

Water Walking Faith Testimony of Janet Massey



From Brain Retraining
To
Mind Renewal

Janet's Victory Verses

1 John 3:1 (ESV)- See what kind of love the Father has given to us, that we should be called children of God; and so we are. The reason why the world does not know us is that it did not know Him.

Romans 8:11 (ESV)- If the Spirit of Him who raised Jesus from the dead dwells in you, He who raised Christ Jesus from the dead will also give life to your mortal bodies through His Spirit who dwells in you.

1 Peter 2:24 (ESV)- He Himself bore our sins in His body on the tree, that we might die to sin and live to righteousness. By His wounds you have been healed.

More Victory Verses:

- Ephesians 1:3 (ESV)
- Proverbs 4:20-22 (ESV)
- Philemon 6 (NKJV)
- Romans 12:1-2 (ESV)



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Replacing Lies with God's Truth

Renewing the Mind (Romans 12:2)

- Replaced enemy lies with God's truth from His Word.
- Made truth of God prominent in mind by not focusing on lies that the enemy tried to bring back into life.
- Focus on true identity as a believer of Jesus.
- Focus on God's identity and His true nature.
- The Word of God is simple (Psalm 119:130)
- God's Word gives light on feet.
- The enemy came to steal, kill and destroy BUT JESUS came to give life abundantly (in simple words "enemy is bad. God is good")
- Lie: I am not special enough to be loved
Truth: God is not a respecter of persons. His love is for ALL of us (includes me!).
- Receive the gifts that God has already given.
- Place trust and confidence in Him. He truly loves me! He loves ALL of us (no exception).
- Jesus became all for me (and you). By His stripes I am (you are) healed.
- As you focus more and more on God's truth, speaking them out loud, speaking life over yourself, you will have increased sight to see the truth easier.
- The old is gone. I am a new creation. I am brand new!

Janet: The enemy tried to steal the Word of God from me through its and pops. Small pieces of God's Word were only available at first. Piece by piece I replaced the enemy lies with God's truth. Piece by piece making God's Word more and more prominent in mind.



Speak Life over self

"I am.....

here

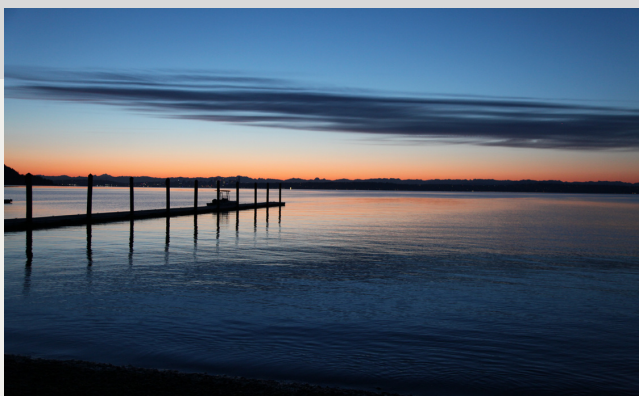
safe

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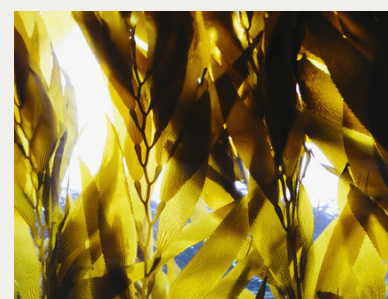
loved.

God loves me

God accepts me. "



Gratitude in the small details (i.e. leaf from plant over bed) and in the things around me was key. Giving thanks to God for the small things.





Janet Massey
Water Walking Faith

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The body is the temple of the Holy Spirit

- Soma means body. Somatics is a way of providing neutral or pleasant stimuli to the body in order for the body to be present here now. Our bodies are designed to heal.
- Taking in surroundings and focusing on neutral details let the body know to be present. Expressed gratitude for the details thanking God for them. (Leaf of plant over bed to having more plants in the home and watching them grow to spending time outdoors in nature)
- Recognized to be present in own body that I could not do it in my own strength but through God's Spirit within. "God inched me up" physically.
- Using cold water to regulate nervous system and body temperature. Speaking life over self in the water (see previous page) led to associating cold water with God's love. Walking in water to pulling Sandy (dog) in small kayak as walked in water to now swimming in water. Step by step, piece by piece trained body to handle stressors and to stay calm.
- From walking in water to walking outside of water. Now I walk, pray and talk to God in His creation. Praise God!!!!
- Make the choice to walk in love and all the authority of God. No more earning or striving. He has already done it all.
- Keep eyes on Him. Guide thoughts on Philippians 4:8 and look for those things all around you.



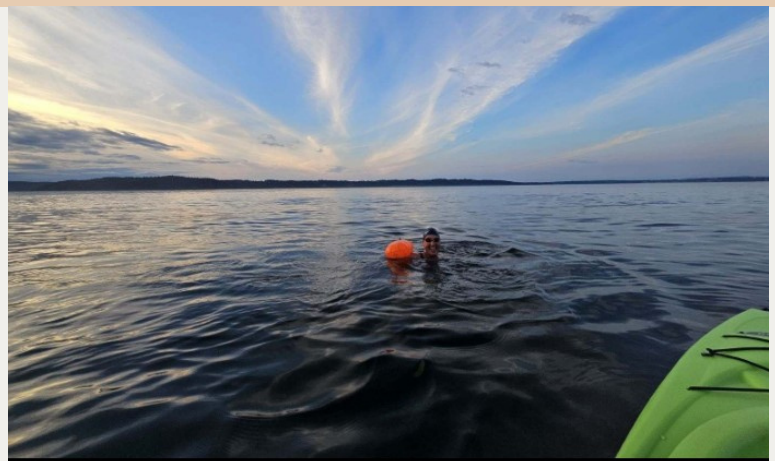
Say yes to God and He will inch you forward. Inch by inch, God will inch you up. (Janet)



Living the Holy Spirit life- inch by inch.
"The Holy Spirit is in me and gives life to my mortal flesh"
(Janet)

The Gift of Laughter

- God: "Keep laughing"
- Laughter nourished body and soul. God gave strength and energy to lead laughter. As led laughter consistently, God strengthened me using laughter.
- As kept laughing and serving God through it, God called me into other opportunities including leading praise and worship sessions, and praising God through His Word.
- Say yes to God and He will inch you forward.




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Janet Massey Testimony

Perfect love
casts out
fear
(John 4:18)



Water Walking Faith

Speak Life Over Yourself & Others

- 1 John 4:19- Love because God first loved us. It is His love- we do not have to manufacture it.
- Proverbs 4:20-22- Speak words of life over each other. Speak truth out loud aligned with God's nature and character and our identity in Him.
- Perfect love casts out fear (John 4:18)
- The cycle of God's love does what it is sent out to do. God's Word does not return void. (Isaiah 55:11)
- Take hold of what God has already given to you. Focus on Him and let Him work through you.
- God can do the impossible in the natural. All glory to God.
- Forget the past.
- God designed us to heal. Praise Him!
- God loves you. Receive His love.
- See yourself how Father God sees you- through the righteousness of Jesus.
- You are brand new.
- God is in our DNA. We are made in His image.
- God's love is not being returned void and that changes us.

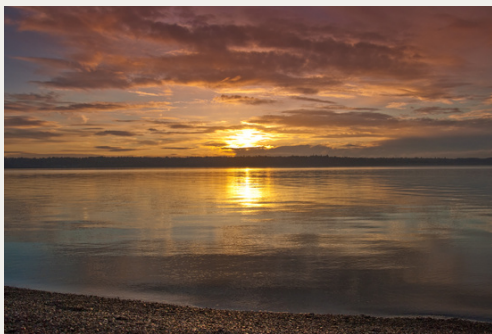
Proverbs 4:20-22 (ESV)

Be attentive to My words; incline your ear to My sayings. Let them not escape from your sight; keep them within your heart. For they are life to those who find them, and healing to all their flesh.



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Janet Massey Testimony
Questions & Answers
www.janetmassey.com

Question: Did you do rounds and incremental training?

- Initially when started program did short rounds. Lie: "You are doing it wrong and you won't heal". I was the poster child for perfection. Perfectionism needed to be broken. Did periods of rounds and would use mini-rounds as a way to redirect lies from the enemy.
- Speak God's truth.
- Focus on a snapshot of nature and beauty expressing gratitude and thanks to God the Creator.
- Did not do incremental training the DNRS way. Used somatics to be present in the body through neutral stimuli. God provided strength to my body inch by inch.

Question: Where did you get certified in somatics.

- I am a physiotherapist and trained in body science through education. Traditional university training did not teach the impact of body based tools.
- About 5 months into DNRS, I started to attend online classes related to somatics as well as vagus nerve summits. I started to apply and modify the principles to myself and my body. By applying neutral stimuli to the body, I could be present in my own body and started to see changes in the nervous system responses. Body started to calm down.

Question: Tell us a little more about laughter and its role in your health.

- Laughter is the best medicine.
- The enemy and the world try to tell you that you are too _____ to laugh. Laugh anyway.
- Brain science shows that laughter is good so start where you are. Start quietly, for short time frames and build from there.
- Being able to laugh freely with friends, family, strangers is a beautiful thing. Others will start to laugh with you. It changes relationships.
- Laughter is a valuable tool to have.





Janet Massey
Q & A
(Continued)



Question: Where is God directing you now in what you are doing and for your future?

- God has called me to start my business (www.janetmassey.com) and to grow it in the areas of somatics and self-lymphatics.
- He is providing ministry opportunities to me and has shown me some other opportunities also.
- As ideas come forward, I wait on His guidance as to what is for now and what is for later. My focus is on right now with Him.

Question: How did you handle doubting God's Word at times?

- When I am not sure I am making the right decision or doubting that I heard God right, there is grace in this too. God knows your thinking and your desire to follow Him and there is so much grace in that. God knows and has provision for us even in times of doubt and uncertainty.
- The enemy is a profiler. he is aware of our past patterns and will try to use them BUT he does not know our thoughts. Only God knows our thoughts.
- Practice speaking out and speaking God's truth out loud over yourself and over others. God's Word IS truth!



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