingulate (ACC). Intentional meditation on being in love with God can be experienced as attachment involving higher levels of oxytocin, vasopressin in the nucleus accumbens and ventral pallidum, and with appropriate sustained levels of dopamine and serotonin, these brain chemicals (neurotransmitters) and brain area functions are associated with long lasting loving attachment to God, and suppression of the amygdala—which triggers survival reactions of fear and anger, and reactionary sin and dysfunction.
- **Anterior Cingulate (ACC):** Allows us to experience God as loving and compassionate. It inhibits anxiety, fear, and anger (sometimes guilt) by suppressing activity in the amygdala.
- **Frontal Left-Temporal-Parietal:** Allows for guiding narratives and conceptual tools that help us communicate (via language) our experience, and then structure our intentional activity in coordinated pursuit of social goals using linear strategies & plans. This area is the SPIN center—rationalization center of the brain, or Christ-Like Transformative Narrative Coach.
- **Striatum-Thalamus:** Inhibits activity in the Amygdala, and thus helps us feel safe and relaxed in the presence of God. Contributes to our intentional ability to have a holistic emotional and physical experience of God as objectively real, “Embodied” Christ in us.
- **Amygdala:** When over stimulated with anger or fear, secondary to trauma, perceptions of threat, or extreme ideology, God can become frightening, authoritarian, and punitive, this experience suppresses the Frontal circuits and thus our ability to think logically and compassionately about God and our enemies. Yet we are called to love our enemies.

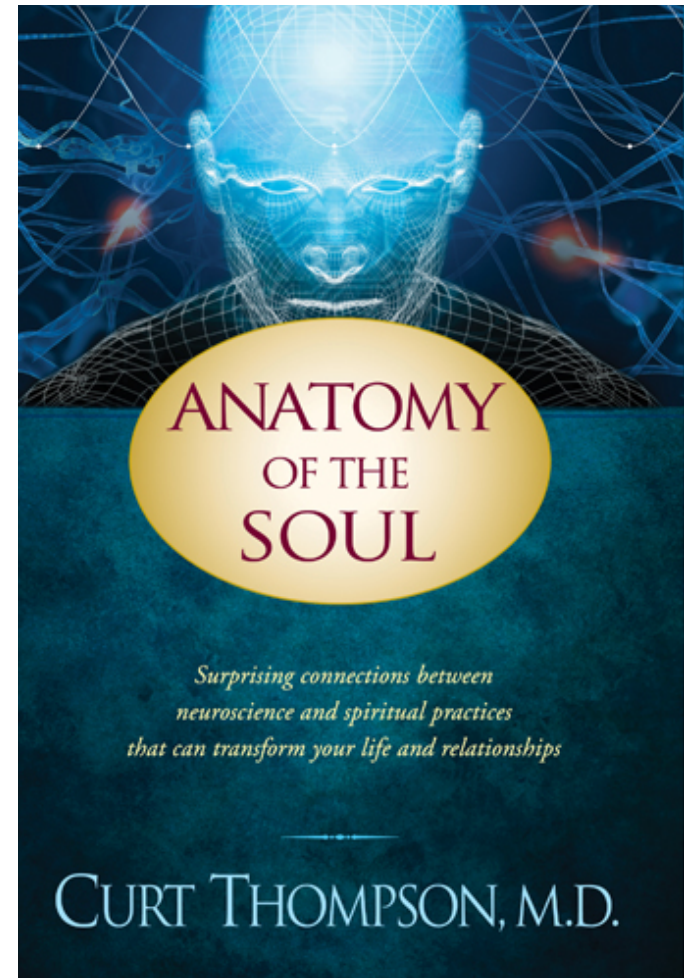
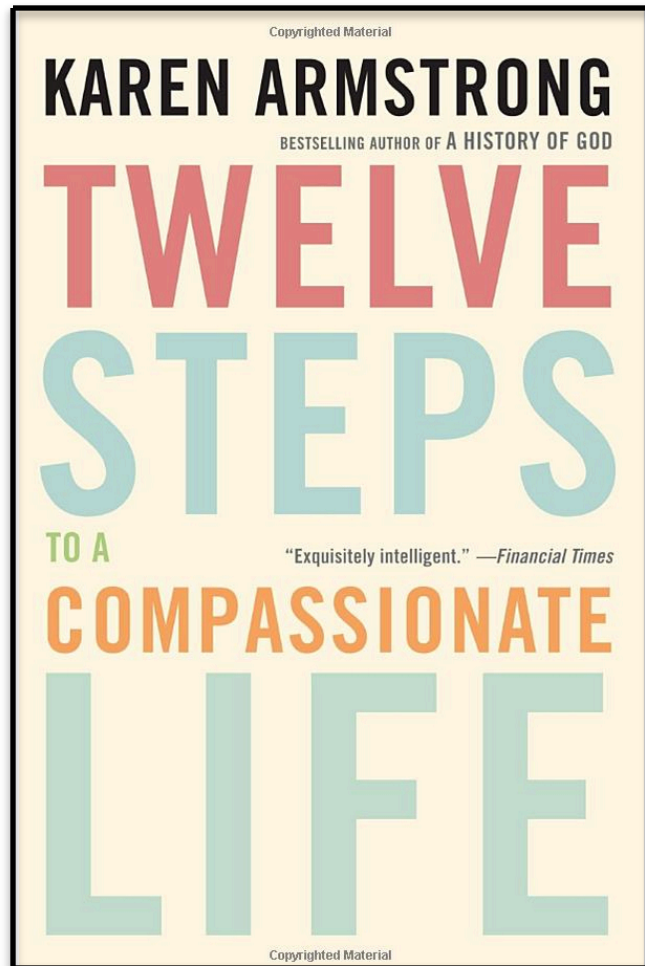


Embodied Fruits of the Spirit and Brain Systems

C-L Mindfulness Narratives (Divine Scripts) become Dramatic (mind-heart) Realities. Gal 5:22-23

- **Love:** High PFC-ACC activation, with subcortical-limbic vasopressin and oxytocin circuits activated, High Left FTP love narrative. (An experienced unconditional positive regard)
- **Joy:** High PFC-ACC activation, which produced activations in the subcortical-limbic ventral striatum and insula/operculum, the key systems of processing hedonic or appetitive stimuli, dopamine circuits are also activated.
- **Peace:** High Parasympathetic Tone via High PFC-ACC suppression of amygdala, High Left FT narrative (spiritual love, joy, gratitude). (A state of Equanimity)
- **Patience:** High PFC-ACC suppression of amygdala, with Left FT narratives of Forgiveness, Optimism & Faithfulness. Intentional practice of Peace (High Parasympathetic Tone) in waiting, and coping with suffering caused by others or situation.
- **Kindness:** High PFC-ACC activation, with Left FT C-L Mindfulness Narrative of Loving Action, cueing Right Frontal-Parietal & Frontal Temporal activation, which is experienced as compassion (Compassionate experience & acts to comfort the injured/needy).
- **Goodness:** High PFC-ACC, Right Frontal-Parietal, Right FT activation, experienced as “having benefit to God, Self and Others,” or “Doing No Harm.” With Left FT Narrative.
- **Faithfulness:** High PFC-ACC with **Strong Left** FTP confidence in a Loving Optimistic Future where **God is our Mind-Heart-Flesh Fulfillment**, with associated Right FT/FP--Limbic Experience.
- **Gentleness:** High PFC-ACC activation with enhanced **Empathy** and sensitivity to others, High Parasympathetic Tone (**with Kindness and Patience networks activated**), with PFC application of Left FT **Goodness activation** for the benefit of Self or Others.
- **Self-control:** High PFC-ACC, High Parasympathetic Tone, with Left FT C-L Mindfulness Narrative. **Christ-Like Equanimity**

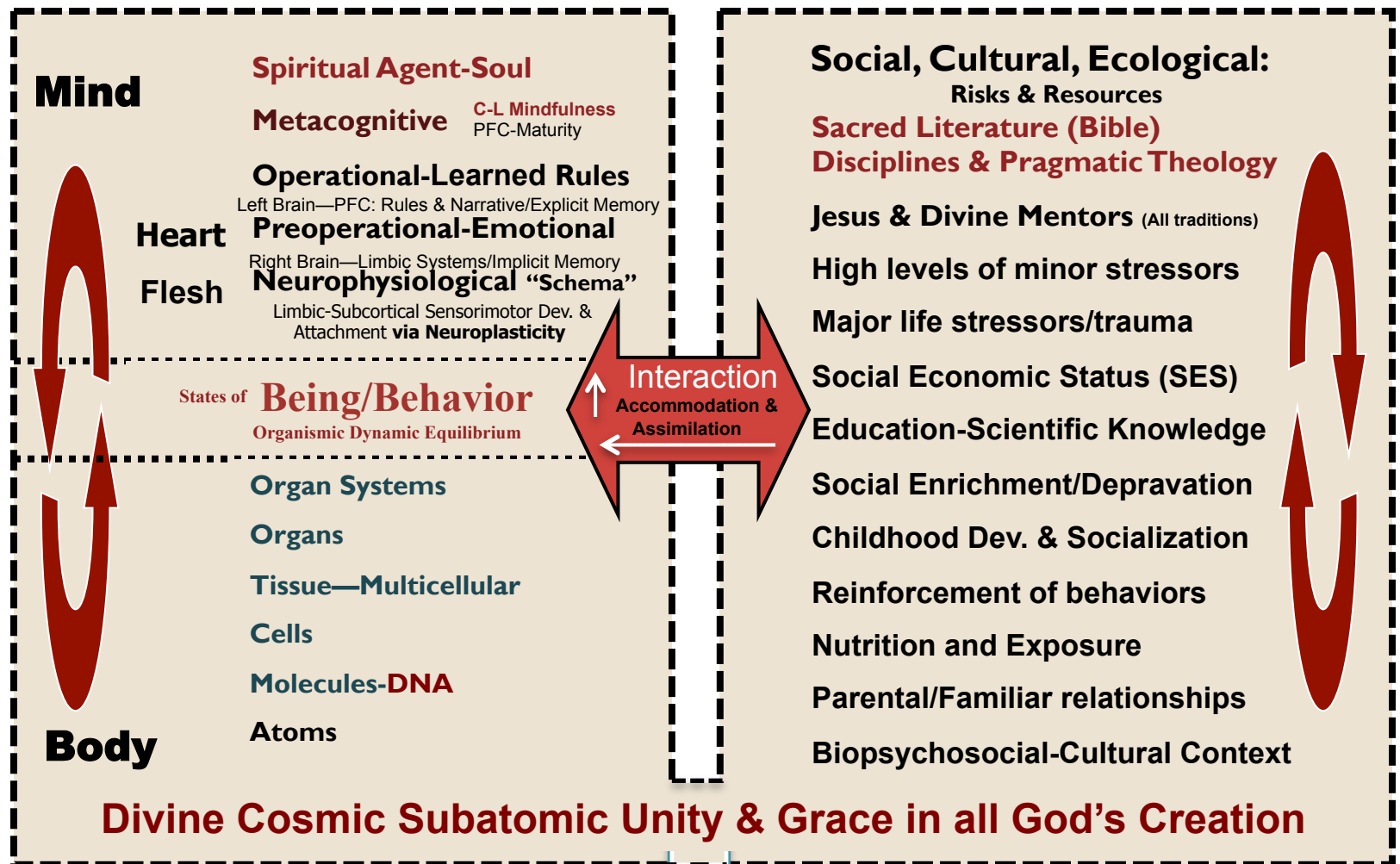
Mindfulness and Christian Transformation: Recommended Reading



A Theology & Theory of Everything

Towards a Unified Epistemology

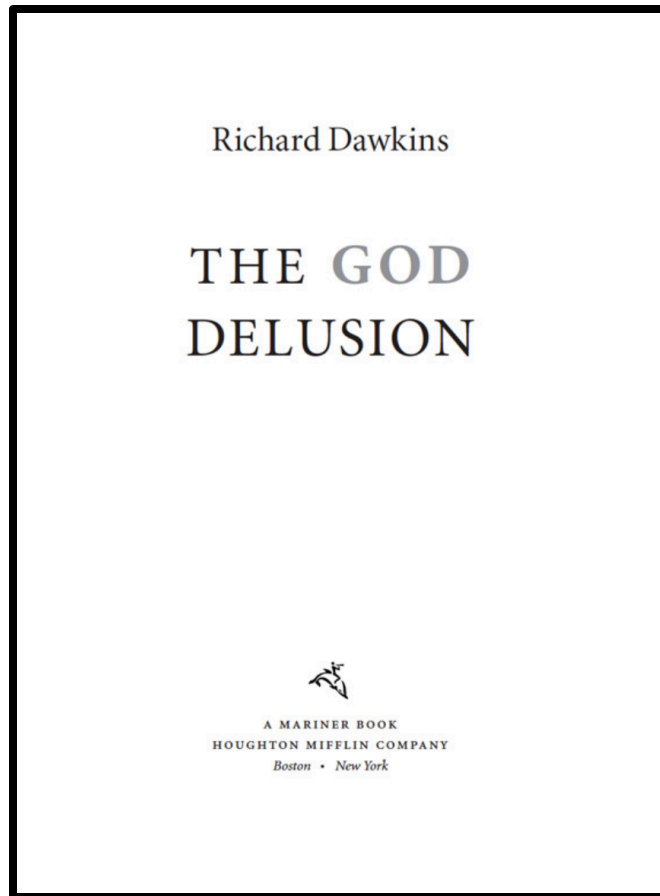
Emergent Interactionalism & Design—Divine Causation in a Complex System



Divine Cosmic-Biopsychosocial-Cultural Grace, Emergence & Causation

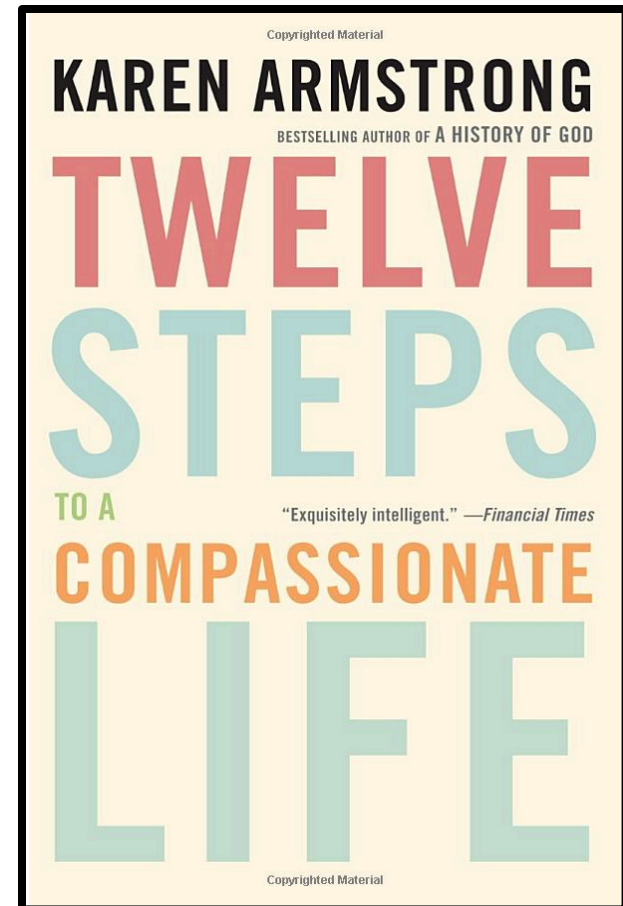
The New Atheism

& the Christian Intellectual & Scientific Response



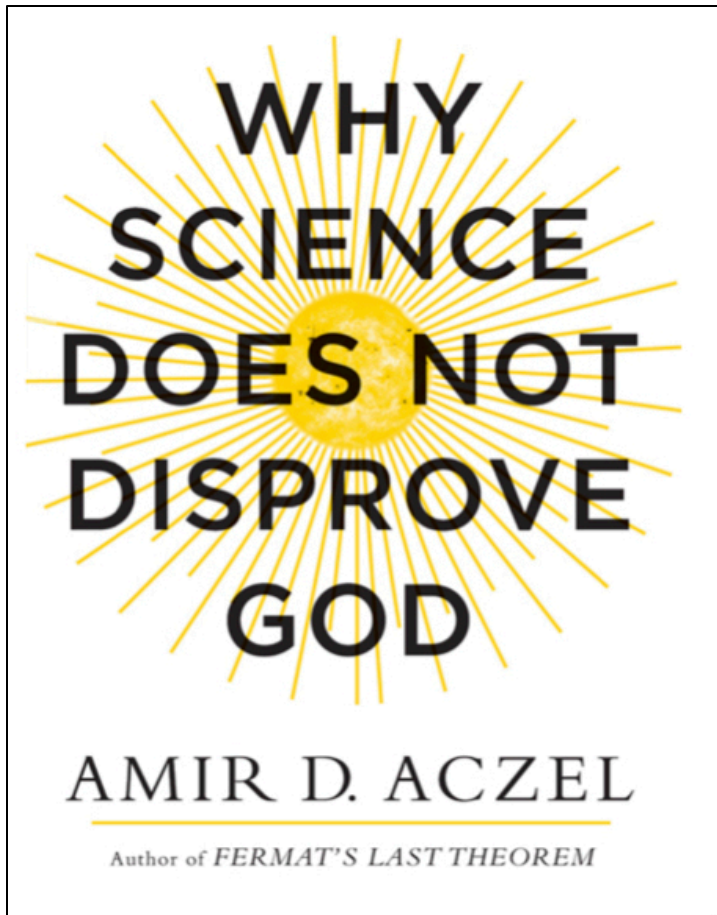
Blames violence (9-11) on fundamentalists & religion, and makes biased statements using pseudo “scientific” arguments to associate religious activity with pathology.

vs.



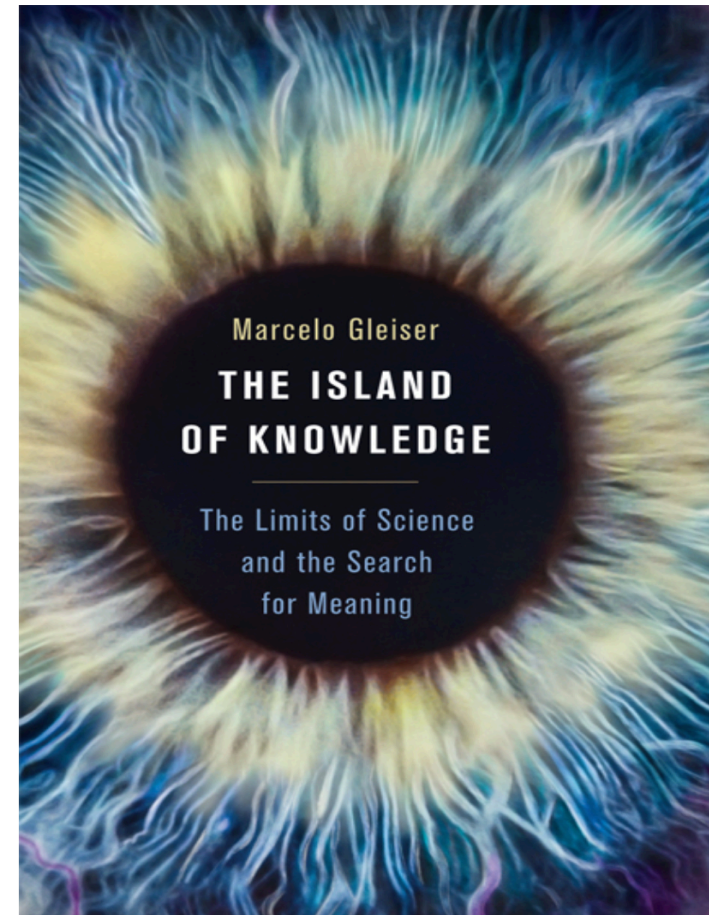
“The enemy is not authoritative religion; the enemy is anger, hostility, intolerance, separatism, extreme idealism, and prejudicial fear—be it secular, religious, or political.”

Science can't disprove God



"The New Atheism is locked into a similar kind of literalism. It parasitically lives off its enemy. Just as evangelical Christianity is characterized by scriptural literalism and an uncomplicated belief in a "personal God," so the New Atheism often seems engaged only in doing battle with scriptural literalism. The God of the New Atheism and the God of religious fundamentalism turn out to be remarkably similar entities.

...Physical science, in fact, does not contradict the existence of God."



Even if we were to capture a glimpse of this reality through our detectors, all we would be able to conclude is that the theory makes partial sense: the tool-driven methodology we must use to learn about the world cannot prove or disprove theoretical statements about the ultimate nature of reality.

Transcending Conceptual Idolatry:

When valuing ideas about God become more important than living/loving in & thought power of God

The Pursuit of God

A.W. Tozer

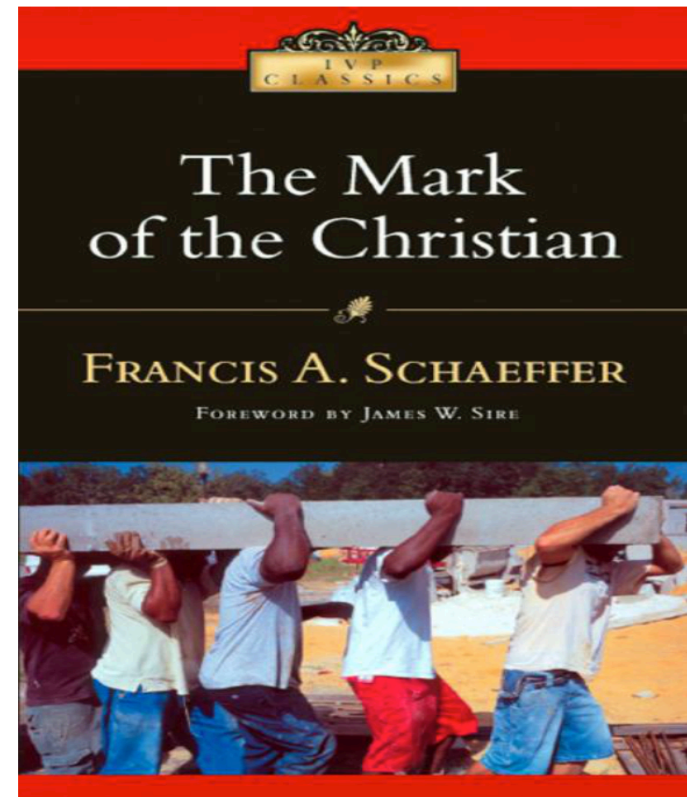
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“(Some) modern scientists have lost God amid the wonders of His world; we Christians are in real danger of losing God amid the wonders of His Word.

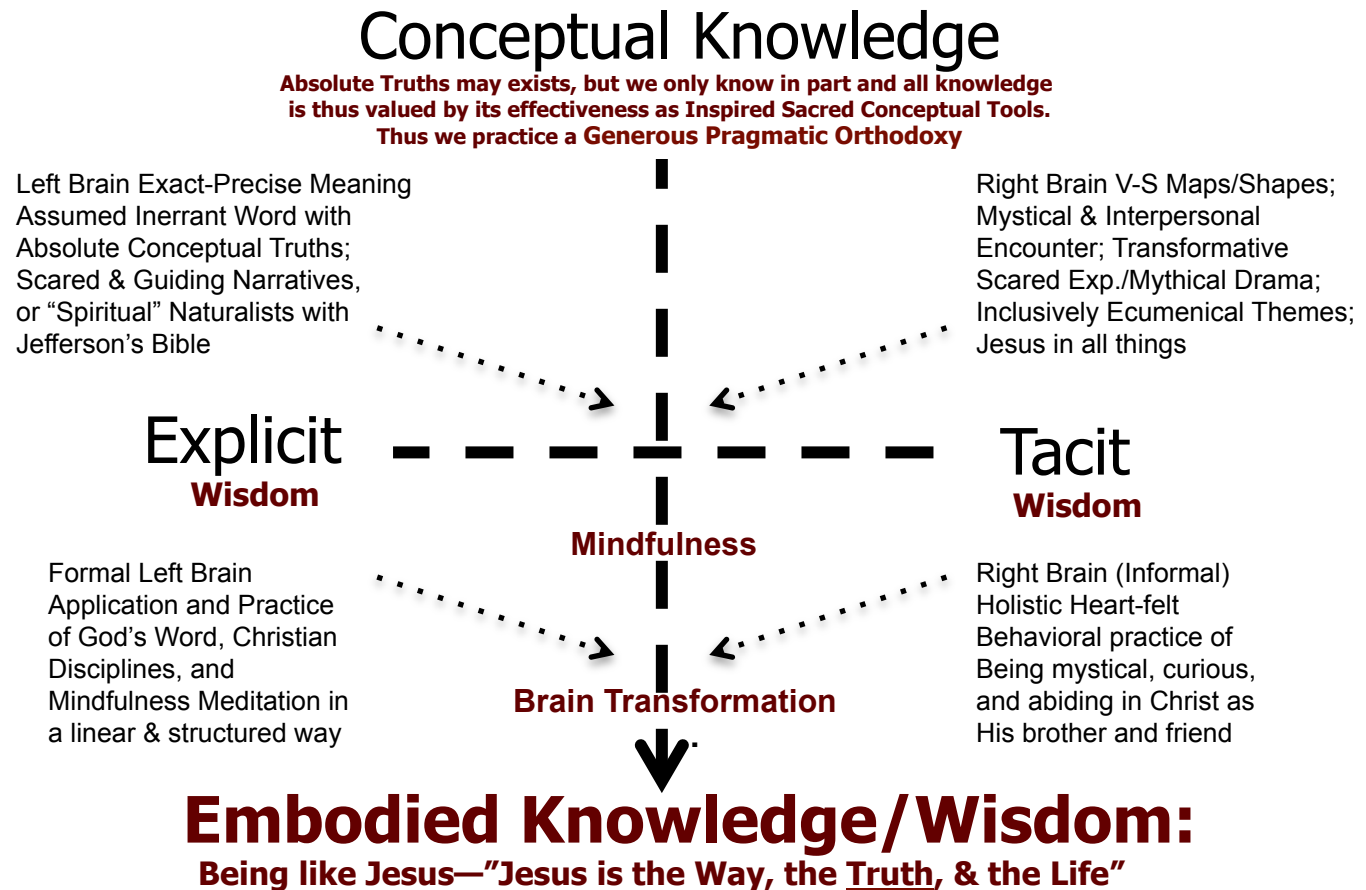
The truth of Wesley's words is established before our eyes: "**Orthodoxy, or right opinion, is, at best, a very slender part of religion.** Though right tempers cannot subsist without right opinions, yet right opinions may subsist without right tempers. There may be a right opinion of God without either love or one right temper toward Him. Satan is a proof of this.”

If, when we feel we must disagree as **true Christians**, **we could simply guard our tongues and speak in love**, in five or ten years the bitterness could be gone. Instead of that, we leave scars-a curse for generations. Not just a curse in the church, but a curse in the world. Newspaper headlines bear it in our Christian press, and it boils over into the secular press at times-Christians saying such bitter things about other Christians.



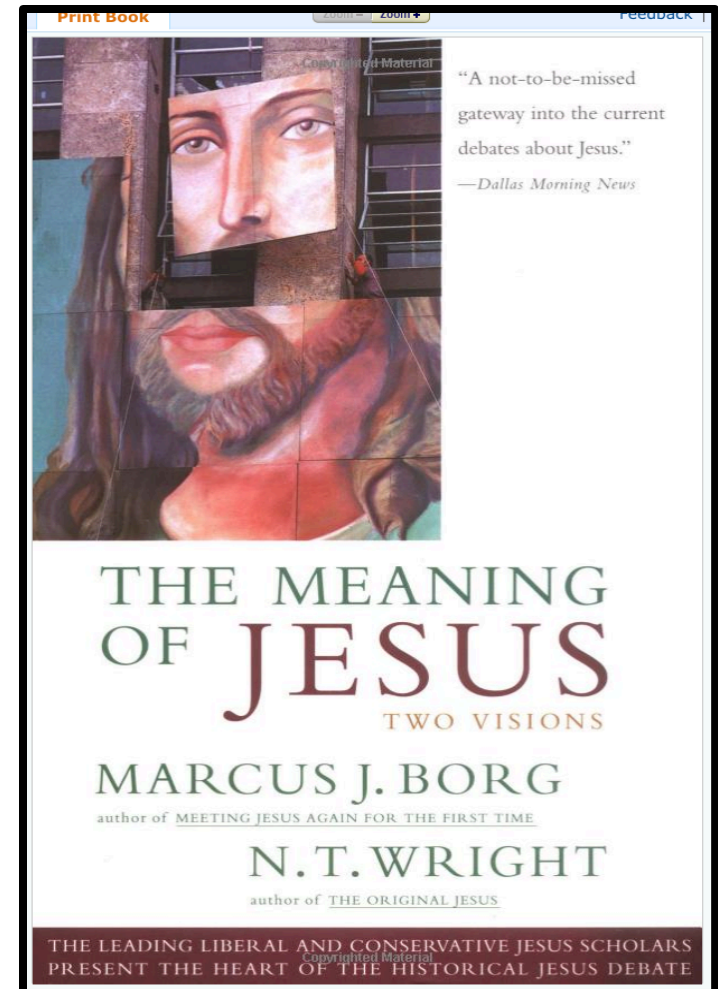
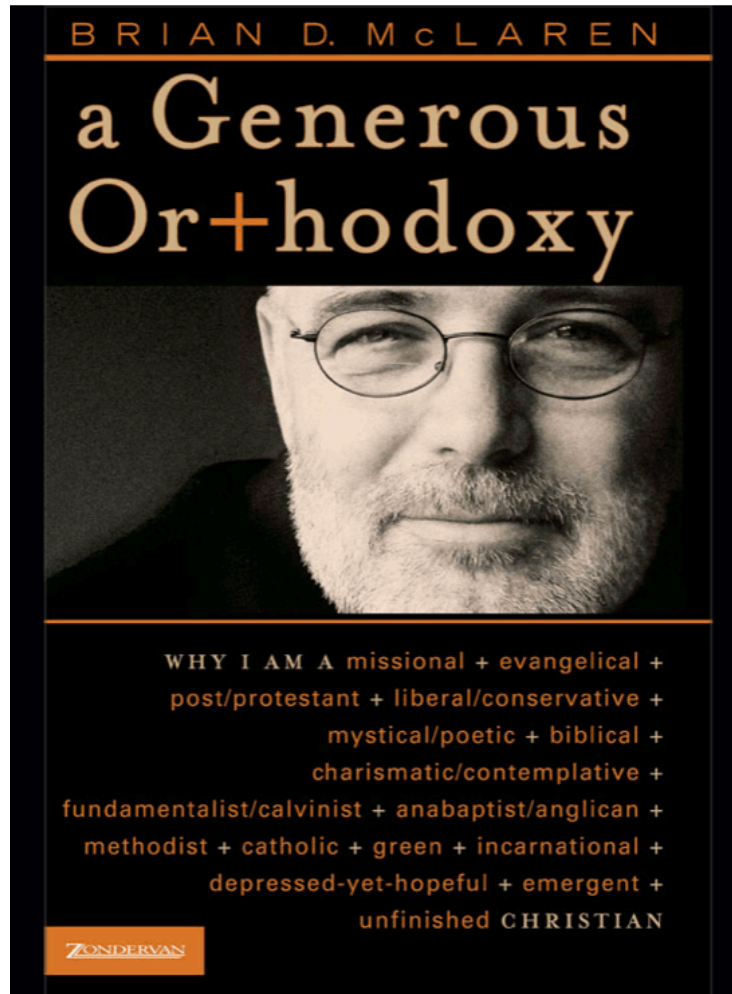
Christ-like Mindfulness

is a Reformulation from Christian Identification with Orthodoxy (Right Dogma) to
Christ-like Orthopraxy (Interpersonal Transformation via Inspired Trust & Practice)
Transcending Conceptual Idolatry, in order to Unite the Church in the Practice of Being Like Jesus Christ

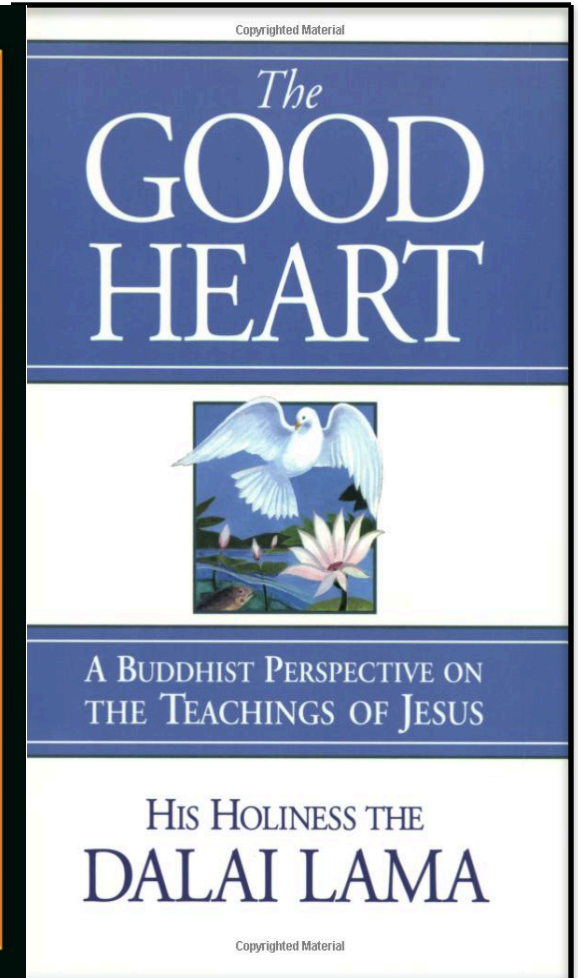
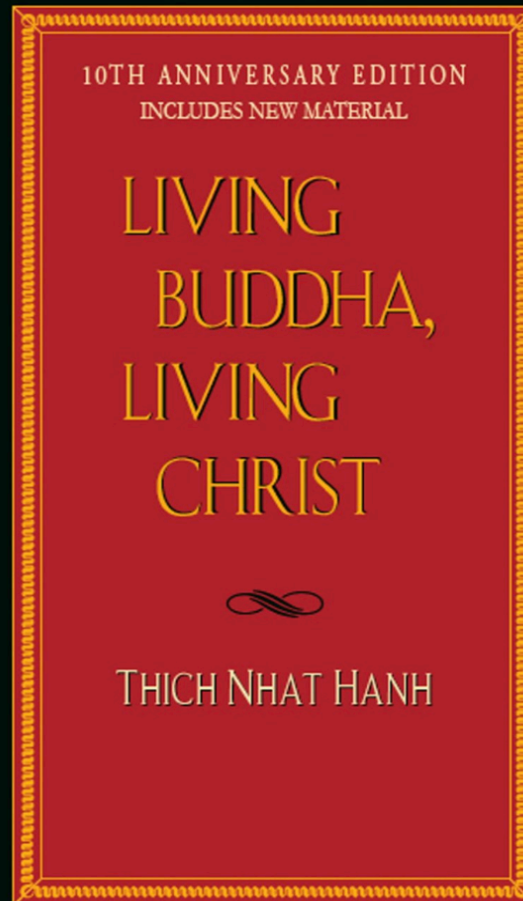
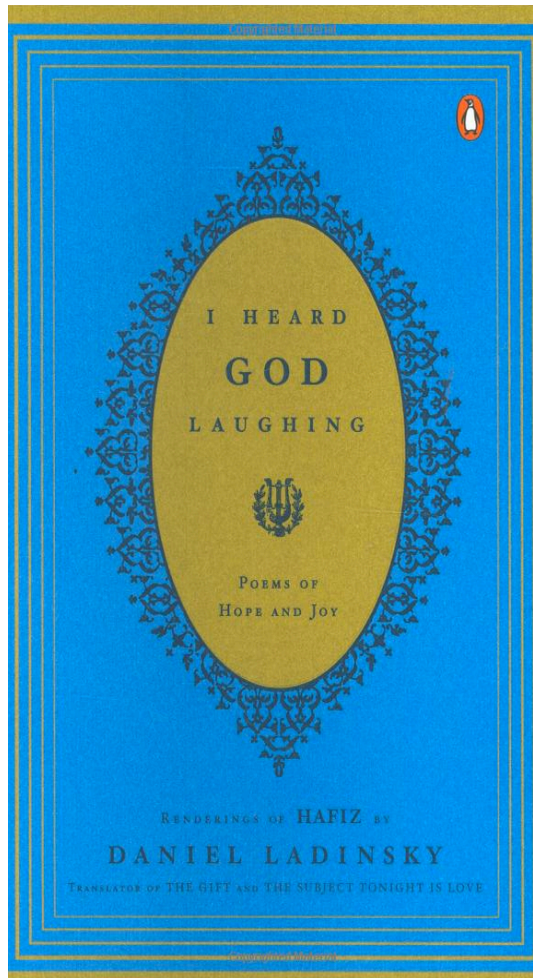


Generous Orthodoxy:

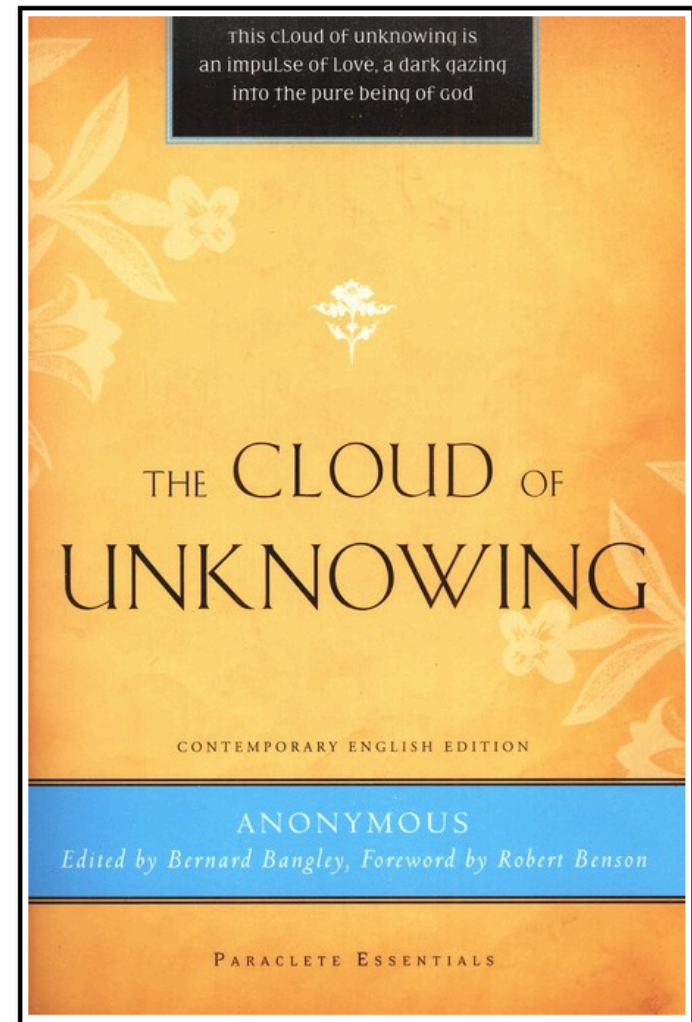
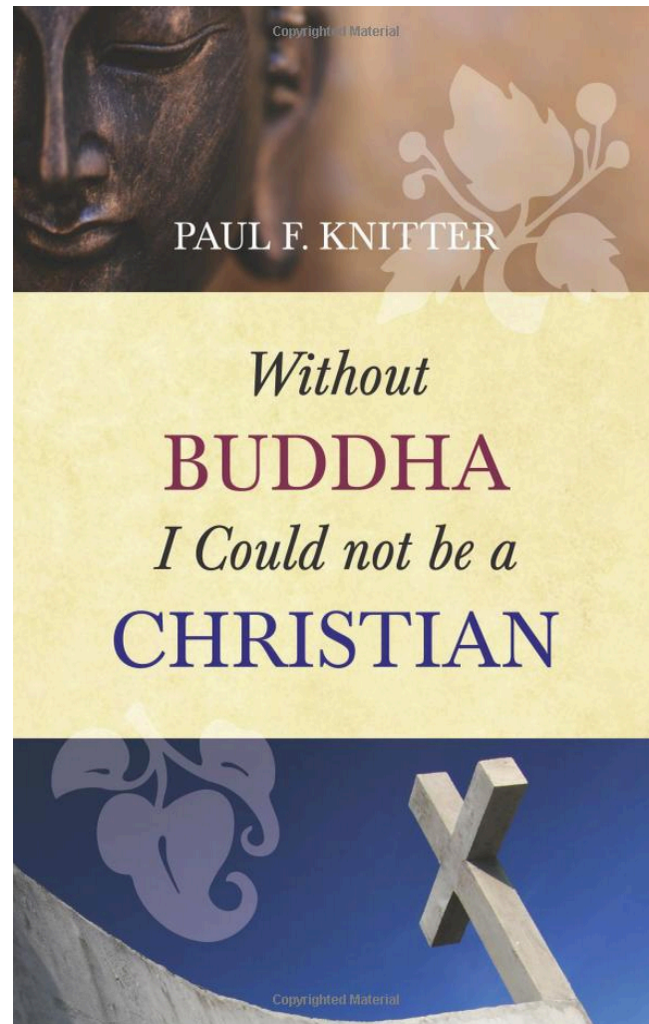
Dallas Theological Seminary Inerrants to Jesus Seminar Mystics Unite in Practice of C-L Mindfulness



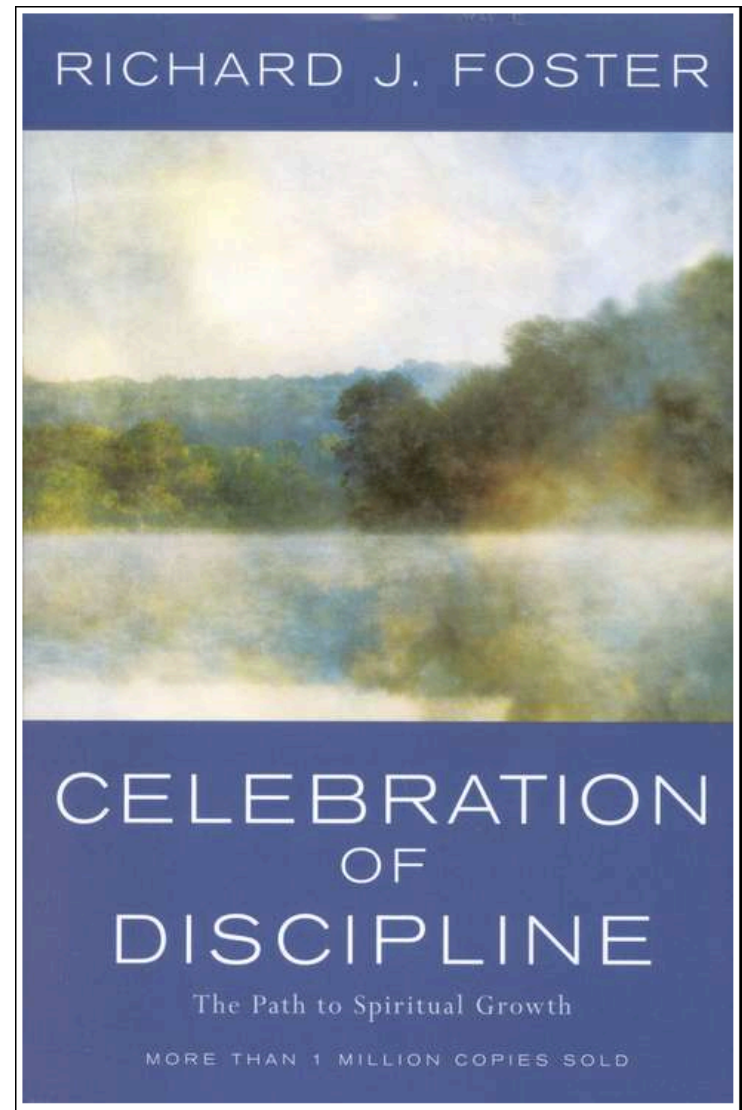
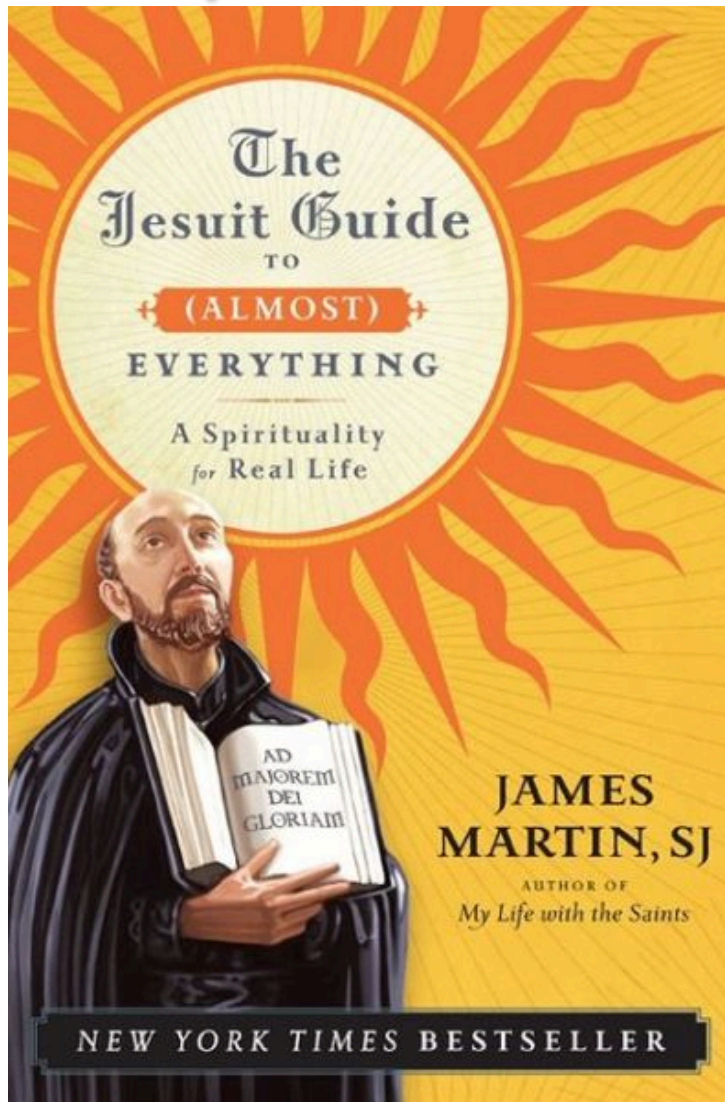
Finding Jesus/God in other Traditions



Right Brain Experience of God, Mystical Love of God



Learning from the Monastic, Jesuit & Spiritual Formation Traditions



Why practice Christ-like Mindfulness?

“that you may have life and have it abundantly...that my joy may be in you.” JC
Mindfulness is a response to God’s Grace with the following Consequences of...

- We experience Christ-like Relationship with God—Loving & Sustainable Intimacy with God—Clarity and Equanimity Jn 10:10; Jn 15:8-11;
- We habitually practice & experience increased loving-kindness toward ourself & others—Matt 22:37-40
- We develop an ability to identify and change one’s dysfunctional/sinful behaviors—thus renewing our mind-hearts—and rewiring our brains. Rom 12:1-2; Col 3:5-17; Heb 12.
- We learn to observe & habitually detach from inappropriate desires, pleasures, greed, and narratives of fear, anger, & disdain (our only Christian enemies)
- We experience Christian Maturity: purification, illumination, & unification with God—Rom 8:28; Matt 5-7; Ecc 1:1-3, 9:7-12; James 1:2-4; Phil 4:4-9
- We experience less physical suffering when physically ill or injured.
- We experience less emotional suffering when emotionally hurt.
- We increased physical fulfillment with what Is—Joy in God’s Kingdom.
- We increased emotional fulfillment with what Is—Joy in God’s Kingdom.
- We experience the Way of Christ Jesus moment to moment.
(Doing no harm, Doing Good, & Staying in love with God, Self & Others)
Matt 22:37-40

Christ-Like Meditation:

Apophatic Examples

"All man's miseries derive from not being able to sit quietly in a room alone." Blaise Pascal

Thomas Keating Centering Prayer

- Set your timer (15-20 minutes, or however long you like)
- **Take your posture with an intention of being in a nonverbal/silent state of loving presence with God.** Self-Emptying silent abiding openness to God—Kenosis.
- **Focus on your breath or a sacred word.** Mind-heart acknowledges/observes/names experiences (thoughts, feelings, memories and sensations) and lets them go (e.g. like leafs on a stream), and lovingly (inner smile) returns to the breath or sacred word. **Let go and return to God.**
- The intentional concentration and nonjudgmental practice of “letting go” of all thoughts and feelings is often experienced as a death of the possessive self, with the spiritual outcome of intimacy & unity with God.
- **Detachment from the conceptual self** and its thoughts and feelings: resist no thought, retain no thought, react to no thought, and return to God. Whatever the mind wanders to, whatever surfaces...name it (acknowledge) and let it go.

Welcoming Prayer

- **When an event triggers emotional distress: stay with the emotion, name it, breathe and smile** (outwardly or inwardly) 5-10 seconds.
- Say a verbal & nonverbal **“Welcome... (up setting emotions),”** with an accepting mind-heart attitude, which will disarm the affect without condoning the situation or trigger. In validating the experience you remove its reactive power. This prayer enhances C-L equanimity, which allows for a C-L response.

Matt 16: 24-26 For whoever wants to save their life will lose it, but whoever loses their life for me will find it. What good will it be for someone to gain the whole world, yet forfeit their soul? Or what can anyone give in exchange for their soul?

Phil 2: 4-8 do not *merely* look out for your own personal interests, but also for the interests of others. Have this attitude in yourselves which was also in Christ Jesus, who, although He existed in the form of God, did not regard equality with God a thing to be grasped, but emptied Himself, taking the form of a bond-servant, and being made in the likeness of men. Being found in appearance as a man, He humbled Himself by becoming obedient to the point of death, even death on a cross.

Christ-Like Meditation:

Cataphatic Examples

4 Minute Centering

- Set your timer (4-5 minutes, or however long you like)
- Take your posture, and smile within.
- Focus on your breath. Your mind observes, names, (thoughts, feelings, and sensations) and lets them go. (e.g. like leaves on a stream)
- Inhale in The Good (God's loving kindness and grace)
- Exhale with your loving heart-mind **"I love you"** or
- **"I am your child whom You love and adore."**
- **"Thank you"** (consider reviewing a list of blessings in your life)
- **"I trust you"** (with intentional trust and acceptance of God's Love, Provision & Care)
- **"So be it"** (with intentional trust and acceptance of God's Love & purpose)
- **"It is what it is."** (with intentional trust & acceptance of God's Love, and your acceptance of the situation)

Psalms 63:3 Because your love is better than life, my lips shall praise your name.

Isaiah 9:6 Wonderful Counselor, Mighty God, Eternal Father, Prince of Peace.

Or consider this modification: **Abba—Father, Compassionate (or loving) Mother, Wonderful Counselor, and God of Peace.**

Spiritual Mini Retreats

- Set your timer for 1 min (15 seconds to 2 minutes, or commit to 2-10 breaths)
- Take your posture, or be as you are.
- Focus on your breath. Mind acknowledges/observes experiences (thoughts, feelings, and sensations) and lets them go. (e.g. like leaves on a stream)
- Inhale in The Good (God's loving kindness and grace in the moment)
- Exhale with your loving heart-mind **"I love you"**
- **"Thank you"** (consider the blessings in your life)
- **"I trust you"** (with intentional trust and acceptance of God's Love)
- **"So be it"** (with intentional trust and acceptance of God's Love that affirms hope and faith in the good)
- **"It is what it is."** (with intentional trust and acceptance of God's Love, moving bad to neutral, and/or Good)

Rom 8:28 God causes all things to work together for the good for those who love Him and are called according to His purpose

Lk. 23:34 Forgive them Father, for they know not what they do...

Cataphatic Examples:

Loving-Kindness

- Set your timer (4-20 minutes, or however long you like)
- Take your posture, and smile within.
- Focus on your breath. Mind acknowledges/ observes experiences (thoughts, feelings, and sensations) and lets them go. (e.g. like leaves on a stream)
- Inhale in The Good (God's loving kindness and grace)
- Exhale with your loving heart-mind "I love you"
- With each inhale bring an image of—a loved one, yourself, a friend, a neutral person, a trying person, a group of people, all beings everywhere.
- Exhale a mind-heart intentional prayer (phrase) —"May you be satisfied and safe, May you be healthy and protected, May you have Love; May you have Joy; May you have Peace, May you abide in love; May you abide in God; (or any version of the above)

Compassion

- Set your timer (5-20 minutes, or however long you like)
- Take your posture, and smile within.
- Focus on your breath. Mind acknowledges experiences (thoughts, feelings, and sensations) and lets them go. (e.g. like leaves on a stream)
- During Inhalation image the following people/ beings—a loved one, yourself, a friend, a neutral person, a trying person, a group of people, all beings everywhere. Focusing on a person for four inhalations and exhalations.
- With the first exhalation, contemplate: "I share your Pain." (Know that this person suffers from time to time)
- With the next breath, contemplate: "May I share your burden." (See the suffering as a dark cloud around them)
- With the next breath, contemplate: "I accept your pain." (Intentionally breathe their suffering into your heart center, with one breath)
- And then with the next breath contemplate: "May you have Safety, Satisfaction, Love, Joy & Peace." (Send compassion back to the person on three intentional breaths --compassion blessings)

Cataphatic Examples:

Altruistic

- Set your timer (4-20 minutes, or however long you like)
- Take your posture
- Focus on your breath. Mind acknowledges/ observes experiences (thoughts, feelings, and sensations) and lets them go. (e.g. like leaves on a stream)
- Inhale in The Good (God's loving kindness and grace)
- Exhale with your loving heart-mind **"I love you"**
- With each inhale bring an image of—a loved one, yourself, a friend, a neutral person, a competitor, adversary or troubling person, all beings everywhere.
- Exhale a mind-heart intentional prayer (phrase)
- **You are exceptional.** Seeing this person as having a specific exceptional quality or gift
- **You give me great joy.** Generating the altruistic joy – being sincerely happy that this person has this quality
- **May you be a blessing to everyone.** Wishing that this quality will be of great benefit to him/her and to all others. Or adapt your own version from the version above

Equanimity

- Set your timer (5-20 minutes, or however long you like)
- Take your posture
- Focus on your breath. Mind acknowledges experiences (thoughts, feelings, and sensations) and lets them go. (e.g. like leaves on a stream)
- With each inhale bring an image of—a loved one, yourself, a friend, a neutral person, a trying person, a group of people, all beings everywhere.
- As you work down your list of people, with each exhalation, contemplate: **We are One Family, I accept and embrace all you as brother or sister.** Seeing this person as having a general aspect of mixed qualities (pleasant, unpleasant, neutral). Breaking down the any barriers between this person and all beings (this person is not different than others in regard to the human condition-and living beings)
- With the next breath, contemplate: **In and through us, God loves...us.** With equanimity: being kind, compassionate, altruistically joyful, and without favoritism or preference.
- With the next breath, contemplate with Radical Acceptance & Compassionate Action. **May I be of service to you and may God bless you with satisfaction, health, safety, love, joy, & peace.** Or adapt your own version from the version above

Christ-Like Prayerful Meditation:

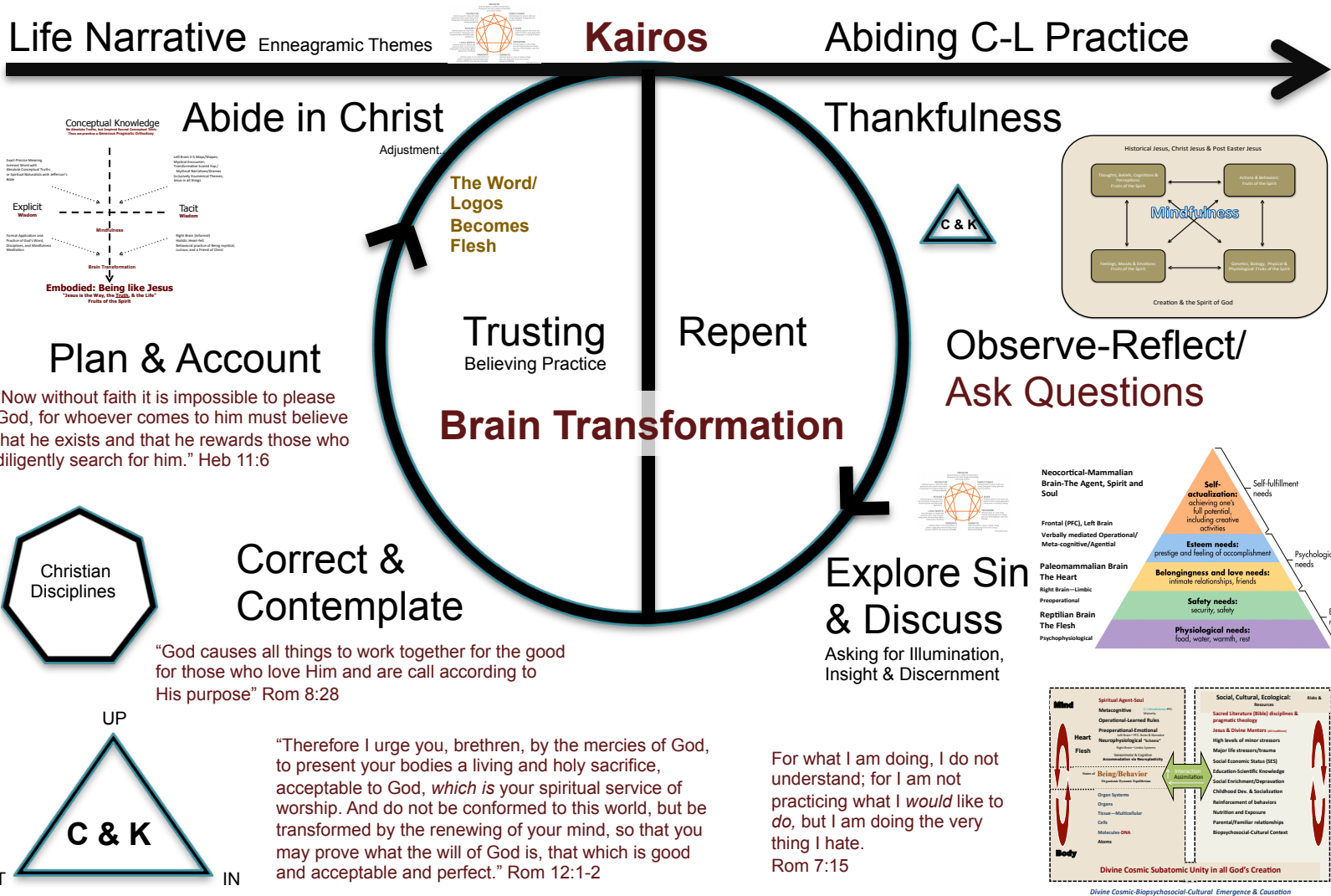
Examen

This is a Jesuits practice that was of the highest priority and benefit. It is recommended that one practice this prayer/meditation at least twice a day for 15 minutes, but many only use the method once a day with journaling. Essentially this prayer is a collaborative examination of one's life over the previous 4-12 hours of that day (or whatever time period). It is practiced typically after lunch, and/or in the evening before retiring to bed. This technique can also be used in group discipleship or Spiritual Direction. The prayer's structure is:

- **Thanksgiving:** Thanking God for the day's graces and favors.
- **Illumination:** Asking God for Illumination/insight/discernment to see clearly
- **Edification:** Surveying one's thoughts and activities and then acknowledging any sin, omissions of love, errors in loving actions, and behaviors that offended, harm or upset others. The follower of Christ Jesus is open to the Spirit's correction and illumination.
- **Purification:** Then with the loving guidance of the Spirit the disciple repents and practices right thought and action (using mental simulator--PFC), and intentionally makes restitution to God, Others and God's Creation.
- **Unification:** Then with one's Mind-Heart, the disciple accepts loving forgiveness and resolves to live more fully in the presence, power, and intimacy of Christ's Divine Spirit of loving unification (being & doing) with God.

Daily Examen & C-L Mindfulness

Developmental Tasks—Spiritual Formation: Purification, Illumination and Unification



Christ-like Mindfulness:

Coaching and Growth Groups Training

Flexible group (8-30 people) meetings for basic training, lasting 8-24 weeks are necessary to ensure lasting brain based cognitive-behavioral change. The last week can include a full day or weekend retreat. This training focuses on learning individualized formal and informal Christian Disciplines and Mindfulness skills. Each week involves practicing the skills learned during the meeting with the goal being that all group members have developed a Christ-like mindfulness practice.

After basic training the Group then transforms into Spiritual Direction Groups (3-4 people), which support and reinforces the continued practice of it's members in Christ-like Mindfulness & Christian disciplines including Brain based CBCT via transformative prayer/meditation, and individual or group Spiritual Direction and/or Christian Coaching.

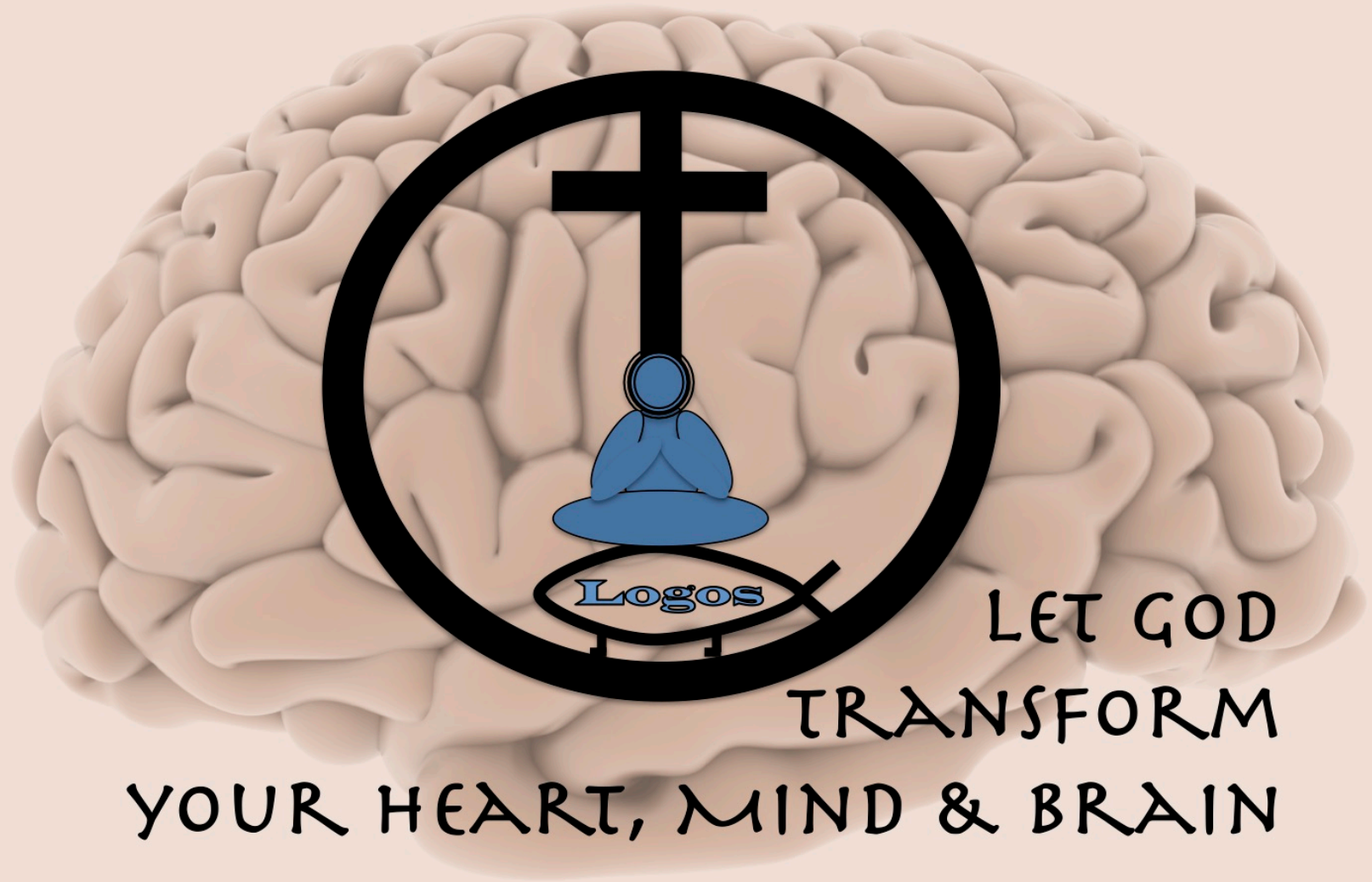
Christ-like Mindfulness &

Brain Based Cognitive Behavioral Christian Transformation Training

(8-24 weeks programing with more in depth training of each of the eight components with longer training durations, 8 weeks of two hour sessions, or 24 weeks with 6 hours over 3 weeks to cover each of the 8 components)

- 1) The joy of the 4 minute meditation of Presence & Peace; Almond Meditation; & C-L Dev. Tasks/Life Narrative exercise; Exploring your image of God & Feelings about God. Intro to Enneagram and exploring Enneagram inventories. Gratitude meditation, and taking in the Good—experienced Joy in & through God.
- 2) Loving Kindness Meditation; & Soc/Per Needs assessment; Intro to Brain Based CBCT, Exploring ones Desires; Emotional and Behavioral Values—What do you love, fear, want and hate the most? Establishing your likely Enneagram types, Review Life Narrative progress—with Examen intro.
- 3) Compassion Meditation; & Social Inventory; Yoga & Walking Meditation. Review Soc/Per Needs/Desires assessment; Exploring ones Desires; Enneagram growth work, Emotional and Behavioral Values & Life Narrative progress.
- 4) Informal Mindfulness Practice (non judgmental observation); & Activity Schedule introduction. Completion of General Life Narrative, with basic Enneagram and Dev. Tasks delineated. Intro into Centering Prayer/ Meditation.
- 5) Altruistic Meditation; Christ-like Time Management, and Survey of Christian Disciplines, Daily Examen Prayer and Formal Practice Scheduling progress. Brain Based CBCT Plan integrated into one's practice in order to renew the mind.
- 6) Examen, Scriptural Meditation; & Spiritual Development Tasks—Purification, Illumination & Unification are integrated into the Brain Based CBCT Practice. Intro into Utilizing Retreats and solitude.
- 7) Embodied Christian Stewardship, Simplicity & Spiritual Detachment from Stuff and the American Dream (Poor in Spirit); Fasting & Equanimity Meditation
- 8) Practice as Worship & Establishing Scheduled Spiritual Direction, Group Formation & Retreats. Surveying, Developing, and Maintaining Christian Disciplines & Maturation through out the life cycle. Investing in the biopsychosocial-cultural process of Christ-like Mindfulness and Discipleship—helping others.

CHRIST-LIKE MINDFULNESS



LET GOD
TRANSFORM
YOUR HEART, MIND & BRAIN