



## ROOTED: Stewarding the Sacred Convergence of Neuroscience, Psychology, and Christian Spirituality

**From Genesis 3 to the present day**, humanity has carried within it a deep ache—a divine dissatisfaction that longs to return to the true Source of its life. In every age, this longing has expressed itself in unique forms: from the psalms of David to the spiritual teachings of the Desert Fathers, from the writings of Teresa of Ávila and John of the Cross to the fields of psychology and neuroscience. And now, in our time, we are witnessing a sacred convergence—an unfolding revelation where spiritual practice, brain science, and soul formation converge not as competing disciplines, but complementary dimensions of our return to God.

This sacred rediscovery has found expression in the **ROOTED Coaching Framework** and the growing **ROOTED Global Movement**. At its core, ROOTED affirms that we are not adding to the gospel but returning to its fullness. We are reclaiming what the Christian Church has long known: *We were created by Love, to be loved, and to love others.*

### A Framework Formed in Grace

The **ROOTED Framework—Reflect, Own, Overcome, Transform, Equip, and Deploy**—is not merely a developmental model; it is a spiritual pathway of return. Each phase is infused with the conviction that true transformation is not achieved through effort alone, but through grace received through Holy Spirit-led engagement.

- **Reflect** invites individuals to recognize the patterns, stories, and saboteurs that have formed the False Self.
- **Own** facilitates the courageous unveiling acknowledgment of internal attachments, compulsions, and willfulness, beneath our conscious awareness.
- **Overcome** shifts the focus from self-effort to surrender, creating the neural and spiritual space for renewal of the mind.
- **Transform** invites the individual into the sacred darkness where the Holy Spirit reconstructs identity in Christ.
- **Equip** establishes new spiritual and neurological pathways shaped in intimacy with God, not performance.
- **Deploy** releases transformed lives into the world, not from ego, but from a place of Presence.

This is not behaviorism dressed in biblical terminology. It is a reawakening of a Spirit-led anthropology, shaped by Scripture, preserved by the contemplative tradition, and now affirmed by neuroscience.



## A Movement Informed by Neurotheology

Dr. Andrew Newberg, a pioneer in neurotheology, has demonstrated through rigorous brain imaging studies that spiritual practices—especially prayer, meditation, and contemplative stillness—literally change the structure and function of the brain. His research shows that regular spiritual engagement strengthens the prefrontal cortex (associated with compassion, empathy, and intention) while calming the amygdala (the center of fear and reactivity). This mirrors the fruit of Christian transformation described in Scripture: love over fear, presence over panic, and peace over striving.

Newberg's findings validate what the Desert Fathers knew through experience: when one abides in silence, centered in prayer, and meditates on truth, the mind and heart are reoriented toward divine union. In *How God Changes Your Brain*, Newberg affirms that not only do spiritual practices enhance neural health, but they also expand our capacity to love and connect.

In this light, ROOTED embraces such research not to replace Scripture but to illuminate it. As Thomas Aquinas taught, “Every truth, by whomever spoken, is from the Holy Spirit.” Neuroscience does not compete with revelation; it confirms the wisdom encoded into our being by our Creator.

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## Positive Intelligence: A Pathway to Renewal

The research of Shirzad Chamine and Positive Intelligence® (PQ) further affirms this sacred convergence. Within PQ, the human mind is shaped by two internal operating systems: the **Saboteur Brain**, which distorts perception through fear, judgment, and control; and the **Sage Brain**, which operates through compassion, creativity, and grounded presence.

This aligns beautifully with Paul’s teaching in Romans 12:2, “Be transformed by the renewing of your mind.” PQ offers a practice-based way to deactivate the automatic pathways of the False Self and activate the pathways that align with the fruit of the Spirit. When paired with Centering Prayer and scriptural meditation, PQ becomes a tool that strengthens the neural foundation for a life led by the Holy Spirit.

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## A Movement Marked by Surrender

ROOTED is not merely a coaching model; it is a prophetic movement. It exists to cultivate Holy Spirit-led, Presence-Driven, Rooted, and Purposeful Leaders who live not from fear, performance, or ego, but from intimacy, stillness, and surrender.

Gerald G. May warned of our tendency to turn tools into idols. ROOTED resists that temptation. We use frameworks, but we worship Christ. We steward tools, but we surrender outcomes.

We believe leadership begins not in doing, but in abiding. And in this abiding, the Holy Spirit forms leaders who carry transformation, not as a technique, but as a testimony.

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## A Sacred Stewardship

What we now know through neuroscience and psychology was lived out centuries ago by contemplatives like Brother Lawrence, John of the Cross, and Teresa of Ávila, and in recent decades by Thomas Keating. What PQ names as “mental fitness” was known by these spiritual mothers and fathers as purification, illumination, and union. What Newberg confirms through brain scans is what they described as transformation through divine presence.

This sacred convergence is not something ROOTED claims as its own—it is a grace we steward. We are not building a brand; we are cultivating a people—anchored in Christ, trained in awareness, surrendered in love.

We are participating in a quiet reformation. One where:

- Psychology yields to theology.
  - Neuroscience serves formation.
  - The True Self is not a mental construct, but a Christ-formed identity birthed through grace.
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## An Invitation Forward

The ROOTED Framework and ROOTED Global Movement are living responses to God's eternal question: **"Where are you?"** (Genesis 3:9). We answer by offering ourselves fully—mind, heart, body, and brain—back to the One who formed us.

We walk with those who are ready to:

- Name their saboteurs.
- Surrender their compulsions.
- Be reshaped by divine love.
- Train their minds in mental fitness.
- Be reconditioned in God's presence.
- Be released into the world as carriers of grace and truth.

For in Christ, all things—including our neural pathways—are being made new.

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If you're ready to embark on this journey, we invite you to learn more at [tcbcl.org](https://tcbcl.org).