



## TRUE SELF

JUDITH MACNUTT

**J**esus was and is the most authentic person alive. He is the finest example of the true self. Everything in Jesus' character reflected the image of God. As we are transformed into the likeness of Jesus by the Holy Spirit, our true identity emerges just as God created us to be.

Psychologist Harriet Lerner teaches that the true self cannot be created, worked for, or earned. Our true self already exists and only needs to be awakened and rediscovered. You may be asking, "If I was living out of my true self, what would I look like?" I know my weaknesses and my strengths. I don't have to be perfect or be good at everything. I make clear statements of beliefs, values, and priorities and I behave and live accordingly. I address difficult and painful issues and am able to take a position on matters of importance. I state differences and allow others to do the same. I have close emotional ties to significant others, that means I have long-term, intimate relationships. I have developed a great capacity for love and I feel no need to

control others. I give others freedom to be who they are and I give myself freedom to be who God made me to be. My identity is rooted in God's truth, not in what others think of me. I can therefore act out of love and not fear.

When we know God created us, we have the ability to trust Him deeply. We don't always understand what He is doing, but we have the ability to listen to and hear His voice. Although we experience hard times, we live in great joy and peace because we know He will bring us through.

Unfortunately, most of us live out of what we call the false self. The false self often develops in our early years, when we learn to live out of skewed or unrealistic values in order to cope. Eighty percent of our beliefs and values come from our family of origin. Within a family system, there can be unspoken rules which can be shaming, abusive or damaging to a child. Shame and abuse can alter the true identity of a child. A child is usually helpless to know how to cope. In order to survive, a young person will move into a false identity and by the time they reach adulthood, the true self is like a distant memory.



The false self is birthed in fear and lies. The false self does not have attachments that are healthy and life-giving. Someone living in the false self has a lowered ability to love and be loved and may not be capable of intimate long-term relationships, like friendships or marriage. He or she will seek to validate themselves with excessive self-promotion, praising themselves and justifying their actions. They live in illusions and preoccupations. They may try to control their environment and everyone around them. They feel very insecure and have limited ability to communicate their own needs.

Many people living in the false self are externally referenced. That

means they base their worth on outward things: their performance, their possessions, their perfect children, the material things they have, their bank account, their big house, and the friends with whom they associate. They are name-droppers and tend to be perfectionists. Their whole identity stems from the outside, not what's inside.

Some of us may be living someone else's script for our lives. We were told by a parent or a person of authority who we should be, how we should act, what we should do with our lives, and it was all to make our parent or that person of authority look better. People living under someone else's expectations are particularly prone to addictions and compulsions because they're trying to quiet all the pain that's in them because of feelings of shame or unworthiness.

The reality is that the true self can emerge only if we feel loved and safe. We can help create that loving environment where a person is offered understanding and a sense of being valued intellectually, emotionally, and physically. We are careful not to judge; instead, we affirm and encourage people and draw them out of their false self. As parents we need to recognize the values, gifts and the beauty in our children and affirm those qualities. As prayer ministers, through our Listen, Love and Pray model, we have the great joy of helping people move into God's original design for themselves and their identity.

Holy scripture is important in this process of transformation. Familiarize yourself with the scriptures like Isaiah 43:4 "You are precious and honored in my sight and I love you." Speaking truth from the Word of God over people brings life and breaks the power of the enemy.

Immerse yourself in the words of Jesus. Jesus is truth Himself. He comes into our lives and cancels the power of the lies we believe. He gives us the courage to let go of the security systems we have put in place to protect ourselves.

*Lord, we are all on a healing journey. We all need to be called into life. We all need people in our lives that will rise up and help us discover the true self that You created within ourselves. Help us to love and encourage each other. Help*

*me to be that person who affirms others, loves them, listens to them and shows the healing heart of Jesus to the world.* ✨



JUDITH MACNUTT is a licensed psychotherapist, author, teacher, conference speaker, co-founder and president of CHM.

# Q & A with Judith

## What is D.I.D.?

D.I.D. stands for Dissociative Identity Disorder. It is not a form of mental illness. With D.I.D. there is no irrational thinking, no psychotic episodes, delusions or hallucinations. A person with D.I.D. has "dissociated" from their core personality in some way.

This condition used to be called "Multiple Personality Disorder." Dissociative Identity Disorder is a better description because the person with D.I.D. does not have multiple personalities. Rather, their core personality has split into different and distinct identities called "alters."

D.I.D. is a direct result of trauma, often and especially stemming from early childhood trauma. Severe trauma can and may produce multiple alters. In the most severe cases, often this trauma involves ritual abuse by others, and the person affected may have been "programmed." There may be demonic attachment as well, so D.I.D. is a very complex condition. It takes a trained professional to work with the person and begin to integrate the alters back into the core personality.

A healthy example of dissociation occurs when driving a long distance in a car. Time passes and before you realize, you have reached your destination and you do not remember driving there. This is the brain multi-tasking—helping you function and do what you need to do.

Dissociation in the case of trauma is the brain functioning as a form of protection for the individual, which shows how resilient humans can be in the face of unspeakable trauma. D.I.D. is not easy to recognize and so we need to be very careful when praying with people. If you are not a trained professional, you may further traumatize the person with D.I.D.. ✨

# CHM Schools, Conferences & Retreats

## 2019

### Schools of Healing Prayer®

April 11-13 — Level 2  
 May 1 — SHP® Review (as required)\*  
 May 2-4 — Level 3  
 July 18-20 — Level 1  
 September 5-7 — Level 2  
 May 1 — SHP® Review (as required)\*  
 Oct 31 - Nov 2 — Level 3  
 December 5-7 — Level 4

### CHM Internship Program

[to apply, call 904-765-3332 ext. 212]

March 25-28  
 July 29 - Aug 1

### Healing of Trauma Retreat

May 23-24

### Special Conferences

June 20-22 — Ignite 2019 [Burlington, VT]  
 September 26-28 — Awaken

### Day of Healing Prayer

March 25	August 5
Apr 22	October 21
May 13 (for Clergy)	December 16
July 8	

### Generational Healing Service

May 7	September 10
July 23	November 19

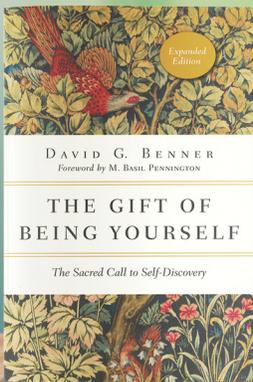
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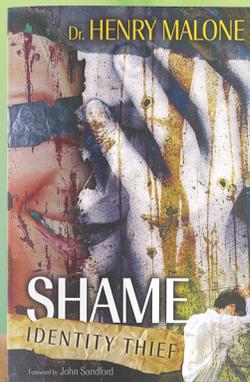
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# TESTIMONIES of healing

I came to the Journey to Healing retreat with much weariness and heartache from family issues which were long-standing and deteriorating. The prayer teams were sensitive, kind, compassionate, and gifted by God to help me begin the journey of generational healing, healing of my self-image, and the work of forgiveness. I am already seeing the fruit of this work of the Holy Spirit in myself, my marriage, and my family. Many thanks to all of the wonderful people involved.

— Margaret, JTH Participant



I came (to a School of Healing Prayer) to learn how to bring healing to others and the Holy Spirit met me and healed me of a 35-year hurt of wanting to belong. He tied together many parts of my story that brought my feelings of being an outsider to the surface and reminded me of my identity. It was powerful. I am not the same.

— Lynda, SHP® Level 1



The Healing Service on the last day was AWESOME! VERY anointed by the Holy Spirit. It was a great privilege to be prayed over by the team. Someone ministered to me in prophetic prayer with a word of knowledge. Wow. Your prayer ministers are wonderful!

— Bruce, SHP® Level 1



# healing of trauma

A M I N I S T R Y R E T R E A T

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# May 23-24, 2019

At the CHM Campus, Jacksonville, Florida

Register online at [www.christianhealingmin.org](http://www.christianhealingmin.org) or call 904-765-3332. Seating is limited.



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