

## The Basic Principles of TPM

*The following principles are the overriding concepts on which the TPM process rests. They are listed here in summary form. Their full explanation can be found in [Chapter 2](#) of the TPM Basic Seminar Manual ©2007. This summary is a resource for facilitators to use as they review the TPM principles for themselves and as they share them with others.*

- 1. Our present situation is rarely the true cause of our ongoing emotional pain.** Our present circumstances stir up false beliefs we learned during past life events. When we receive truth in place of the lie based-thinking held in our memories, we can walk in peace.
- 2. There is a “Dual Mental Process” going on in each of us.** God has designed our minds to connect current and past events through the *process of association*. During a TPM session, a person can consciously initiate this process to connect present pain to lie-based thinking from the past.
- 3. People can hold two or more opposing beliefs at the same time.** Our beliefs are based on what we have learned from *cognitive knowledge* acquired in the present and through *experiential knowledge* acquired from emotions felt during past experiences.
- 4. Feelings are important indicators of our true beliefs.** It is important to discover if our beliefs run contrary to the Lord’s truth and find release from the lies producing our negative emotions.
- 5. If I believe a lie, the consequences will be much the same as if it were true.** Our experiential beliefs dictate our emotional responses in any given moment, and thus affect our behavior. In emotionally charged situations, our experiential knowledge tends to override our logical truth.
- 6. To be free of the lies we believe, we must own them rather than deny them.** As long as lies remain embedded in our minds, they will continue to cause pain every time we are in situations similar to when the lies were originally planted. Our lies need to be identified so we can bring them to the Lord for His truth.
- 7. Sinful behavior is often a vain attempt to manage our emotional pain.** When our false thinking is divinely replaced with experiential truth, our painful emotions transform into perfect peace, and as a result, the temptation to sin becomes much less powerful.
- 8. Performance-based spirituality is not true spirituality.** True spirituality is experiencing God’s power in us and being able to act appropriately in any present moment. Our minds can rest because our old, tormenting lies have been replaced with His truth.
- 9. When we receive truth from God in memories where we harbored lie-based thoughts, we can walk in effortless victory in these areas.** Resisting temptation is necessary for each of us to live godly lives. However, there is a victory that is effortless in the places where the Word of Christ dwells, where the Spirit of truth rules, and where we can rest in Him.
- 10. Only an encounter with the presence of Jesus through the Holy Spirit can free us from the lies we believe.** When we try to live in victory through self-effort and hard work, we will eventually fail. Christ in us, not self effort, is our power to overcome.
- 11. We are in emotional bondage due to two basic factors: Belief and Choice.** Nothing can keep us from moving toward freedom except our own choices that are based on our beliefs.
- 12. The written Word of God is the standard for validating what occurs in ministry.** The ministry facilitator should be well-equipped in “rightly handling the Word of truth” in order to identify during ministry what is and is not consistent with the Bible. Life transformation and peace also validate what occurs through TPM.
- 13. Lie-based pain can only be removed as lies are replaced with truth; whereas the only remedy for sin is the cross of Jesus Christ.** Apart from repentance and confession at the cross, there is no remedy for sin.
- 14. Mind renewal is a lifelong process.** Total release from all lie-based thinking is not even possible within our lifetimes.