

# The Principles of TPM:

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## LEVEL ONE

**TRAINING TIME INVESTMENT:** This section of training has approximately 100 total pages of text. There are about 40 pages in the “Belief Series” and about 60 pages in all of the other articles. You should be able to read through the “Belief Series” in less than two hours and read through the remaining articles in less than three. The videos will vary in length so you should plan accordingly.

## We Feel Whatever We Believe – Fundamental Principle

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Our negative emotion is flowing from our heart belief.

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## Essential Paradigm Shifts in TPM

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TPM contains many different paradigm shifts that the one being trained may need to make.

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## The Belief and Choice Principle

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Everything that occurs in a ministry session is dependent upon our belief and choice.

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## The Fruit of the Spirit is Not a “To-Do” List

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The fruit of the Spirit is the fruit of the Spirit and not ours to do.

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## Our Freedom is a Free-Will Choice

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There is never any need for Jesus or anyone to ever rescue a person from anything during a ministry session.

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## **Emotions Expose Whatever We Believe**

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Our emotions expose our belief.

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## **Good News About “Bad” Emotions**

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There are no “bad” emotions since they expose our beliefs.

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## **The Benefits of Feeling Bad**

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Negative emotion provides us great benefit when we understand its purpose.

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## **TPM As Pain Management**

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TPM is too often mistakenly viewed as a “recovery” program focused on people with particular habits, hurts, and hang-ups.

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## **The Belief Series: Parts 1-14**

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This Belief Series provides vital information for understanding belief in the context of TPM.

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## **The Importance of Memory in TPM**

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Memory helps us to identify how we came to believe what we believe and why we feel what we feel.

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## **Memory is Not the Problem**

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Memory is very important in TPM, but is a problem needing to be fixed.

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## **What Would Jesus “NOT” Do**

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Jesus does not ever take people to memories in a ministry session.

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## **Becoming Aware of Our Triggers – Trigger series Part 1**

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Until we are aware of our “triggers” we cannot move forward in finding freedom.

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## **Triggered Series Part 2: Identifying Our Triggers**

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Many people are totally unaware that they are triggered.

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## **Triggered Series Part 3: Triggers, Triggers, and More Triggers!!!**

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As we slow things down and choose to observe ourselves, the more we will realize just how often we are operating on lies and not the truth.

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## **Problem with Wearing the Wrong Glasses**

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Belief is the lens through which we interpret life.

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## **What TPM Can and Cannot Do**

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TPM is a “tool” with a specific purpose. It is not a “fix all” for all that ails us.

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## **TPM is TPM and Not Anything Else**

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There are many ministry models out there, but they are not TPM.

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## **Compassion, Sympathy or Lie-based Pain?**

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Sometimes what we feel that we think is compassion may be something else.

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