

Healing Progression on the Pathway to Full Freedom (P2FF)

There is no such thing as a “Quick Fix”.

*Therefore the LORD longs to be gracious to you,
And therefore He waits on high to have compassion on you.
For the LORD is a God of justice;
How blessed are all those who long for Him. Isa 30:18*

The greatest battles occur in heart, mind, spirit and body when your healing, freedom and wholeness are at hand. The *Pathway to Full Freedom (P2FF)* provides Christ-focused Educating, Examining, Equipping and Empowering *Steps* with the mentoring partnership of lay caregivers (*P2FF Trail Guides*). *P2FF Trail Guides* have personally worked through the *Pathway* and receive continuing education and supervision twice per month.

The *Pathway to Full Freedom* has been consistently helpful for every man, woman and child working through the *Steps* with a *Trail Guide*. Counselors, pastors and other caregivers find the website and practical tools helpful to their work. Also, *Pathfinders* recover and grow more quickly through Truth experiences, which connect heart, mind, spirit and body.

P2FF Pathfinder care receivers work through each *P2FF Step* at his or her own speed. With the experienced support of the *P2FF Trail Guide*, the *Steps* can be sequenced and individualized to meet each *P2FF Pathfinder's* needs and goals. *P2FF Pathfinders* proceed through the following:

Step 1: RECOGNIZE your lack of and your need for **Healing, Freedom & Wholeness**

- Recognize that in this world, we are living in the midst of a spiritual war, in lies, limitations, and compromise
- Recognize that God has other options for our lives (Hosea 4:6; Jer. 29:11-13; Gal. 5:1)
- Recognize that there are ways to reject and replace destructive patterns, heal relationships and improve poor health but you can't do it by yourself – you need God's help and the loving accountability of healthy others for support, prayer, encouragement and strength.

NOTE: “Healthy others” are God-honoring people (which include all Trail Guides) who have attended – and constantly continue to attend – to their own heart, mind, spirit and physical health before their Lord Jesus and with “healthy others” **before** reaching out to support others. “Healthy others” are not perfect and they haven't “arrived” but they practice what they preach to be clean windows through which the Lord, His care and the truth can shine.

- **Journal** – How do lies and limitations show up in your life and thoughts?

Step 2: **CHOOSE** Healing, Freedom & Wholeness

- Look at Healing, Freedom and Wholeness:
 - What does this mean to you, now and in the future?
 - What do you need to attain freedom, wholeness and your potential?
- Choosing does not guarantee freedom, healing or wholeness (2 Cor. 12:7-10; John 9:1-3; Isa. 55: 8-9)
- Choosing is an initial response to the options available (John 10:10; Joshua 24:15)
- Choosing may or may not lead to further pursuit – it’s a chance to “check things out”
- Choosing is the spring board to life-changing pursuit and commitment
 - What is keeping you from choosing to be and see all God has for you?
 - What do you need to **commit** to your Creator and the abundant LIFE waiting for you?

Step 3: **RECEIVE** Healing, Freedom & Wholeness

- How much truth you have already experienced and how much healing and freedom is needed will influence your current ability to Receive freedom, healing and wholeness from your Creator. Your ability to receive improves throughout your journey of healing, wholeness and freedom.
 - If your “life basket” is full of your own “stuff”, full of effort in your own strength, anger, bitterness, compromise, mediocrity, fears, limitations, broken dreams, procrastination, pain and failed or needed expectations, how can God fill up your “life basket” with the wondrous things that He has for you? You must want to choose to surrender your life and allow Jesus to clean up, clean out and refill your life.
 - Receiving is interactive and relational – a response to the Giver (Creator God Almighty)
 - Receiving takes attention (recognizing the Giver) and effort (reaching out, connecting, accepting)
 - Receiving varies in complexity and time – the *Pathfinder* receiver may need more or less help from safe, trained, God-honoring people who have attended to their own needs and issues **first** before reaching out to others (as done by *P2FF Trail Guides*)
 - Receiving healing and freedom involves **applying** the principles given to you by your Creator, Jesus, in all aspects of your thoughts, actions, self and life
 - Receiving incorporates the initial stages of **practicing** and **experiencing** freedom.
 - What is keeping you from releasing your “life basket” and all it holds to your Creator – to allow Him to empty you of your “stuff”, cleanse and heal you and then fill you with all that is BEST? (Eph. 3:14-21)

Step 4: ABUNDANT Freedom, Wholeness and LIFE!

- Abundance comes from healing and experiencing truth received in training (Ps. 119:9-11)
- Abundance means exercising the power and victory of Christ to **stand strong** for healthy choices and patterns in an unhealthy world. (James 4:4; Eph. 6:10-17)
- Abundance comes from practicing God's Truth and new life in thoughts, words and deeds (James 4:1-3; Hebrews 5:13-14)
- Abundance means the BEST for self and others – in effectiveness, joy, purpose and LIFE beyond understanding and circumstances (Prov. 3: 5-10; Matt. 6:24-34)
- Abundance means living under the protective umbrella of Almighty God through trust in Jesus as Lord and Savior (John 10:10; Hosea 6:4; Gal. 5:1; John 14:15)
 - How does “abundant life” look in life for you?
 - Is there anything scary or holding you back from healthy living and full blessing?

Step 5: SHARE Freedom & Wholeness

- Sharing and supporting hurting others comes as you walk your talk, model victory in Christ and live in spiritual Freedom, Health, Joy, Trust, and Peace in a challenging world and:
 1. **After** you have begun attending to your own needs. In this life, we are never finished but we learn to discern, immediately refuse evil and quickly attend to problems before our Creator Jesus with healthy, safe, Jesus-honoring others in community (1 John 1:9 = forgiven and cleansed by God; James 5:16 = healed in God's strength & victory, with the support and with loving accountability of healthy others)
 2. and as people recognize in you the abundant life and JOY Jesus has for each of His children.
- It is vital to remain surrendered, continue attending to your own cleansing, healing and be available to do God's will according to your gifts and calling as you share and journey with others on their own healing and freeing *Pathway*.

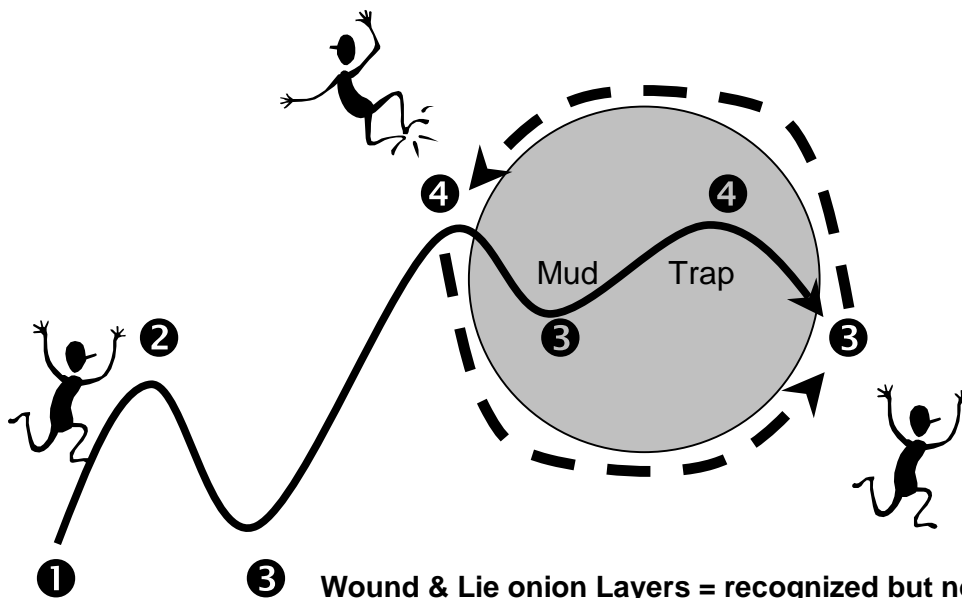
The following illustrations portray various treatment tools and approaches, including the ***Pathway to Full Freedom (P2FF)***. Below each illustration are phases and characteristics of people in the process. The illustration shows the progression or cycles of the method.

If you have questions, please contact Admin@P2FF.com or 303-646-2041 x 2.

Learn incomprehensible peace and joy as you journey with a personal mentor (*P2FF Trail Guide*), use the practical, private web tools and receive all that your Creator has for you! Lasting life change – from surviving to thriving – begins with the first Step – **Enroll** and begin your *Pathway* today!

Common Treatment Pathway

This treatment path is recognized by feelings of progress through being heard, affirmed and receiving relief along with the Truth of God. The “Mud Trap” slows or stops progress when the wounds of the body and spirit are not sufficiently attended, the Truth of God is not experienced and old patterns and habits of thinking, choosing, believing and living are not changed. In this treatment pathway, you may sense that you are covering territory that you have dealt with before and wonder why issues haven’t resolved. Focusing on a “quick fix”, one-time event or on the hurt and not the Hope gets people “stuck in the mud”. Integration of personal examination, practical tools that attend heart, mind, spirit and body, and equip to live in Truth, focusing on Jesus, His power and promises make it possible to avoid “mud traps”.



③ Wound & Lie on Layers = recognized but not changed

- | | |
|---|---|
| <p>① <u>Normal Man</u>
Survival/Death/Blind/Sad/Hopeless/Reactive
FEAR → Defensive
Ruled by-Lies/Enemy/Flesh/World
Needs to know OPTIONS</p> | <p>② <u>Willing to Check God Out</u>
Receive Truth
Isolate/Hide/Secret → Share/Reveal
Wounds/Lies (Ps. 139:23-24)
Needs to make a CHOICE</p> |
| <p>③ <u>Support/Encourage – Initial “Release Control” Trust</u>
Truth Recognize Old Habits (Survival)
Prayer/Support/Encourage
Needs to take ACTION (Commitment)</p> | <p>④ <u>Recognize Hurts – Test Truth & Trust</u>
Understanding Sources of Wounds
Relief; “Not Crazy”
Wounds Recognized – Pain Expressed; Heard</p> |

(“Mud” = Focus on hurts or victimization; no lasting life-change)

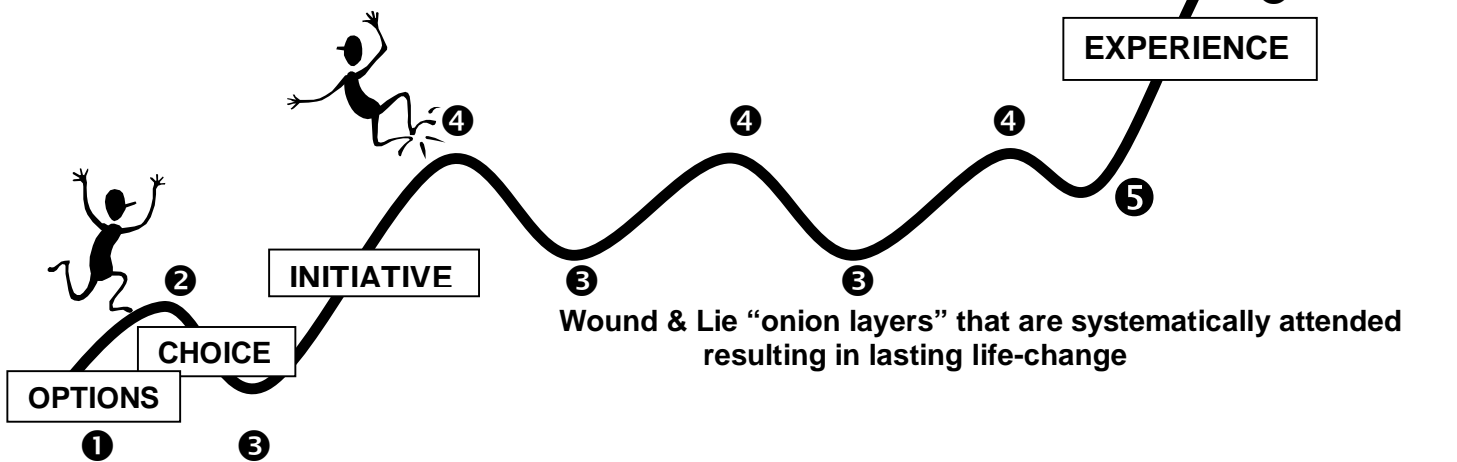
Pathway to Full Freedom (P2FF)

ABUNDANT LIFE



True Identity

EXPERIENCE

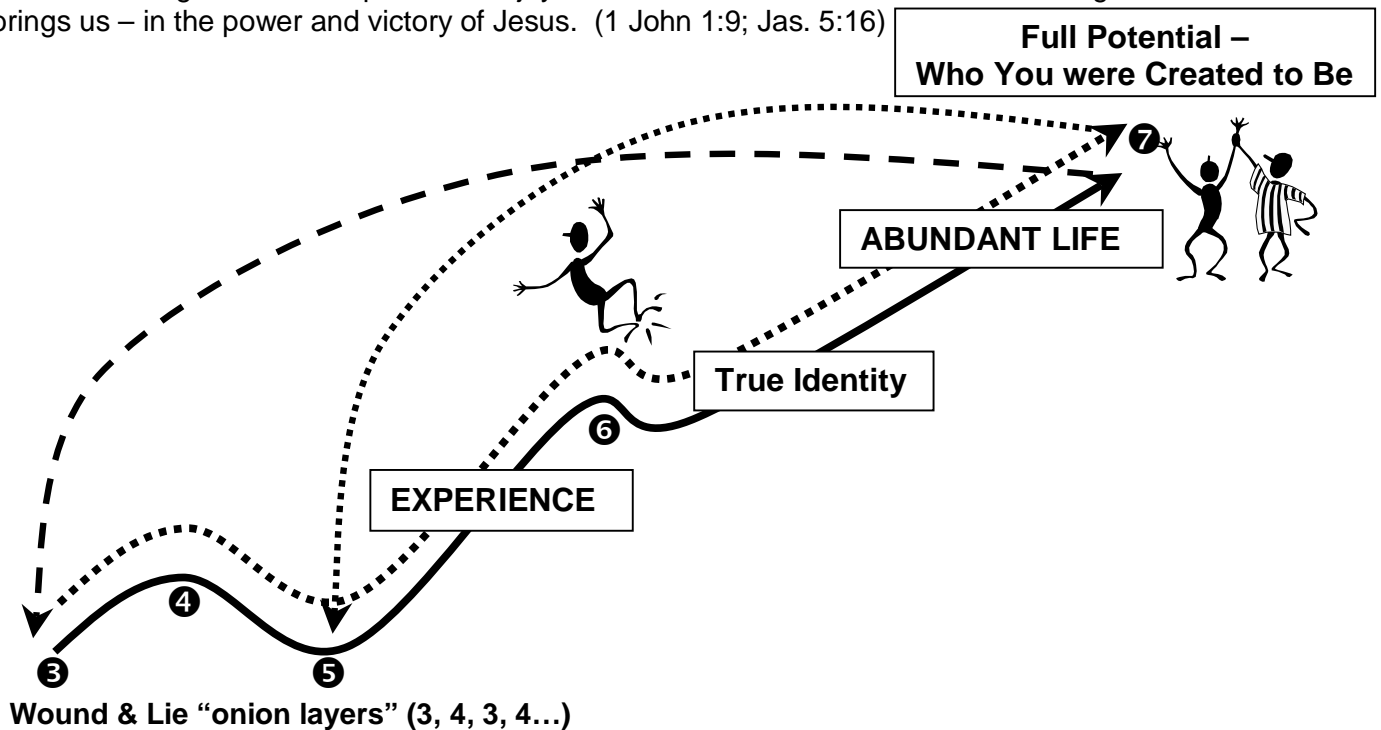


Wound & Lie “onion layers” that are systematically attended resulting in lasting life-change

- 1 Normal Man
Survival/Death/Blind/Sad/Hopeless/Reactive
FEAR → Defensive
Ruled by-Lies/Enemy/Flesh/World
Needs to know **OPTIONS**
- 2 Willing to Check God Out
Receive Truth
Isolate/Hide/Secret → Share/Reveal
Wounds/Lies (Ps. 139:23-24)
Needs to make a **CHOICE**
- 3 Support/Encourage – Initial “Release Control” Trust
Truth Recognize Old Habits (Survival)
Prayer/Support/Encourage
Needs to take **ACTION** (Commitment)
- 4 Recognize Wounds – Test Truth & Trust
Choosing FREEDOM Tools
Introduction to Joyful Living
Wounds Attended (1 Jn 1:9; Jas 5:16)
- 5 Body Awareness (Experience) – Trust to be Vulnerable
FEEL - Pain/Grief/Loss/Shame
Empty Self; Let Body Speak in safe, respectful settings
Needs Met; Learn/Receive/Practice Truth & Trust
- 6 Body → Heart → Mind Unity – Job 13:15
“Return to Joy” Strength Grows
Honest Relationships with God & Others
True Identity/Who God Made You To Be
- 7 Abundant Life – Joy-Saturated Trust
“Joy Quota” Sensitivity
Re-examine Self/Life Style; Walk Your Talk
Daily 7 R’s & Living 7 R’s

Pathway to Consistent Healing and Freedom

This pathway is an illustration of abundant, victorious life in Christ. We are not perfect, we are forgiven. Life is hard and we will need to recognize **options** (healthy and unhealthy), make **choices** (reactive or responsive) and take **action** every day of our lives. When wounds are identified and healed, when lies are replaced with TRUTH, when we KNOW who Jesus is and who He made us to be, we can live out and exercise the truth and His power that works within us. It takes TRAINING, PRACTICE and TIME in the company of healthy others, but it results in living in constant peace and joy as we deal with the stress and challenges that life brings us – in the power and victory of Jesus. (1 John 1:9; Jas. 5:16)



- ③ Support/Encourage – “Release Control” Trust Grows
Recognizes Sinful Habits / **REMEMBERS** Victories
Prayer/Support/Accountability/Encouragement
Taking **ACTION** (Commitment NOT to Compromise)
- ④ Recognize Wounds – Attend *Immediately*
Proficient with **P2FF** Tools
Joy and Trust Grow
Wounds Attended (1 Jn 1:9; Jas 5:16)
- ⑤ Body Awareness (Experience) – “Vulnerable” Trust
FEEL - Pain/Grief/Loss/Shame (short term)
Empty Self; Let Body Speak; Surrender ALL
Needs Met; Learn/Receive/Practice Truth & Assurance
- ⑥ Body→Heart→Mind Unity – Job 13:15
“Return to Joy” Strength Grows
Healthy Relationships with God & Others
KNOW God’s and Your True Identity
- ⑦ Abundant Life – Joy-Saturated Trust
“Joy Quota” Sensitivity
Re-examine Self/Life Style; Walk Your Talk
Daily 7 R’s & Living 7 R’s



Pathway to Full Freedom, Inc.

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P2FF Overview

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P2FF Definitions:

1. The **Pathway to Full Freedom** –
this is an effective approach to connecting and healing heart, mind, spirit and body through specific **Steps**. The *Pathway* is easily personalized to meet each care receiver's (**P2FF Pathfinder's**) specific needs. As it is available on a private, secure website, it is easily accessible, cost effective and is a helpful tool for counselors, pastors and other caregivers.
2. **R & F sheets** –
the *Release & Forgive Worksheet* is one of the powerful, effective *P2FF* tools.
3. **P2FF Trail Guides** –
these are lay support people familiar with the *Pathway Steps* and *P2FF* practical tools, who are available to journey with *Pathfinder* care receivers by phone and using our private, secure website. Sometimes *Trail Guides* and *Pathfinders* work in person, as arranged. After *P2FF Trail Guides* have traveled their own *P2FF* path, have applied and been trained, they volunteer for 150 supervised hours and participate in regular continuing education, supervision and accountability sessions. *P2FF Trail Guides* work effectively with counselors and other care givers in personalizing the *Pathway Steps* and tools, in praying, encouraging, and providing the benefit of teamwork in helping the *Pathfinder* to stay on track. *P2FF Trail Guides* ASK appropriate questions, they don't tell or "fix" *Pathfinders* – Jesus reveals personal truths and options through the questions, the practical tools and experiences and the *Steps*. *Trail Guides* are able to provide support to *Pathfinders* around the world by phone and by using the *P2FF* web site. Male *Trail Guides* work with men, female *Trail Guides* work with women.
4. **P2FF Body Awareness** –
this term identifies a specific method of allowing the body to speak and unite heart, mind, and spirit with body through safe, respectful activities and experience. It is different than massage and includes a wide variety of physical experience, with and without touch. *P2FF Body Awareness* allows the *Pathfinder* to experience God's truth powerfully and consistently speeds restoration. *P2FF Body Awareness* is provided by a *P2FF Trail Guide* trained in massage techniques and advanced *Trail Guide* continuing education. There are always three (3) persons present for *P2FF Body Awareness* sessions – the *Pathfinder*, the *Trail Guide* and a trained support person. The trained support person is required to be present to take notes for the *Pathfinder* to review and process as well as to pray, encourage, and support follow-up during and after *P2FF Body Awareness* sessions.
5. **Fees** – (3 possible fees only – descriptions follow)
 - The *Pathway to Full Freedom (P2FF)* is very cost effective. Each Educating, Exploring, Equipping or Empowering *Step* can take 6-12 weeks or more to complete on line and cost only \$5.00 each. You can print the *Steps* yourself or order paper copies from Admin@P2FF.com at \$5.00 each.
 - To use the secure, private website, the cost is \$20/year, encouraging you to use the enrollment and not waste time and money.
 - *P2FF Trail Guides* are called to serve God and journey with hurting, struggling *Pathfinders*. Many of them work other jobs to support their families when they are not serving *Pathfinders*. After completing 150 supervised hours of service, *Trail Guides* are paid \$20/hr. to start and fees increase according to training and experience. *Pathfinders* determine how much time and resources they can invest in their restoration and consistent support is tailored to the individual *Pathfinder's* desires, needs and abilities. Donations to *P2FF* are directed to *Pathfinder* financial support through the **P2FF Scholarship Fund** and to *Pathfinder* resources with less than 5% of donations going to expenses not directly supporting *Pathfinder* care receivers. No one is turned away. Questions? Call 303-646-2041 x 2.