

Alzheimer's Support:

I had one aunt, that did not have children of her own, that was especially close to me. I got to spend time with her, throughout her life. She had Alzheimer's for years, before her death. She had lost her husband relatively early to suicide, because he was saving her, from the financial ravages of cancer, at that time. She was alone, for most of her time afterwards.

Near her end, I was privileged to see that as she was losing her contacts with this world, she was gaining her contacts with her next world.

She was the only one I knew closely, that had Alzheimer's. Her sister, my mom, and my dad, did not.

Someone, that I did not know closely, had Alzheimer's in his 80's. He was known as kind and gentle man in the church, until then. Then, that which he suppressed, he expressed, a lot. That it why, resolving, instead of stuffing, our anger, is so important.

How could this happen to so many? We have one answer from Jesus. His Kingdom is one of never ending forgiving, while the kingdom of the world, is one of more blaming, than forgiving. We can find blaming even in sports, much less religion and politics.

For clues, you can google or bing the words "kaiser permanente research ace study" without the quotes, you will find, that the more trauma in our lives, the

more physical and mental illness that tend to follow. They are forms of PTSD, where the symptoms that were not processed, are back for processing. The data say, we even die sooner, the more unprocessed trauma, we carry. Google or bing "As the Twig is Bent" with quotes and add "trauma", for a summary. Go to: [Http://nchoa.net/Final_Slides.pdf](http://nchoa.net/Final_Slides.pdf) for a presentation on the ACE study. For some solutions check out: <http://www.babiesneedmothers.com/>. The good Doctor Clancy McKenzie knows what he is writing about.

My best guess is that when we have too many upsets in our minds, for too long and or too much, we can burn out some of our brain's circuits, over time. The good news is that science has validated that our brains can improve over time, by continuing to grow new circuits over time. Forgiving in ways that work, will improve this process. The bad news it can go in the other direction, with blaming. For some words on the differences between Authentic and Corrosive Anger, see: <http://nchoa.net/Legal.pdf>.

My specialty is coaching on skills to find peace of mind. It helps in resolving mental PTSD symptoms and sometimes the involved physical symptoms. The primary skill to learn, is how to forgive in ways that work. Jesus said that when we judge another, we have judged ourselves, so it is all about self forgiveness, for any judgments in our mind.

How do we know we are judging? By how much we are upset. By how many hot button we have. How do we know we

have forgiven everything? One way is asking God: What have I not forgiven? I know someone, that asked God to show them, where He was not Lord of their life. Then a day, of every small thing going wrong, followed. When we are giving thanks for EVERYTHING, we are getting His vast idea.

How can we forgive in ways that work?

Here is one: When I am Upset, I am *Judging*. I am *Judging* with the *Right Hand Rule*, where my pointing finger, points at Them, & my thumb points up at God & Three fingers, point back at Myself. I can say: *“I Forgive Myself, for Miss Judging Them, Myself, or God, as any NAME.”* [NAMES that I call Myself, Them, or God]. Example: *“I Forgive Myself for Miss Judging, Them as Ignorant.”* *“They are doing their best, that they can, with their Judgments.”* My EGO [PRIDE] will try to stop me, from saying these exact words, but when I forgive anyway, any NAME, enough times, I will be at Peace, about THAT NAME. Then, there will be more names, to forgive.

Here is another: What is our real problem? Ignorance. Why? A judgmental world. Who had a solution? Jesus = Gee He's Us. What was His solution? To Join His 490 Club. How? Forgive everything, 7 times 70 times. How? Say: “I Am Forgiving Myself, for Miss Judging Myself, as a/an _____, or as One Who _____.” Let His Spirit Now, Fill in Your blank word(s), for You, when ever You are upset.

It does not help much to forgive what

happened in the past, because our EGO will trick us into saying forgiveness words like: “I forgive myself for stealing that apple.” The clue is “ING”. An Action Verb. The problem is that the Word “Thief”, will remain as a judgment hook, in our mind. Better to say: I am forgiving myself, for miss judging myself, as a thief. A judgmental word until we are a peace and then it is just discernment.

When clients would say the EGO's words, nothing changed in therapy, but when they said the Spirit's words, therapy went deeper every time.

It is important, to teach these forgiveness skills, to all the family members, that has a member with Alzheimer's. It is a family system problem! The more upset in the family, the worse the problems. The patient themselves can have hope when willing to do the Work. Not just families, but businesses, and any organization.

Want to learn more about trauma?

<http://www.psychotherapyworker.org/component/finder/search?q=trauma> Do not get lost in the details, we all start with genetic and birth trauma.

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