

TAKE BACK YOUR FUN

FROM A VERY UNHAPPY WORLD!

By Charles E. Winburn, M.Ed.



Disclaimer: This teaching is for religious and educational purposes only and is not designed to diagnose or give medical or psychological advice whatsoever. Please seek the advice of your medical doctor, psychologist, or counselor.

**A merry heart doeth
good like a medicine:
but a broken spirit
drieth the bones.**

Proverbs 17:22

**A merry heart
maketh a cheerful
countenance: but by
sorrow of the heart
the spirit is broken.**

Proverbs 15:13

**Go thy way, eat thy
bread with joy, and drink
thy wine with a merry
heart; for God now
accepteth thy works.**

Ecclesiastes 9:7

Introduction:
**Stop blaming God and
the devil for your zero
fun and unhappy life.**

**Stop blaming God
for the negative
vibrations in the
world.**

For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.

John 3:16

But, beloved, be not ignorant of this one thing, that one day is with the Lord as a thousand years, and a thousand years as one day. The Lord is not slack concerning his

**promise, as some men
count slackness; but is
longsuffering to us-ward,
not willing that any should
perish, but that all should
come to repentance.**

2 Peter 3:8-9

**If you don't like
what is going on
in America, then
change what you are
broadcasting.
*Doom, gloom, and fear.***

**Finally, brethren,
whatsoever things
are true, whatsoever
things are honest,
whatsoever things are
just, whatsoever things
are pure, whatsoever**

**things are lovely,
whatsoever things are
of good report; if there
be any virtue, and if
there be any praise,
think on these things.**

Philippians 4:8

**Stop blaming the
devil for your negative
life and negative
thoughts that you
broadcast in the
earth.**

**He that committeth sin is
of the devil; for the devil
sinneth from the beginning.
For this purpose the Son
of God was manifested,
that he might destroy
the works of the devil.**

1 John 3:8

**Behold, I give unto you
power to tread on serpents
and scorpions, and over all
the power of the enemy:
and nothing shall by any
means hurt you.**

Luke 10:19

**If you don't like what
is going on in America,
start with you — renew
your mind!**

**And be not conformed
to this world: but be
ye transformed by the
renewing of your mind...**

Romans 12:2

**Stop practicing evil
and fear. Stop blaming
the devil for your evil.**

**It is your evil and fear
mongering that is
destroying the world.
It is your hate that is
destroying the world.**

**Evil shall slay the
wicked: and they that
hate the righteous
shall be desolate.**

Psalm 34:21

**If you want the world
or America to be
better, return to God
and have fun.**

**Nevertheless I have
somewhat against
thee, because thou
hast left thy first love.**

Revelation 2:4

Return to God.

- **Fun will return.**
- **A merry heart will return.**
- **Love will return.**

**If you want to see a
happy America or world,
be fun, do fun things,
and broadcast love and
grace everywhere.**

**He hath shewed thee,
O man, what is good;
and what doth the Lord
require of thee, but to do
justly, and to love mercy,
and to walk humbly
with thy God?**

Micah 6:8

**Why are there so
many unhappy
people?**

**Where does all
unhappiness start
or originate?**

**What is undermining your
emotional happiness,
transformation, clarity,
and focus?**



**5 emotional negative
and unhappiness
trigger points.**



0-9 months adverse fetal trauma

(Charles Winburn, M.Ed.)



0-2 years impact of early emotional neglect and trauma

(Dr. Edward Tronick)



0-3 years attachment and authenticity issues

(Dr. Gabor Mate)



**0-7 years 70% negative
parental programming**

(Dr. Bruce Lipton)



0-18 years 70% negative adverse childhood experiences

*(Charles Winburn, M.Ed. — 70% negative)
(CDC/Kaiser — ACE Study)*

**When are you going to
resolve your childhood
trauma so you can have
a fun and happy life?**

**Why is America so
unhappy and not
having fun?**

- **Limiting beliefs**
- **Negative vibrational connections**
- **Negative memories**

**Lack of confidence
in the American
democracy.**

Threat of Russian and China on democracy. The Ukraine war.

**Toxic politicians.
Rise in mental health
challenges and child
trauma.**

**Focus of the church
on sin, devil, hell,
and death.**

Burning of books.
Debate on
Critical Race Theory.
Climate change.

COVID-19 pandemic.

**Challenges dealing
with masks, vaccines,
and fear.**

**Millions of people died
from the virus.**

**The threat of a
new pandemic.**

January 6 attack on the U.S. Capitol.

**The church and the
world seem to be
unfocused and stuck.**

**People retiring with
zero eternal goals.**

**Mass shootings
that don't seem
to go away.**

**Hate against
heterosexuals,
bi-sexuals, gays,
transgender, and
drag queen people.**

**Increase of racism
against Jews,
Asians, and
African Americans.**

**Increase in illegal
fentanyl trafficking.**

**The abortion debate.
Stand-your-ground laws.
Fear.**

**The scientific benefits
of being fun and
doing fun things.**

Be fun 95% (Inside job)

Do fun 5% (Outside job)

***Fun and happy chemicals are
released in the brain.***

Fun chemical 1: Dopamine

- **Feeling fun/good**
- **Doing fun things**
- **Releases dopamine**
- **Feel good chemical**

Fun chemical 2: Serotonin

Serotonin:

A chemical released by the brain that keeps you calm, regulates sleep, gives you a balanced appetite.

Fun chemical 3:

Oxytocin

Oxytocin:
The release of love,
connectional feeling,
also during sex.

Fun chemical 4: Endorphins

Endorphins:
**A chemical released
that creates positive
vibrations when you
laugh, exercise, and
have sex. Reduces pain.**

**Someone said,
“It’s abnormal, from
a divine and human
perspective, to not
feel happiness 80%
each day.”**

Abnormal feelings.

Negative vibrations.

Negative energy.

Negative emotions.

Negative feelings.

- **Worry**
- **Hate**
- **Agitation**
- **Upset**
- **Frustrated**
- **Fear**
- **Insecurity**

- **Emotional unhappiness**
- **Desperation**
- **Shame**
- **Guilt**
- **Moodiness**
- **Anger**

- **Spiritual imbalance**
- **Health imbalance**
- **Mental imbalance**
- **Relationship imbalance**
- **Business imbalance**

Activated by...

**Chemical imbalance:
The activation of
long-term stress and
mood swings.**

**If you want to have
fun 80-100% each
day, you must feel fun
first before you do
fun things.**

**You must build
positive fun feelings,
fun moods, fun
emotions first before
doing fun things.**

**You must feel good
about fun first before
you can get what you
really want.**

**Feeling fun feelings
first is really the
journey, not the goal.**

**If you can just feel fun
first, everything else
will fall in place.**

**If you don't feel fun/
good 80-100% each
day, you are not going
to be an emotionally
happy person.**

**Three reasons why
people don't feel fun
first or feel good first.**

Reason 1

**People carrying
negative emotions
or vibrations.**

Reason 2

**Talking positive
but carrying
negative feelings,
negative emotions,
unforgiveness, and
grudges.**

Reason 3

**People carrying
decades of
negative vibrations
transferred from
your parents or
trustees to you.**

Transferred from parents to you:

- **Shame**
- **Guilt**
- **Apathy**
- **Grief**
- **Anger**

Transferred from parents to you:

- **Blame**
- **Regret**
- **Scorn**
- **Despondency**
- **Despair**

Return to:

- **Spiritual harmony**
- **Health harmony**
- **Mental harmony**
- **Relationship harmony**
- **Business harmony**

You will be fun!



Winburn's Thoughts on Fun!

**Your only opportunity
for fun is right now,
this moment.
*Mind fullness.***

**There is zero fun
tomorrow.
Fun is now or it
will never be!**

**Your good fun will
attract your good to
you in the following:**

- **Good health**
- **Sound mind**
- **Money**
- **Business**
- **Relationships**

**Your only opportunity
for emotional
happiness is now.**



**Just 60 seconds
of fun can change
your life.**

- **Now fun!**
- **Now emotional happiness!**

7 SOLUTIONS:
**How do you increase
your fun vibrations
or emotions?**
Health and wellness

Solution 1

Rewrite your beliefs.
***Change negative beliefs into
positive ones.***

Solution 2

Rewrite your emotions.

***Use the 31-Day Focused Life
Story Calendar to reprogram
your subconscious mind.***

Solution 3

Rewrite your memories.
Conduct a contrast/clarity sheet
(what you really want) and
build fun around it.

Solution 4

**Rewrite your
perceptions.**

See the world as a place of fun.

- **You are not a victim.**
- **You are creating this world by broadcasting your thoughts, good or bad.**

- **If you want a better universe, world, earth, or community, you need to broadcast life-generating thoughts in the earth.**

**The reason why the
world is in chaos:
51% of the people
in the world are
broadcasting negative
vibrational thoughts.**

**The results of the
world's negative
vibrations/emotions
are because of
negative broadcasting
of negative thoughts.**



**Approximately
4.5+ billion of the
8 billion people in the
world are very, very,
very negative people,
resulting in the
following:**

- **Diabetes**
- **Bullying**
- **Emotional Abuse**
- **Conditional Love**
- **Verbal Abuse**
- **Sexual Abuse**

- **Gastrointestinal Problems**
- **Mood Disorders**
- **Cancer**
- **Self-Judgment**
- **Physical Abuse**

- **Racism**
- **Homicides**
- **Alzheimer's Disease**
- **Relationship Clashes**
- **Adult & Child Unhappiness**

- **Domestic Violence**
- **Negative Self-Talk**
- **Inflammation**
- **Fear**
- **Stress**
- **Infant Mortality**

- **Gun Violence**
- **ADD**
- **Negative Attitudes**
- **Mass Shootings**
- **Divorce/Separation**
- **Suicides**

- **Obesity**
- **Mental Challenges**
- **Toxicity**
- **Crime**
- **Anxiety**

- **Addictions**
- **Birth Defects**
- **Hypertension**
- **Depression**
- **Health Issues**

Bottom line:

Rewrite your behavior.

***Stop right now embracing and
co-creating everyone else's
emotional unhappiness.***

Solution 5

**Become an
inspirational saying.**



**Our lives should be
known as “inspirational
sayings.”**

**When people see you,
they should see an
inspiration.**

**Or, when people see
you, do they see:**

- **Low energy**
- **A low-value life**
- **Negative emotions**
- **An angry person**

**You must recognize
yourself as an inspiration
to the universe and the
earth, giving off
life-generating and
fun vibrations.**



Become an inspiration!
1. Be a person of fun.
2. Do fun things.

Solution 6

**Activate your positive
self-talk.**

***Self-talk is what you tell yourself
when no one else is listening.***

What are you telling yourself?

**The quickest way
to activate positive
self-talk:**

1. Be fun.

2. Do fun things.

Solution 7

Activate intentional creation:

- **Be intentional about being fun.**
- **Be intentional about doing fun things.**

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renew
community church