

Outline/summary of Immanuel Approach Basic Training Lite video segments

Introduction: 23 minutes

Training Segment #1 -- *Positive Memory, Appreciation, and Interactive connection with God: 37 minutes*. Option to stop after Jesus Connection established (25:11:27). Complete session includes demonstration of just enjoying being with Jesus.

Training Segment #2 -- *Special Value of God Positive Memory: 51 minutes*. Option to stop after Jesus Connection established (32:28:27). Complete session includes demonstration of asking the Lord, "Is there anything Else You Have For Me?"

Training Segment #3 -- *Our Brains Work Best in Community: 67 min*. Option to stop after Jesus Connection established (31:26:03). Complete session includes demonstration of looking at an issue or question with Jesus.

Training Segment #4, *Immanuel Approach Troubleshooting, Basic: 30 min*

Supplemental Segment 4b, *Basic Troubleshooting Addendum: 17 min*

Supplemental Segment 4c, *Deep Breathing Relaxation Intervention: 21 min*

Total: 246 min = 4 hours total content (Note: this does not include time for practice exercises)