

## **Interactive Connection in Context of God Positive Memory**

### **(Practice Exercise to Follow Video Training Segment #2)**

Karl D. Lehman, M.D., Immanuel Approach Basic Training Lite

**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. (If at all possible, leave extra time in case troubleshooting is needed at the end of the exercise.)

**B. Confidentiality:** Others on your practice team will share personal details, and will have personal, poignant, vulnerable experiences in the context of their Immanuel encounters. It is very important that you not share any of their details without their permission. If there are details you find especially meaningful and would like to be able to share with others, *please ask the recipient's permission.*

### **C. Practical considerations for breaking into practice teams:**

- When plenty of time is available, the ideal number for practice teams is three. A team of three provides a facilitator, a recipient, and an observer/intercessor/assistant, and it will protect against inappropriate pair bonding.
- It's okay to work in teams of two if you are not at risk for inappropriate pair bonding. (For example, you are here with your spouse, or your grandmother, or a sibling, or some other arrangement with no risk of inappropriate pair bonding). When they are appropriate, teams of two are especially efficient with respect to time.

**D. 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.

## 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.
- **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."