

Title: New Live Ministry Series (LMS) Session -- *Michelle: Back to Positive Memory*

December 18, 2019

Greetings all,

Just a quick note to let you know about another new Live Ministry Series session, LMS #30, *Michelle: Back to Positive Memory*. One of the especially gentle Immanuel Approach interventions for addressing any and every difficulty is to help the recipient go back to her initial connection with Jesus in her initial positive memory, and help her engage with Jesus regarding the problem in that safe, comfortable context. This session provides an example of this especially gentle technique. At several places where Michelle has a lot of fear about going to the traumatic memory, and/or a lot of fear when connecting with the traumatic memory, I help her go back to her initial positive memory and connection with Jesus; and with each difficulty, she is able to move forward again after briefly working with Jesus regarding the blocking fears. (The session summary below provides a much more detailed description.)

This is one of the new LMS DVDs that are now available through Humble Shack: <https://humble-shack.myshopify.com/collections/immanuel-approach-dr-karl-lehman>. Also, the 24 minute condensed version of this session is included in the 7th set of condensed sessions (LMS #33), and the very short "movie trailer" version is available on the Getting Started page of the Immanuel Approach website <https://www.immanuelapproach.com/live-session-preview-clips/>.

Blessings,

Dr. Lehman/Karl

Michelle: Back to Positive Memory (Detailed session summary from commentary that comes with DVD): The most important *basic* teaching aspect of this session is that it demonstrates an especially gentle Immanuel Approach technique. At several places where Michelle has a lot of fear about going to the traumatic memory, and/or a lot of fear when connecting with the traumatic memory, we implement the especially gentle technique of going back to the initial positive memory and working with Jesus to address the problem in the safe, comfortable context of the positive memory. In addition to helping the recipient stay with the current session, having this especially gentle option can make the healing work less unpleasant, and if the healing work is less unpleasant the recipient will have less resistance/avoidance regarding more healing work in the future.

This session also demonstrates basic level application of the Immanuel Approach technique of helping the recipient to focus and get words for guardian lie fears/blocking thoughts, and then helping her to take these fears/blocking thoughts directly to Jesus (time on tape: 13:19 to 16:00, and 24:59 to 28:48). And it demonstrates basic level Immanuel Intervention

troubleshooting when Michelle has difficulty connecting with Jesus inside the traumatic memory toward the end of the session (time on tape: 1:09:46 to 1:13:07).

The *intermediate-advanced* teaching aspect of this session is that the facilitating is clumsy and bumpy, but the process still works. I sometimes talk too much, I sometimes talk too fast, I sometimes don't finish sentences, I sometimes interrupt when the recipient is about to say something important, I sometimes repeat myself, and I sometimes allow blocks of silence to continue longer than necessary. Furthermore, there are several points in the session where I initially misperceive/misunderstand what's happening, and then cause unnecessary confusion with coaching that is pointed in the wrong direction.

However, I do manage to hold onto two of the most foundational Immanuel Approach principles: 1) I help the recipient get words, and then coach her to engage directly with Jesus, regarding every issue, fear, problem, and question that comes up; and 2) when she can't connect with Jesus in the painful memory (and when she experiences a lot of fear just approaching the painful memory), I help her go back to the initial positive memory and we work with Jesus in that safe, comfortable context. With keeping these simple, foundational principles clearly in front of me, everything eventually worked out, even in spite of my clumsiness, misunderstandings, and misperceptions.

It is important to realize that you don't have to be smooth and flawless and beautiful – you can make a lot of mistakes as the facilitator, but if you hold onto just a few of the basic, most foundational pieces the process will still work. It can be interesting and valuable for a study group to watch and discuss the session with this point in mind.

Also, this session is different from the new conference exercises where both the facilitator and recipient know, right from the beginning, that the plan is to just touch the painful memory enough to identify the next processing target, and then go back to the connection with Jesus in the positive memory for any actual processing work. In this session, we did not have this plan going into the session. This is what it looks like to encounter intense negative emotions in the middle of the session, and then decide to use the technique of going back to the positive memory as the plan for dealing with concerns that the intensity of the negative emotions might exceed the recipient's capacity.

Lasting positive changes: In the one month follow-up interview, and in e-mails and phone conversations over the next year, Michelle reports that the memory of her dad having a heart attack continues to be resolved. She reports that she can now think about the memory, talk about the memory, and even deliberately go inside the memory without distress. In contrast, previous to the healing session she never talked to anyone about the memory, and she would feel immediate emotional distress if she even glanced at the memory in her thoughts.