

Interactive Connection in Context of God Positive Memory

(Practice Exercise to Follow Video Training Segment #2)

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A. What about those who have not (yet) had experiences of connecting with God?: For this exercise, it is ideal to use a memory for a positive experience that included a connection with God in the original experience. If the recipient has not (yet) had this kind of God positive experience, then using one of the “upgraded” Immanuel memories from either Exercise Zero or Exercise #1 would be the next choice. And if the recipient has not (yet) been able to successfully upgrade a non-God positive memory to an Immanuel memory, **then use this exercise slot to help them to go through Exercise #1 again.** (And, if at all possible, leave extra time in case troubleshooting is needed at the end of the exercise.)

B. Multiple memories to build momentum. Again, the recipient will need multiple positive memories to build momentum if they get stuck in a really intense bad memory. Encourage the recipient to use a new positive memory for this exercise, so that they develop an adequate collection of positive memories.

C. Take notes for safety net coaching: Again, notes will be helpful if you have to provide detailed, extended safety net coaching in later exercises. Come up with a one or two word label for each memory, and then also note down a few words to help you remember details you would use as reminders/prompts.

D. Confidentiality: Again, it is very important that you not share any of the details from other recipients’ sessions without their permission. If there are poignant, beautiful details that you would like to be able to share with others, *please ask the recipient’s permission.*

E. Practice teams should stay the same (if at all possible): A quick reminder – when we get to the final exercise, if a recipient gets stuck in intense negative emotions and needs rigorous coaching to help them get back to their positive memories and appreciation, it is very helpful for the other members of their exercise group to know the details of several of their positive memories (from being with them in the previous exercises where they described them). So, again, it is actually fairly important for the practice teams to stay the same throughout the series of healing/training exercises, if at all possible.

F. Practical considerations for breaking into practice groups:

- If there is plenty of time, the ideal number for practice groups is three.
- It's okay to work in groups of two if you are not at risk for inappropriate pair bonding. When they are appropriate, groups of two are especially efficient with respect to time.

G. Short term and unconscious priming memory: I strongly encourage taking 3 minutes to read through the facilitator instructions immediately prior to going through the exercise. This takes advantage of short term memory and unconscious priming memory, and will help the instructions feel more familiar and comfortable as you are actually using them. (For more explanation, see “Overview Explanatory Essay” at the top of the “Exercises for Groups and Beginners” section on the Resources page of www.immanuelapproach.com.)

Facilitator instructions (~12 min for each recipient):

1) Positive memory and appreciation:

- **Help the recipient find a God positive memory:** Encourage the recipient to find a memory for a positive experience that included a connection with God in the original experience. If they cannot find this kind of God positive memory, then coach them to use one of the “upgraded” Immanuel memories from either Exercise Zero or Exercise #1. And if they have not (yet) been able to successfully upgrade a non-God positive memory to an Immanuel memory, **then use this exercise slot to help them to go through Exercise #1 again.** (If at all possible, leave extra time in case troubleshooting is needed at the end of the exercise.)
- **Coach the recipient to connect with the positive memory:** Help the recipient to connect with their positive memory. **Sample coaching:** “Now I would like you to close your eyes, imagine yourself being back inside of the original experience, and describe the memory in as much detail as possible. For example:

What did you see? Hear? Smell? Taste? Feel on your skin?
What thoughts and emotions were you having at the time?
What thoughts and emotions come as you think about it now?
How does your body feel?”

Allow the recipient to describe the memory as it flows naturally, and then gently prompt them regarding any pieces they missed.

2) Interactive connection invitation and request:

- ***Non-God positive memory:** Again, if the recipient does not have a memory for a positive experience that included a connection with God in the original experience, and if they have not (yet) been able to successfully upgrade a non-God positive memory to an Immanuel memory, **then use this exercise slot to help them to go through Exercise #1 again.**
- ***God positive memory:** The recipient has their eyes closed, they’re imagining themselves inside the memory, and they’re feeling appreciation. Now coach the recipient to ask for help with the transition to an interactive connection. **Sample coaching:** “Okay, now I want you to pray something like, ‘Jesus, I welcome You to be with me in this memory, help me to perceive Your living presence – help me to make the transition from remembering you with me to perceiving you as a living, interactive presence.’”

Then coach the recipient to observe and describe whatever comes into their awareness. **Sample coaching:** “As you are able, describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.” Describe any perception of Jesus’ presence, any interactions with Jesus, *in detail.*”

After the recipient describes their perception of Jesus’ presence and any spontaneous interactions, coach them to focus on Jesus and ask how Jesus feels about being with them. And then coach them to observe and describe whatever comes into their awareness. **Sample coaching:** “Okay, now I would like you to focus on Jesus and ask him, ‘Lord, how do you feel about being with me?’ and then describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

If there is extra time: Coach the recipient to ask, “Is there anything else you want to show me, give me, or say to me, Lord?” And then, again, coach them to observe and describe whatever comes into their awareness.

3) Troubleshooting: If the recipient does not perceive the Lord’s interactive presence, coach them to ask the Lord for guidance regarding blockages. **Sample coaching:** “In faith we know that Jesus is in the memory with you, even though you can’t perceive him. So I would like you to ask the Lord, ‘What’s in the way of my being able to perceive your presence, Lord?’ and then notice and describe whatever comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

After the recipient describes whatever comes into their awareness, coach them to ask for guidance regarding the next step. **Sample coaching:** “Now ask the Lord, ‘How can I cooperate with your plan to resolve the blockage?’ and then notice and describe whatever comes into your awareness.”