



## THE LOVE LETTER

Abba's Arms International, Inc.  
(Kings Kids Unlimited, Inc)

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### We're Going To New Zealand!!



Father has given us the witness to accept an invitation by Fatherheart Ministries of New Zealand to attend this year's Gathering at the Eden Center, **April 27th through May 23rd**. There will be a total of 25 people from all over the world joining together for fellowship and soaking up Father's love. We are excited about meeting other brothers and sisters in the Lord, making new heart connections, going deeper into the Father's Love and seeing this as the next step that we are to take in our adventure of experiencing His Love for us and passing it on to others!

The Gathering will cost approximately \$10,000. Please join us in prayer for all of the finances to come in, safety in our travels, health, and experiencing all that the Father wants to pour into us.

***If you are led to help support this trip, you can make your tax deductible contributions to Abba's Arms International, Inc. and send them to P.O. Box 1396, State College, PA 16803***



### What's In Your Heart?

Solomon, using the infinite wisdom of God, commands us in **Prov. 4:23** to keep or guard our HEART with all diligence or vigilance, for out of it flow the issues or well-spring of life. The Hebrew words translated "guard with all vigilance" literally mean to be like a soldier who defends the city from outside invaders and a policeman who searches, captures, and imprisons any enemies inside the walls of the city! It is just that important because our HEART controls everything both in our physical and spiritual life. The "issues of life" encompass not only all of the physical functions of our body, but also all of the words, actions, feelings, emotions, and flow of energy from our body.

To really understand what I (Rick) am saying, I need to redefine the word "heart" using the Ancient Hebrew. The Hebrew has no word for mind, but includes it as part of the HEART. The HEART includes the brain, our spirit man, and **all of the cellular memory** stored in the cells of our body. Working together with our "Image Maker," they

affect everything we see, believe, and do (in that order!). The Image Maker is more than just our imagination. The Image Maker converts words into actions, gives them meaning, and interprets all of the current data coming in through our senses by connecting them to images previously stored in our HEART. All of the "issues" or experiences we call "life" flow through the Image Maker. You can't have a thought without an image and images control everything we do. From this I hope that you can begin to see how our cellular memory can impact our HEART and cause us to do what we do and not what we want to do sometimes!

A lot of what I want to share in this article was inspired by the teachings of Larry Napier of Rediscovery of the Heart. Larry Napier has discovered five truths about our HEART:

1. *We are who we are in our HEART.*
2. *We don't see things the way they are; we see things the way we are.*
3. *What we believe in our HEART is what we really believe.*
4. *We are where our HEART is; we*

*can't be anywhere else.*

5. *Our HEART makes decisions automatically and instantaneously. The HEART controls everything and trumps the will.*

If we really believe this about our HEART, then we will be a lot more careful about what we do because everything is being stored in our cellular memory. Certainly, some of what happens to us is beyond our control, but there are a lot of choices we make too that build a certain "memory bank" in our HEART. Sue and I are just beginning to understand the HEART, and there is a lot more than what I can share in this article. However, I would like to spend the rest of the time exploring a couple of the five truths listed above.

#### Who Am I?

***You are who you are in your HEART!*** Our cells begin storing memories even before we are born. All of the data coming in through the 100 million receptors of our 5 physical senses (touch, hearing, seeing,



smelling, and taste) are stored as a memory for every event that takes place in our lives and none of the data are ever lost. Every sensory experience is stored as electrical/chemical images with a unique digital imprint. As the cells divide and replace old cells, the memory is passed on to the new cells. Included in each memory are all of the emotions and feelings and any beliefs that we might have picked up. The beliefs are all stored as truth, whether they were based on truth or a lie. As the data are coming in, the HEART and Image Maker are interpreting the information and determining where and how to store them. All of these memories are instantaneously available to the HEART and they help the HEART and Image Maker decide how to respond to the current situation. The decisions are made by the HEART automatically, and before the will or intellect have a chance to affect them, our bodies are already going into response mode.

Here are a couple of examples to help illustrate this. Any part of a stored cellular memory can trigger the HEART to respond either with an image on the screen of our “Image Maker” or a particular action, feeling, or emotion in our body. I believe all of us can remember something that has brought back a memory, a picture, a person or name, a feeling or emotion from our past. It could be a sound, color, situation, words read or heard, something you see, something someone does that triggers a memory or response from you. In a moment’s time, we can have a complete colored image or video clip playing on our Image Maker complete with all the smells and sounds from the original memory. Along with the memory come all of the emotions and feelings tied to that memory. For me, one memory that happens quite frequently is triggered by the sound of a blue jay. In a moment I can be sitting in the woods as a young teenager hunting squirrels, feeling the excitement of the hunt, and enjoying the sights, sounds, and smells of the woods.

The memory could be something

you may not have thought about or felt for a very long time, but the cellular memory is still there with all the details. Sometimes we can block certain memories that may have been painful or difficult, but that does not mean they aren’t still there and available to the HEART under the right circumstances.

### Why Did I Do That?

Have you ever had a negative response to something and have no clue why you did it? Or have your actions been much stronger than the current situation warranted? Are there negative habits that you have tried to stop, but they keep coming back? These are probably symptoms of negative cellular memory that your HEART is using to respond to the current situation without you even knowing what is going on. We may be responding to a current situation in a certain way without consciously seeing any image or have any feelings on our Image Maker. Psychologists say that between 80 and 90% of what we do is controlled by our “subconscious,” which is another way of saying our HEART. Our cellular memory is never asleep or hidden, but is continually available to the HEART to use in response to the current situation.



We can get angry or go into a rage just because of a gesture or a look someone makes. I can be overwhelmed with fear of driving just by hearing the weather report even though the chance of bad weather may not be that high because of some bad driving experiences that I’ve had in the past. I used to withdraw from Sue during a heated discussion just to avoid conflict because of the rejection I experienced growing up and the fear of being rejected again. I did it without thinking about what I was doing or how it might be impacting Sue. We don’t spend a lot of time thinking about what is stored in our cellular memory, but it is affecting everything we see, believe, and do!

With every current situation that is before us, the HEART searches all of our cellular memory, finds something that is similar to what we are experiencing, and decides what we are going to do. Within the click of your finger, the HEART has searched the cellular memory data base, made a decision, and our body is going into stress response or some other action. Our will, intellect, emotions, and reasoning are trumped by our HEART. If there is a conflict between what our left-brained reasoning and intellect wants to do and what our HEART has decided to do, the HEART wins every time. Our body is designed to work this way to save our lives! When a car runs a stop sign in front of you as you start to pull out, you don’t have time to consider your options about what to do or reason that, “I have the right of way and he must stop.” Our foot is already moving off of the gas pedal and onto the brake before we know what is going on.

Here are a couple examples to show you how this works. For me the computer used to be a source of pornography and comfort. Even after prayer, receiving the Fathers Love and comfort, and being set free from that addiction, I could still sit down at the computer to do something and the old memories, pictures, emotions, and feelings would start rising up inside on my Image Maker. I had to forgive myself, place the cross between me and the old memories, and see myself responding differently. By building a new set of positive memories and victories, my HEART now responds differently when I sit down at the computer and I am totally free!

Sue and I recently watched the movie “Guardian” on TV. There were several scenes during the movie where the conversations, music, action, and camera angles caused me to get very tense and anxious inside even though I was sitting safely in our own house. During the movie I was telling myself that this isn’t real and I shouldn’t be getting so excited and tense, but my



HEART was already sending signals to my body to go into stress response!

### Indirect Sources of Cellular Memory

There is one specific type of behavior that comes from judgments and vows that we make. Paul warns us in **Rom. 2:1-2** that we can become what we have judged in others. We can start doing the things we didn't like in another person. You cross over into judgments when you go beyond the facts and change your attitude about that person or group of people. The strongest judgments come in the form of vows where we say, "I will never..." You are destined to fulfill every vow you make at the appropriate time for the vow to take effect. Somehow your HEART interprets that vow and stores the memory in such a way that the right set of circumstances brings out the same negative behavior in you. In Nigeria I ministered to a young man who had an 18 month old son that he kept hitting even though he did not want to and tried to stop. I found out that his dad had done the same thing to him growing up and he had made a vow that he would never treat his sons that way. After I helped him forgive his dad and himself and we broke the vow, he told me later the next week that he had stopped hitting his son!

Wayne Dwyer in his book *Excuses Be Gone* talks about how we can pick up "mind viruses" just by being around someone long enough. Just like a virus, these are thought patterns that reproduce themselves in a person and then are passed on to someone else. When I was growing up, my parents had a very strong prejudice against African-Americans. Even though I never had any encounters with African-Americans growing up, I found myself responding with the same prejudices that my parents had. I had to pray and choose to love and respect them as brothers and sisters in Christ. So we can store cellular memory just by what we observe and hear in others (or the internet, TV, movies, news, etc.) that

will affect how we respond to the current situation before us.

### It's Not All Negative!

I do want to point out that this cellular memory works both ways! We can store good memories that will cause us to respond in positive ways to the current situation too. By experiencing good things in our lives like the Word of God, prayer, positive music, good movies, good books, teachings and sermons by Godly men and women, etc., we can build a positive memory bank that will bring us through every new situation with victory and success!

### So How Do We Get Rid of the Negative Memories?

I believe that Paul was lamenting in **Romans 7** about the effects of the negative cellular memory were having in his life. He was asking the rhetorical question about why he kept doing the things that he did not want to do and not what he knew that he should be doing. My first thought after hearing about the HEART and how it works was, "Am I destined to keep repeating these bad responses for the rest of my



life? Is there any hope of getting rid of them?" If you don't get rid of the negative memories in your HEART, you are

destined to keep repeating the same responses until the memory is changed. Here are some ways, however, to start changing the cellular memories and images that control your life.

One way is to be an imitator of the "Master." Paul urges us to "imitate him, just as he also imitates Jesus." **1 Cor. 11:1** An apprentice imitates the master over and over until he can do it just like the master. By being doers of the Word and following the leading of Holy Spirit, we can begin to build a positive cellular memory bank to replace the negative memory. We begin to see ourselves doing things the way

we see the Father doing them on our Image Maker. Jesus said that He only did what He saw the Father doing and said only what He heard the Father say.

**John 5:19 John 8:38**

To change the impact of a cellular memory, you need to change the memory in some way. There are a number of ways that this can happen. One way is through the choices we make in life.

**Deut. 30:19** says that we are to choose life. We can choose to walk in love, walk by faith, walk in the fruits of the Spirit, and not walk in fear. The more we see ourselves responding differently to the situations and events of life, the more positive cellular memory is being stored and replacing the negative memories with good ones. When we choose to confess our Godly Beliefs, we are replacing the beliefs that were based on lies in our memory.

Another powerful way to change the negative memories is meditating on the Word and seeing yourself in those scriptures verses and doing what it says. The Word of God must become an image in our HEART and not just a set of words that we memorize or confess. The Word is living and active, more than just words on a page. **Heb. 4:12** Words form images that our Image Maker can put on the screen of our HEART and we can see what the Word is doing in our life. Words create images and actions in our HEART. Jesus came to the earth and the "image" was made flesh and dwelt among us. **John 1:14**

You can also change the images through prayer and allowing the Father to show you the negative memory from His perspective. Ask Holy Spirit to show you the memory from a different spiritual level. When we minister to people, often they see the Father or Jesus in the scene and it changes everything. If you are having problems breaking a bad habit, see yourself doing something differently or see yourself as a royal son or daughter of the King. See yourself righteous and without sin through the finished work of the cross. Change the image and you will change its effect on your life!

## A Father's Heart Blessing

I bless you with a heart full of the Father's Love. I bless you with a heart full of love, joy, peace, patience, goodness, gentleness, kindness, faithfulness, and self-control. I bless you with positive memories and memories full of His grace and mercy. I bless you with freedom from the past hurts and wounds, their memories, and their effects on your life. I bless you with the blood to cleanse you, your memories, and to cut off all of your past. May you see the cross canceling all of your sins and making you righteous. Jesus' resurrection has defeated death and given you a future and a hope that is good. I bless you with a life full of positive memories and good things happening every day. I bless you with a healthy body and a strong and healthy HEART.



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Po Box 1396  
State College, PA 16804-1396  
kku1mccoy@verizon.net  
[www.abbasarmsintl.org](http://www.abbasarmsintl.org)