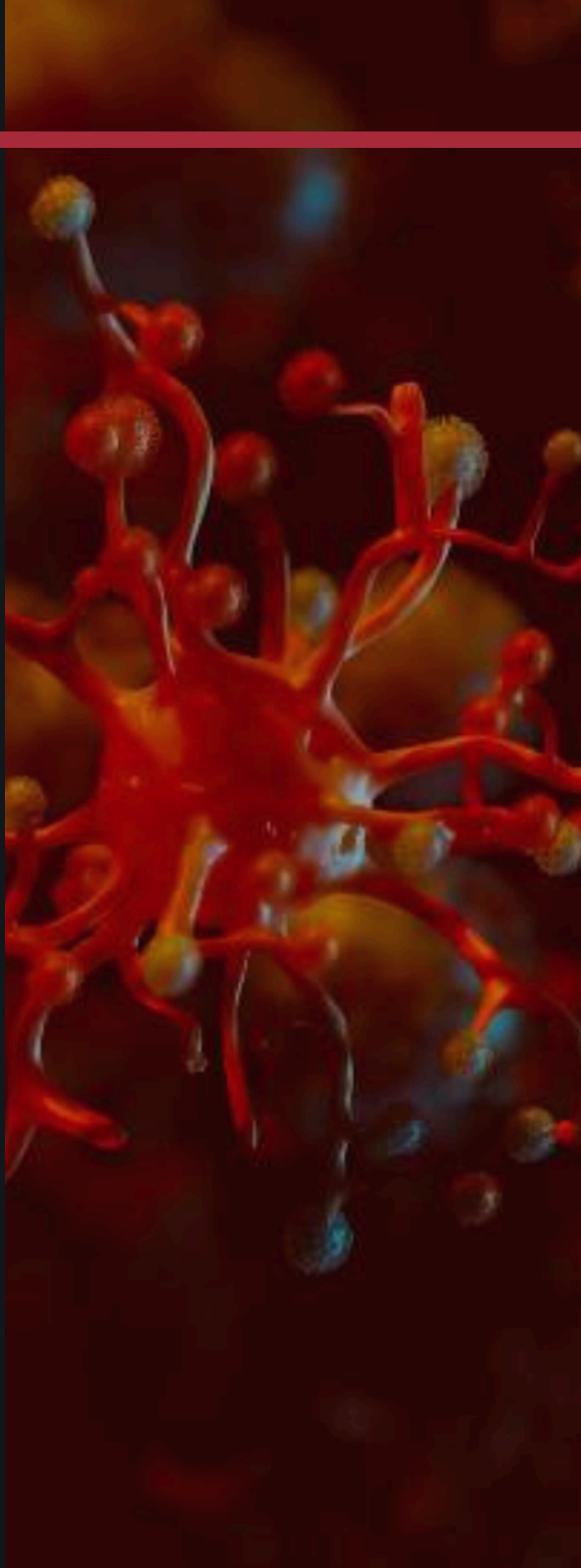
THE BLOOD RESET GUIDE

Tackling the Challenges of High Blood Pressure



DR. CHRIS JOHNSON



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Tackling the Challenges of High Blood Pressure

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Unless otherwise noted, Scripture quotations are taken from the New King James Version (NKJV) and the English Standard Version (ESV).

This book reflects the author's personal ministry perspective and pastoral experience. It is a work of spiritual and emotional encouragement and is not a substitute for professional medical or mental health care. Please see the Medical Disclaimer on the following page.

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First Edition.

MEDICAL DISCLAIMER

The information contained in The Blood Reset Guide is intended for educational, spiritual, and personal reflection purposes only. It is not intended to diagnose, treat, cure, or prevent any medical condition, including high blood pressure or any other cardiovascular concern.

The spiritual and emotional practices described in this book, including prayer, forgiveness, and soul-healing exercises, are offered to complement, not replace, the care of a licensed physician or other qualified healthcare provider. Always consult your doctor before making any changes to your medication, treatment plan, or lifestyle, and never discontinue or adjust prescribed blood pressure medication without your physician's guidance.

If you are experiencing a medical emergency, including symptoms of a hypertensive crisis such as severe headache, chest pain, shortness of breath, or vision changes, seek immediate medical attention or call emergency services.

Individual outcomes vary. Nothing in this book should be understood as a guarantee of any specific physical or health outcome.

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INTRODUCTION

WHAT THIRTEEN YEARS OF MINISTRY REVEALED



WHAT THIRTEEN YEARS OF MINISTRY REVEALED

Over the last thirteen years of serving families and individuals facing strange ailments, chronic illnesses, and persistent physical conditions, one pattern has surfaced repeatedly: high blood pressure.

THE DEEPER PATTERN

High blood pressure is often the physical echo of unresolved internal pressure.

For many, this condition appears inherited, passed from generation to generation like an unavoidable sentence. Doctors often describe it as genetic, age related, or stress induced. While these explanations are not wrong, they are incomplete.

Through prayer, pastoral care, and years of walking with people through healing journeys, I began to see something deeper: high blood pressure is often the physical echo of unresolved internal pressure.

The body does not exist independently from the soul. Scripture reveals a profound truth: what happens within the soul eventually manifests within the body.

Through years of ministry, I have learned that the body is often the last place pain shows up, but it is rarely the first place pain begins. Many individuals I've walked with had learned to live functional lives while carrying unresolved grief, disappointment, fear, or bitterness deep within.

They prayed, served, and endured, yet internally, pressure accumulated. When emotional strain is prolonged without release, the body compensates. High blood pressure is not merely a physical malfunction; it is often a signal that the inner system has been under strain for too long without relief.

THE KEY DISTINCTION

This book is not about blame. It is about awareness.

When we understand the language of the body, we can begin to respond with wisdom, compassion, and healing.

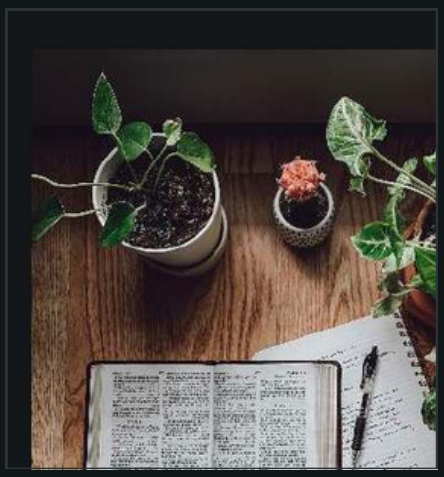
CHAPTER 1

THE SOUL-BODY CONNECTION



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THE SOUL-BODY CONNECTION



Scripture teaches us that humanity is triune: spirit, soul, and body. “Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers” (3 John 1:2).

This verse establishes a divine order: the soul, meaning the mind, the will, and the emotions, plays a central role in a person's wellbeing; physical health often mirrors the condition of the soul; and prosperity and health are never truly disconnected from emotional and spiritual states.

WHEN THE SOUL IS UNDER PRESSURE

When the soul is under pressure, whether from grief, fear, resentment, or trauma, the body responds accordingly. Over the years, I have seen that the soul often bears burdens long before the body shows symptoms. People may dismiss emotional pain as “normal life stress,” but the body keeps record.

The soul governs perception, how safe or unsafe the world feels. When the soul is distressed, the nervous system remains alert, muscles tighten, breathing becomes shallow, and blood pressure rises to support a body that believes it must stay ready.

KEY DISTINCTION

This is not a lack of faith. It is the body responding exactly as it was designed to respond to perceived threat.

PRAYER: SOUL AND BODY ALIGNMENT

SOUL AND BODY ALIGNMENT

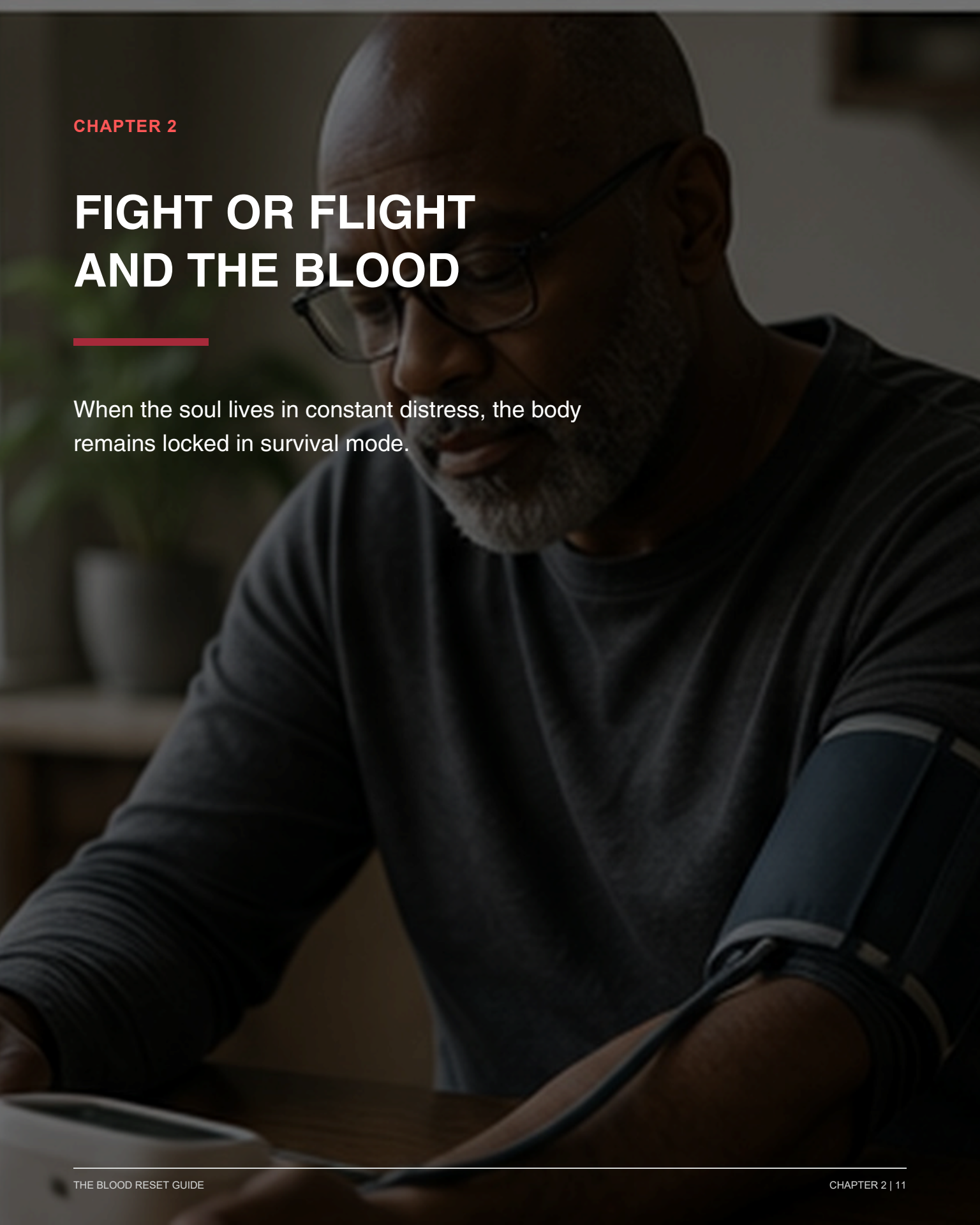
Father God, I acknowledge that You created me whole: spirit, soul, and body. I ask You to reveal where my soul has been under pressure. Heal the places where I learned to endure instead of release. Restore alignment within me. In Jesus' name, Amen.

DECLARATION

My soul prospers in peace.

My body responds to healing.

I return to God-created balance in every place in my body.



CHAPTER 2

FIGHT OR FLIGHT AND THE BLOOD

When the soul lives in constant distress, the body remains locked in survival mode.

CHAPTER 2

FIGHT OR FLIGHT AND THE BLOOD

The human body was designed with a survival mechanism commonly known as fight or flight. When danger is perceived, adrenaline increases, the heart rate accelerates, blood vessels constrict, and blood pressure rises. This response is meant to be temporary.

However, when the soul lives in a constant state of distress, the body remains locked in survival mode. Over time, blood vessels lose elasticity, arteries remain tense, and pressure becomes chronic rather than situational. The body begins to believe it is always under threat, even when the danger is emotional rather than physical.

I have noticed that many people with high blood pressure are not angry people; they are vigilant people. Their bodies learned to stay alert because life taught them that rest was unsafe.

When unresolved emotional stress becomes chronic, the nervous system never receives the signal to stand down, and blood pressure remains elevated because the body believes it is protecting life.

Peace is not merely spiritual; it is physiological. When the soul feels safe again, the blood no longer needs to push so hard.

RELEASING SURVIVAL MODE

Lord, I release chronic alertness and internal fear. Teach my body that it is safe to rest. Quiet every internal alarm that no longer serves me. In Jesus' name, Amen.

DECLARATION

I am safe in God.

My nervous system is calm.

My body returns to rest.

CHAPTER 3

INHERITED PRESSURE AND GENERATIONAL PATTERNS

WHAT FAMILIES PASS DOWN



CHAPTER 3

INHERITED PRESSURE AND GENERATIONAL PATTERNS

High blood pressure often runs in families, but inheritance is not only biological; it is also emotional and spiritual. Children often inherit unresolved grief, patterns of silence, fear based thinking, anger without expression, and trauma responses modeled by their parents.

Scripture calls this the iniquity of the fathers, not merely sin, but unresolved patterns that repeat. When emotional pressure is never processed, it becomes normalized, and the body carries it.

Families pass down more than DNA; they pass down emotional coping strategies. Children learn how to manage stress by observing how pain was handled in their environment.

When grief was silenced, they learned silence. When anger was suppressed, they learned internal pressure. When fear ruled, they learned vigilance.

But inheritance is not destiny. God reveals patterns so they can be healed and restored to wholeness, not repeated.

BREAKING GENERATIONAL PRESSURE

PRAYER: RESTORING FLOW

Father, I release emotional burdens passed down through my family line. I lay down pressure that was never mine to carry. I choose healing for myself and those who come after me. In Jesus' name, Amen.

DECLARATION

I am free from inherited pressure.

Healing flows through my lineage.

A new pattern begins with me.

CHAPTER 4

RESENTMENT, BITTERNESS, AND RESTRICTED FLOW

How prolonged internal pressure ca keep the body responding as though danger is still present.



CHAPTER 4

RESENTMENT, BITTNERSESS, AND RESTRICTED FLOW

Resentment is stored pressure. Bitterness is prolonged resentment that has settled into the soul. Scripture warns us, “See to it that no root of bitterness springs up and causes trouble, and by it many become defiled” (Hebrews 12:15).

Bitterness does not stay abstract. It hardens emotional posture, narrows perspective, and creates internal resistance. In the body, resistance produces restriction. Veins and arteries were designed to expand and contract fluidity, but when emotional ridigity takes root, circulation becomes compromised, flow becomes limited, and pressure increases. The body mirrors the soul’s inability to release.

Bitterness often masquerades as strength or self-protection. Many believe they have “moved on,” yet their bodies remain braced. Emotional resistance tells the body to stay tight, and over time, this tension affects circulation and pressure. Forgiveness is not excusing the offense; it is releasing the body from the burden of holding it.

KEY DISTINCTION

The body mirrors the soul's inability to release.

PRAYER: RELEASING BITTERNESS

RELEASING BITTERNESS

PRAYER: RESTORING FLOW

Lord, I release resentment stored in my soul and body. I forgive those who hurt me, knowingly or unknowingly. I choose freedom over self-protection. In Jesus' name, Amen.

DECLARATION

I uproot bitterness.

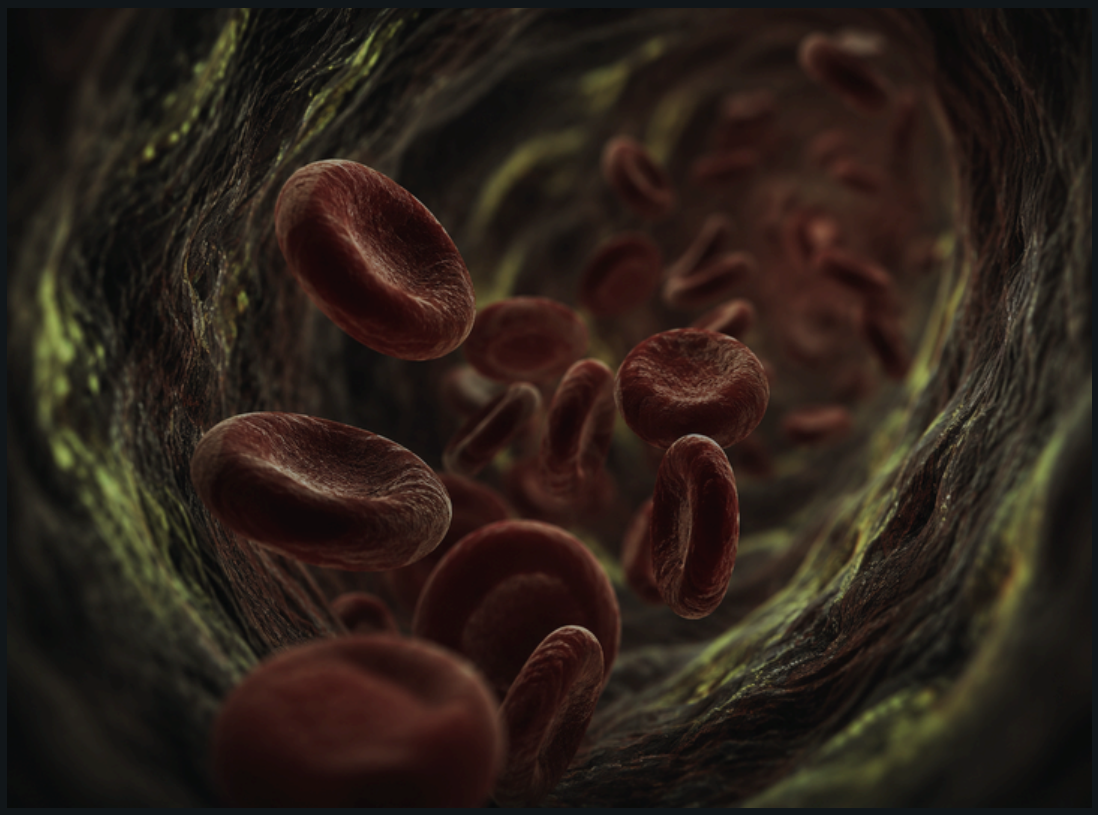
My body is free to flow.

Peace restores my inner world.

CHAPTER 5

THE SYMBOLISM OF BLOOD IN SCRIPTURE

LIFE, COVENANT, FLOW



CHAPTER 5

THE SYMBOLISM OF BLOOD IN SCRIPTURE

Blood represents life, covenant, and flow. “For the life of the flesh is in the blood” (Leviticus 17:11). Blood must move freely for life to thrive. When blood pressure is high, it is often because life is being forced through narrow emotional pathways; there is too much pressure and not enough release. Healing requires restoration fo flow, not force.



Many individuals facing blood pressure challenges have lived lives of endurance rather than flow, pushing through responsibilities without rest. God’s design includes rhythm, and when the soul releases pressure, the blood often remembers how to move freely again.

KEY DISTINCTION

Healing requires restoration of flow, not force.

CHAPTER 5

FROM ENDURANCE TO FLOW



Many individuals facing blood pressure challenges have lived lives of endurance rather than flow, pushing through responsibilities without rest.

God's design includes rhythm, and when the soul releases pressure, the blood often remembers how to move freely again.

RESTORING FLOW

PRAYER: RESTORING FLOW

God of life, restore flow where pressure has accumulated. Let my blood carry peace, not strain. In Jesus' name, Amen.

DECLARATION

Life flows freely within me.

My body remembers God's rythm.

CHAPTER 6

FORGIVENESS AS A PHYSIOLOGICAL RESET



CHAPTER 6

FORGIVENESS IS RELEASE

Forgiveness is not denial; forgiveness is release. When forgiveness occurs, the nervous system shifts out of survival, stress hormones decrease, muscles relax, vessels soften, and circulation improves.



Jesus tied forgiveness directly to healing when He said, “Your faith has made you whole.” Faith is not merely belief; it is trust enough to let go. Forgiveness tells the body, “You are no longer in danger.”

ENDING THE INTERNAL EMERGENCY

Forgiveness is one of the most misunderstood principles in both spiritual and physical healing. Many people believe forgiveness is about excusing what happened or pretending it did not hurt.

In reality, forgiveness is about ending the internal emergency.

KEY DISTINCTION

Forgiveness is about ending the internal emergency.

CHAPTER 6

WHEN THE BODY STAYS GUARDED

When the soul refuses to release an offense, the body often remains in a guarded state. The nervous system stays activated, the heart works harder, and blood vessels remain tense.

The body behaves as if the threat is ongoing, even if the event occurred years ago.

SAFETY BEING RESTORED

I have witnessed countless moments where forgiveness produced immediate physical shifts: breathing deepened, shoulders dropped, tears flowed, and peace returned.

These are not coincidences; they are physiological responses to safety being restored. Forgiveness tells the body that the danger has passed and removes the body's assignment to remain armored.

This is why Jesus often addressed forgiveness and healing together. Healing requires trust, and trust requires release.

FORGIVENESS AS RELEASE

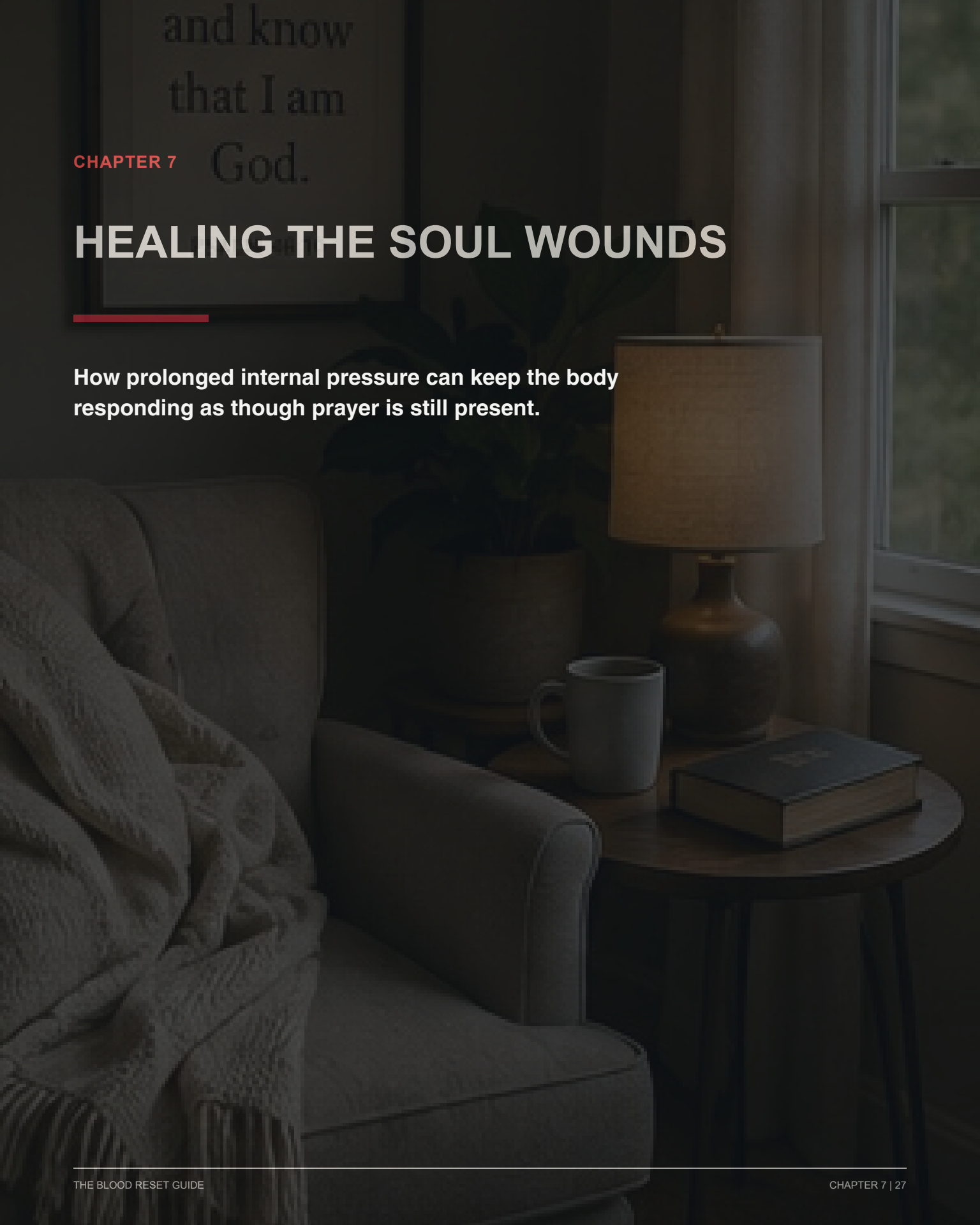
Lord, I acknowledge the offenses I have carried in my soul and body. I choose forgiveness, not to minimize the pain, but to release myself from carrying it. I let go of the need to replay, defend, or protect myself through tension. Teach my body that it no longer needs armor. In Jesus' name, Amen.

DECLARATION

I forgive freely.

My body responds to release.

Peace restores my nervous system.



CHAPTER 7

HEALING THE SOUL WOUNDS

How prolonged internal pressure can keep the body responding as though prayer is still present.

CHAPTER 7

WHERE SOUL WOUNDS BEGIN

Soul wounds often originate from betrayal, abandonment, rejection, injustice, and chronic disappointment. Unhealed wounds keep the body alert, guarded, and tense.

Healing begins when we:

1. Acknowledge the pain
2. Name the source
3. Invite God into the memory
4. Release the offender
5. Replace lies with truth

THE BODY REMEMBERS

As the soul finds safety, the body follows.

Soul wounds are not erased by time; they are healed by truth, compassion, and presence. Many people are unaware of how deeply past wounds continue to influence present physical conditions.

The body remembers what the mind tries to forget.

KEY DISTINCTION

The body remembers what the mind tries to forget.

CHAPTER 7

WHAT WOUNDS TEACH THE BODY

Rejection, especially, teaches the body to brace. Betrayal teaches the body to stay alert. Injustice teaches the body to stay tense.

When these wounds remain unresolved, the body adopts a defensive posture that can last for decades.

KEY DISTINCTION

When these wounds remain unresolved, the body adopts a defensive posture that can last for decades.

GOD CREATES SAFETY FIRST

God never rushes healing. He creates safety first. As the soul learns it is safe to feel, express, and release, the body responds with relief.

Healing is not forcing memories open; it is inviting God into them.

HEALING SOUL WOUNDS

Father God, I bring my wounded places before You. Where I experienced rejection, betrayal, or abandonment, I invite Your healing presence. Restore my sense of safety and belonging. Let my body release what my soul no longer needs to carry. In Jesus' name, Amen.

DECLARATION

My soul is healing.

My body responds with peace.

I am safe in God.



CHAPTER 8

RESTORING BALANCE TO BLOOD PRESSURE

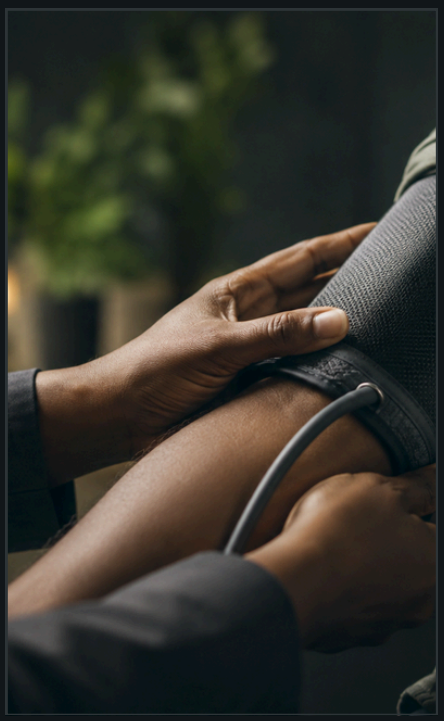


CHAPTER 8

HEALING CAN BEGIN IMMEDIATELY

Healing does not always happen instantly, but it often begins immediately.

When forgiveness and soul restoration are practiced consistently, stress responses normalize, blood vessels regain flexibility, heart rhythm steadies, and pressure begins to regulate.



This does not negate medical wisdom; it complements it. God heals through alignment, not neglect.

ALIGNMENT BEGINS WITH PEACE

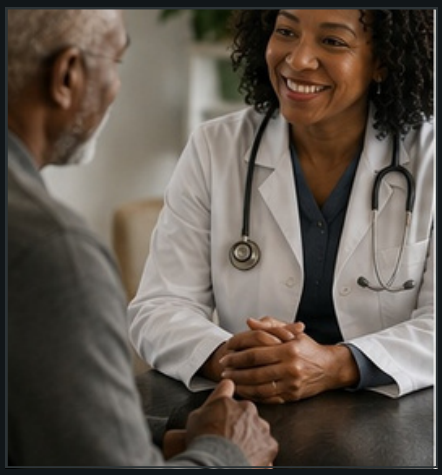
Healing is often progressive, but alignment begins the moment peace replaces pressure.

Many people experience subtle yet meaningful changes, such as better sleep, calmer breathing, and reduced tension, before numbers ever change.

God works through order, and when the soul returns to rest, the body begins remembering its original design.

CHAPTER 8

RESTORATION WORKS ALONGSIDE CARE



This does not oppose medical care; it works alongside it.

Wisdom, treatment, lifestyle changes, prayer, and forgiveness all become partners in restoration.

God heals through cooperation, not condemnation.

RESTORING BALANCE

PRAYER: RESTORING BALANCE

Father, I invite balance into my body. I speak peace to my heart, vessels, and blood. I receive healing through alignment and rest. In Jesus' name, Amen.

DECLARATION

My blood pressure aligns with God's design.

My body responds to peace.

Healing is working within me.

CHAPTER 9

A DAILY PRACTICE FOR SOUL AND BODY ALIGNMENT



CHAPTER 9

A DAILY PRACTICE FOR ALIGNMENT

DAILY SOUL CHECK-IN

Ask where you are holding pressure, and invite God to reveal any emotional tension you might be carrying.

FORGIVENESS INVENTORY

Consider who you still resent, and what offense you may still be replaying in your mind.

BREATH, PRAYER, AND SCRIPTURE

BREATH AND PRAYER

Slow breathing calms the nervous system, and prayer reassures the soul that it is safe.

SCRIPTURE MEDITATION

Focus on peace, trust, and rest, and let truth reprogram internal alarms.

DAILY AWARENESS BUILDS SAFETY

Healing is sustained through daily awareness, not occasional breakthroughs. The body learns safety through repetition, and each time you release pressure quickly, you teach the nervous system a new response.

Daily practices prevent emotional buildup. They stop pressure from becoming chronic, and over time, these rhythms retrain the body toward peace.

CHAPTER 9

CONSISTENCY MATTERS MORE THAN INTENSITY

KEY DISTINCTION

Consistency matters more than intensity.

DAILY ALIGNMENT

PRAYER: DAILY ALIGNMENT

Lord, teach me to recognize pressure early. Help me release what I do not need to carry today. Guide me into rhythms that sustain healing. In Jesus' name, Amen.

DECLARATION

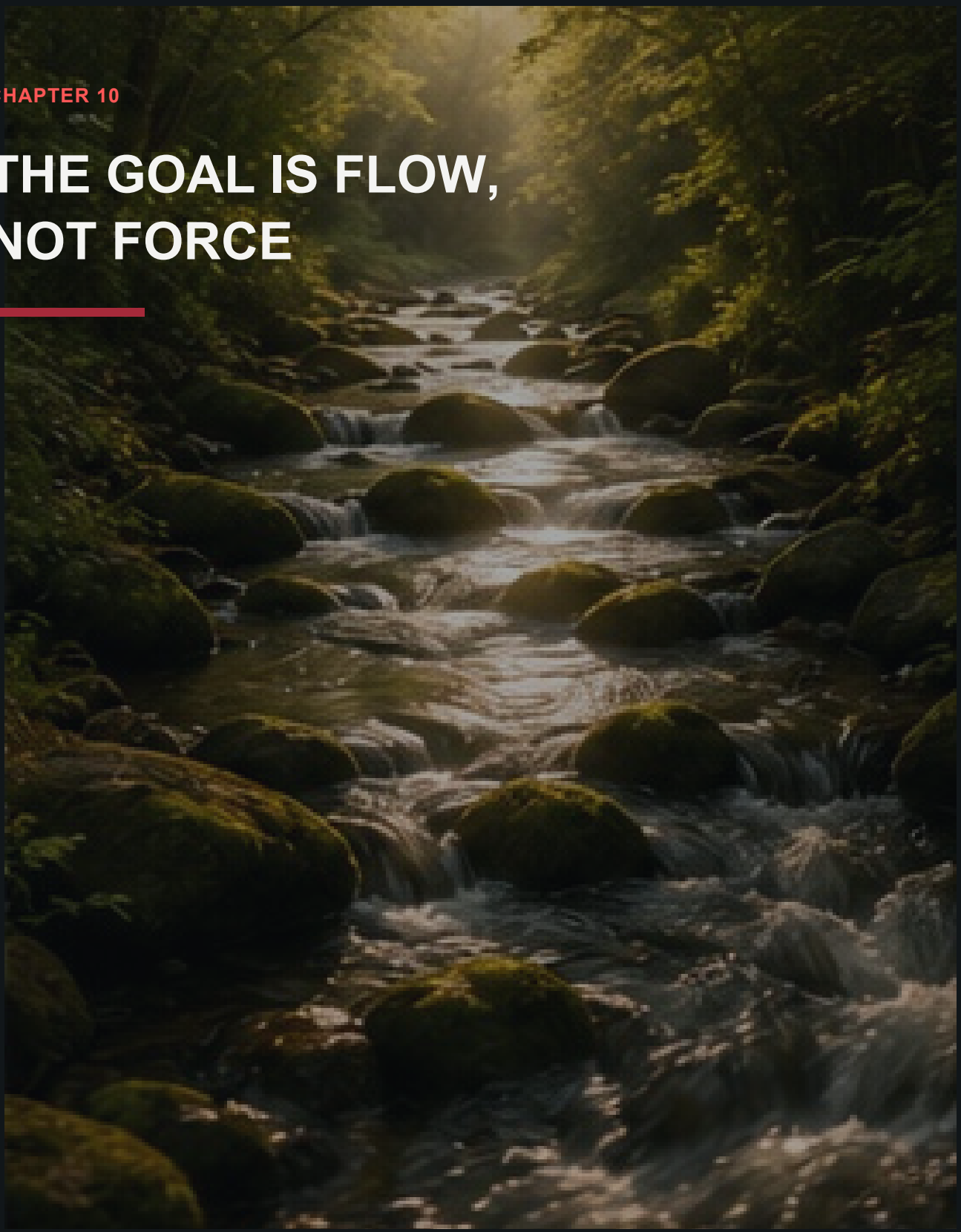
I practice peace daily.

I release pressure quickly.

Healing is my lifestyle.

CHAPTER 10

THE GOAL IS FLOW, NOT FORCE



CHAPTER 10

GOD DESIGNED THE BODY FOR FLOW

God designed the body for flow: the flow of blood, the flow of peace, the flow of forgiveness, and the flow of life. High blood pressure is not merely a medical issue; it is often a message that something within needs to be released.

When the soul heals, the body often remembers how to function as designed.

WHEN FORCE BECOMES THE DEFAULT

Many people live by force because flow once felt unsafe. They learned to endure, push through, and stay strong, even when rest was needed.

But God never designed the human body to live under constant pressure. Flow is not weakness; it is health. Flow is the evidence of internal safety.

THE GOAL IS RESTORED LIFE

When forgiveness is practiced, wounds are healed, and peace is restored, the body often responds naturally. The goal is not merely lower numbers. The goal is restored life.

The goal is not merely lower numbers. The goal is restored life.

PRAYER: CHOOSING FLOW

CHOOSING FLOW

Father, I release striving and force. I choose flow, peace, and trust. Teach my body to live in Your rhythm. In Jesus' name, Amen.

DECLARATION

I live by flow, not force.

Peace governs my body.

I return to God-created balance.

CONCLUSION

RETURNING TO GOD'S ORIGINAL DESIGN



RETURNING TO GOD'S ORIGINAL DESIGN

I believe with all my heart that many conditions labeled “lifelong” are actually signals of unresolved soul strain. As forgiveness is practiced, wounds are healed, and peace is restored, the body responds, the blood finds balance, and life flows again. God is not only the healer of the spirit; He is the restorer of the whole person.



FINAL NOTE

FROM DR. CHRIS JOHNSON

For years I have assisted families, women, and men who felt disconnected from their own bodies, confused by symptoms they could not explain. My passion is to help people return to God-created wholeness. Hormonal imbalances, blood pressure issues, fatigue, and emotional heaviness are not signs of failure; they are invitations to healing.

I believe this message will bring understanding, hope, and restoration to many who are ready to heal from the inside out and see changes within their body and overall health.

THE BLOOD RESET GUIDE

The Blood Reset Guide reveals the profound connection between unresolved emotional pain and physical health, particularly high blood pressure. Through prayer and introspection, readers learn to identify and release internal pressures that manifest as chronic stress, fostering true healing. This guide offers a holistic approach to restoring balance, emphasizing forgiveness and awareness as keys to aligning the body and soul for lasting well-being.