

**TAKE  
BACK**

**YOUR  
LIFE**  
SERIES

**Your emotions are making you sick!**  
***Learn how to heal your emotional wounds.***

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**By Charles E. Winburn, M.Ed.**

**renew**  
community church



***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.***

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

***Romans 12:2***

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

***Proverbs 17:22***

**For verily I say unto you,  
That whosoever shall  
say unto this mountain,  
Be thou removed, and  
be thou cast into the  
sea; and shall not doubt**

**in his heart, but shall  
believe that those things  
which he saith shall come  
to pass; he shall have  
whatsoever he saith.**

***Mark 11:23***

**For as he thinketh in  
his heart, so is he...**

***Proverbs 23:7***

**For we walk by faith,  
not by sight**  
***2 Corinthians 5:7***



# Introduction

**Your emotions are  
making you sick.**

**Why are millions of  
American children and  
youth are emotionally  
sick?**

**Parents who have not  
resolved their childhood  
trauma.**

**Epigenetically passing  
their unresolved  
childhood trauma to  
their children.**



**Through  
transgenerational  
epigenetic inheritance,  
parents pass down  
sick emotions to their  
generations and  
children.**

**Through  
transgenerational  
epigenetic inheritance,  
people pass down  
negative emotional  
markers to their  
offspring.**

**Why are there so many  
emotionally unhappy  
children and youth ages  
5 to 21 (and beyond)?**

**Emotionally unhappy  
parents passed their  
emotional unhappiness  
to their children and the  
next generation.**

**“Emergency room  
doctors beg for help  
treating children with  
mental health illnesses.”**

*Erika Edwards, NBC News,  
August 16, 2023*



## ***Highlights***

**Emergency room doctors  
in hospitals don't have  
the resources or support  
for the increased number  
of children and teenagers  
with mental health  
issues.**

## ***Highlights***

**Hospitals are calling for  
local communities to  
increase access to mental  
health services.**

## ***Highlights***

**Approximately half a million children with mental or behavioral health conditions are evaluated in emergency departments yearly.**

## ***Highlights***

**That number has gone  
from 30 children and  
youth each month  
in the emergency room  
to **30 a day!****

## ***Highlights***

**Children are coming  
into the emergency  
departments as young  
as 5 with mental  
health issues.**



## ***Highlights***

**Children are coming  
to the emergency  
departments around  
the following mental  
health issues:**

## ***Highlights***

- **Suicide**
- **Depression**
- **Post-traumatic stress**
- **Victims of abuse**
- **LGBTQ youth**
- **Emotional unhappiness**

**Every positive or negative  
reaction you have daily is  
linked to your emotions.**

**Your heart beats 60-100  
times every 60 seconds.  
Your negative or positive  
emotions also vibrate  
through your body every  
60 seconds.**

**Everything in your life  
rises or falls on your  
emotions each day,  
positively or negatively.**



**Just like your blood runs  
through your vascular  
system 3 times every 60  
seconds, your positive or  
negative emotions also  
travel through your body  
every 60 seconds.**

# Introduction

**What do people say  
about emotions?**

**“Don’t depend on  
your emotions.”**

**“Your emotions will  
deceive you.”**

**“Don’t believe in your  
emotions at all.”**

**“Ignore your senses like  
your emotions because  
they are not important.”**



**Ignore your senses:**

**Emotions**

**Taste**

**Touch**

**Smell**

**Sight**

**Hearing**

**For we walk by faith,  
not by sight**  
***2 Corinthians 5:7***

**Your emotions are  
regulated by your  
conscious and  
unconscious mind.**

**Conscious mind**  
**5%**

***(Creative, intellect,  
imagination, will, and ego)***

**Subconscious mind**  
**95%**

***(Tape recorder of beliefs,  
emotions, and memories)***





**Your subconscious  
mind is a big tape  
recorder**

***It files positive and negative  
data. It files sickness or  
wellness information.***

# **Your subconscious mind records your...**

- **Beliefs**
- **Feelings**
- **Vibrations**
- **Moods**
- **Vibes**
- **Emotions**

**Your subconscious mind  
records your...**

- **Messages**
- **Attitudes**
- **Signals**
- **Behavior**

***Subconscious mind makes  
you sick or well.***

**Your conscious  
and subconscious  
mind regulates  
your 360-degree  
five circles of life.**



# The Five Circles of Life

## ***Circle 1***

# **Words**

***(Speak to self and others  
positive/negative)***



**Circle 2**

**Thoughts**

***(Think positive/negative)***



**Circle 3**

**Beliefs**

***(Conscious/subconscious  
positive/negative)***



## ***Circle 4***

**Feelings, moods, vibrations**  
***(Positive/negative)***



**Circle 5**

**Results**

***(Positive/negative every 60 seconds)***

**Why are your emotions  
making you sick?**

**You carry negative  
feelings every 60  
seconds.**



**You carry negative  
moods every 60  
seconds.**

**You carry negative  
vibes every 60  
seconds.**

**You carry negative  
vibrations every 60  
seconds.**

**You carry negative  
energy every 60  
seconds.**

**Why are your emotions  
making you sick?**

**You resist most things.**

**You don't know what you  
really want in life.**

**You failed to resolve your  
childhood trauma.**



**You are emotionally  
unhappy 80% of the time  
or more.**

**Why are your emotions  
making you sick?**

**You stay upset with  
emotionally attached/  
detached people.**

**You spend most of your  
time chasing after people  
who don't want you.**

**You are stressed out  
95% of the time.**

**You have toxic stress.  
So, what is stress?  
*Impact on health and relationships.***

**Stress is how we react  
when we feel under  
pressure or threatened.**

*mind.org.uk*

**Stress can be defined  
as any type of  
change that causes  
physical, emotional, or  
psychological strain.**

*VeryWellMind.com*



**Stress is a feeling of emotional or physical tension. It can come from any event or thought that makes you feel frustrated, angry, or nervous. ... Stress is your body's reaction to a challenge or demand. In**

**short bursts, stress can be  
positive, such as when it  
helps you avoid danger or  
meet a ... deadline.  
But when stress lasts  
for a long time, it may  
harm your health.**

*MedlinePlus.gov*

**95% of stress is linked to  
relationship decline.**

**95% of stress creates  
negative emotions,  
feelings, vibrations, and  
vibes in relationships.**

**95% of stress creates  
negative energy in the  
body, emotions, and  
relationships.**

**95% of stress can  
negatively impact your  
proper cell functionality  
and relationships.**

**95% of stress can  
undermine sexual  
function and health in  
relationships.**

**95% of stress is linked  
to meanness and  
unkindness in your  
relationships.**



**95% of stress can kill  
your romantic desire in  
your relationships.**

**95% of stress can assist  
in relationship blow-outs  
and arguments.**

**95% of stress activates  
negative conversations  
in relationships.**

**95% of stress stimulates  
negative disagreements  
in relationships.**

**95% of stress activates  
fatigue, on-the-edge  
feelings, and  
overwhelmed feelings  
in relationships.**

**In relationships with  
95% stress, “sex can go  
out the window.”**

**95% of chronic stress  
creates feelings of  
pressure and being  
overwhelmed for  
months and years in  
relationships.**

**95% of health decline  
is linked to stress.**



**95% of sickness and  
disease is linked to  
stress.**

***Acquired by human actions.***

**95% of sickness and disease is linked to an unfocused life.**

***People do not pay attention to resolve their negative beliefs, emotions, memory, and childhood trauma.***

**5% of all sickness and  
disease is linked to  
genetic disorders.**

***“An inherited medical condition  
caused by DNA abnormality.”***

**Unresolved childhood  
trauma is linked to  
sick emotions.**

**Unresolved childhood  
trauma is linked to  
sick emotions.**

# 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)*

**Sick emotions are linked  
to violence against self  
and others.**

- **Gun violence**
- **Bullying**
- **Homicides**
- **Physical, sexual, and emotional abuse**
- **Domestic violence**

- **Relationship clashes and conflict**
- **Mass shootings**
- **Racism**
- **Opioid drugs**
- **Suicides**

**Learn how to heal  
your emotional wounds  
through the use of  
God's 2 invisible laws.**

# **The Law of Attraction** **(Matches our emotions)**

# The Law of Attraction:



- **Like attracts like.**
- **Sameness attracts sameness.**
- **Whatever you emit in the earth is given back to you the same way.**
- **What you think and feel is returned to you.**

**For verily I say unto you,  
That whosoever shall  
say unto this mountain,  
Be thou removed, and  
be thou cast into the  
sea; and shall not doubt**

**in his heart, but shall  
believe that those things  
which he saith shall come  
to pass; he shall have  
whatsoever he saith.**

***Mark 11:23***

**The Law of Attraction  
matches emotions:**

# Positive

- **Feelings**
- **Moods**
- **Emotions**
- **Vibes**
- **Vibrations**
- **Energy**

# Negative

- **Feelings**
- **Moods**
- **Emotions**
- **Vibes**
- **Vibrations**
- **Energy**

# The Law of Vibrations:

- **Everything in the earth and universe vibrates.**
- **Every emotion carries a positive or negative energy or emotion.**
- **Every emotion that you feel vibrates who you are.**
- **You are what you vibrate.**

**The Law of Vibrations  
vibrates energy,  
negative or positive:**



# **Positive Vibrations**

- **Love**
- **Joy**
- **Peace**
- **Excitement**
- **Optimism**

# **Negative Vibrations**

- **Shame**
- **Blame**
- **Guilt**
- **Loneliness**
- **Sadness**

# **11 simple solutions to heal your emotional wounds:**

## ***Solution 1***

**Heal your emotions.**

## ***Solution 2***

**Raise your positive  
vibrations.**

## ***Solution 3***

**Raise your positive  
emotions.**

## ***Solution 4***

**Raise your positive  
moods.**

## ***Solution 5***

**Raise your positive  
energy.**

## ***Solution 6***

**Raise your positive  
feelings.**



## ***Solution 7***

**Create 80% more fun.**

## ***Solution 8***

**Create 80% or more  
laughter.**

## ***Solution 9***

**Create 80% more joy.**

## ***Solution 10***

**Create 80% more peace.**

## ***Solution 11***

**Create 80% or more  
emotional happiness.**

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