A. What about those who have not (yet) had experiences of connecting with God?
You can use non-God positive memories.

B. Splinter-free positive memories.
At this point it is especially important to use splinter-free memories so that you have a splinter-free safety net. Coach the recipient to use his strongest splinter-free memory for his initial positive memory. If you notice splinters in his positive memory, help him find a splinter free memory.

C. Multiple memories to build momentum.
Again, the recipient will need multiple positive memories to build momentum if he gets stuck in a really intense bad memory, so have your notes regarding the recipient’s other positive memories handy.

D. Describe positive memory in as much detail as possible.
Quick reminder for recipient: describe your positive memory in detail:
   - 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?”
Savor, especially appreciate the best parts.

E. Describe Everything:
Remember to keep coaching the recipient to describe everything that comes into his awareness. **This will help him to pick up subtle connections with Jesus and subtle guidance clues that he might otherwise miss.**

F. Facilitator instructions (~28 min. for each recipient):

1) Choose traumatic memory target: Help recipient use the following guidelines to choose an appropriate memory target:

   • A memory you have talked about before, and that has been emotionally connected when you have talked about it in the past. (Please do not use a memory that you have talked about, but with emotional numbness/disconnection – we don’t want a major traumatic memory to connect emotionally for the first time in the middle of your beginner exercise.)

   • A memory you have talked about before without decompensating. (You did not need a lot of time to get back on your feet, and you did not need others to help you get back on your feet.)

   • One option is to use a recent unpleasant experience from adult life. (Examples: feeling embarrassment/shame after making a mistake, feeling discouraged and helpless about a large problem, or feeling miserable during/after a conflict with a friend, family member, or spouse.)
2) Positive memory recall and deliberate appreciation: Coach the recipient to close his eyes, imagine, describe, and appreciate his splinter-free positive memory.

If the recipient gives a sparse description and does not reconnect with the memory, gently prompt him to fill in more details until he connects with the memory and feels appreciation.

3) Interactive connection invitation and request:

*Non-God positive memory: The recipient has his eyes closed, he’s imagining himself inside the memory, and he’s feeling grateful. Now coach him to invite Jesus into the positive memory. Sample coaching: “Okay, now I want you to pray something like, ‘Jesus, I know, in faith, that you were with me when I was’ (name memory – e.g., “enjoying that pizza”) ‘I welcome You to be with me now, in this memory. Help me to perceive Your living, interactive presence.’”

Coach the recipient to observe and describe whatever comes into his awareness. Sample coaching: “As you are able, notice and describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged. Describe, in detail, any perceptions that may even possibly be manifestations of Jesus’ presence, and/or interactions with Jesus.”

*God positive memory: The recipient has his eyes closed, he’s imagining himself inside the memory, and he’s feeling grateful. Now coach him 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.’”

Coach the recipient to observe and describe whatever comes into his awareness. Sample coaching: “As you are able, notice and 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.”

4) Immanuel Approach Safety Nets:

*For those who do not perceive Jesus and establish an interactive connection: **Do NOT go to the traumatic memory. Instead, use this exercise for more interactive connection troubleshooting**

Coach the recipient to ask for guidance regarding what’s in the way. Sample coaching: “Now I would like you to ask the Lord, ‘Jesus, what’s in the way of my being able to perceive your presence and connect with you?’”
After the recipient prays, coach him to observe and describe whatever comes into his awareness. **Sample coaching:** “As you are able, observe and describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

Coach the recipient to ask for guidance regarding how to take the next step forward, and then to observe and describe whatever comes into his awareness. **Sample coaching:** “Now I would like you to ask the Lord, ‘Jesus, how can I take the next step forward?’ And then observe and describe whatever comes into your awareness.”

**If there is time, help him to follow the guidance he gets from the Lord (as appropriate for this setting)**

*For those who do perceive Jesus and establish an interactive connection:*

After the recipient has described his connection with Jesus, coach him to describe his traumatic memory until he is emotionally connected to it. **Sample coaching:** “Okay, now I want you to close your eyes, imagine yourself back inside the traumatic memory, and describe the details until you feel connected to the negative emotions from inside the memory.” **Note: Describing from outside-observer perspective is a lower intensity option**

Once the recipient has connected to the traumatic memory, validate the pain in the memory and help recipient accept changing gears to safety net. **Sample coaching:** “I’m so sorry, but we’re coming to the end of our time. This is going to be hard – this is going to feel really bad – but I’m asking you to do it anyway. We need to shift gears and go back to your initial positive memory and connection with Jesus, so that we can get the plane back on the ground.”

“I understand that this painful memory place is very important and needs to be cared for – we’re not trying to dismiss, ignore, invalidate, or minimize this memory or the pain in this memory, and we’re not trying to just stuff it back down so that we can forget about it. **I am 100% certain** that Jesus has a plan for healing this memory, and **I really** encourage you to find a facilitator who can help you do that after this conference is over. But for right now, in this group setting, we need to ‘switch gears’ and help you use the positive-memory safety net so that you can get back to a good place for the end of the exercise.”

*Include Shalom-for-my-body calming intervention at this point if the recipient is experiencing anger or fear that are particularly intense. (Reminder prompts below)*

Coach the recipient to describe and reconnect with positive memory. **Sample coaching:** “So now I want you to close your eyes, imagine yourself back inside of your positive memory, and describe it with as much detail as possible. Especially focus on and savor the best parts.”
Be persistent and help with details if necessary. Use multiple positive memories if necessary.

When the recipient is connected to a positive memory and feeling gratitude, coach interactive-connection invitation-and-request-prayer.

Coach him to describe his connection with Jesus, and then coach him to ask, “How do You feel about being with me?”

Coach him to observe and describe whatever comes into his awareness.

If he is unable to reconnect with Jesus, coach him to spend several more minutes with positive memory recall and appreciation and then try again. Keep repeating this cycle until he connects with Jesus or you run out of time. **At the very least, he will spend a lot of time recalling positive memories and being grateful.**

Reminder prompts for Shalom for my body:

1. Hands up & breathe in (fast), fear (or anger) on face
   Hands down & breathe out (slow), relax face, while saying:

   “Whenever I am afraid I will trust in You oh Lord,“

   Or, “Whenever I am angry I will turn to You oh Lord.”

2. Yawn, turning head to left, and then bring face back to front while speaking
   Yawn, turning head to right, and then bring face back to front while speaking

   “Whenever I am afraid I will trust in You oh Lord,“

   Or, “Whenever I am angry I will turn to You oh Lord.”

3. Tap chest & breathe in (slow)
   rub chest & breathe out (slow), while saying

   “Whenever I am afraid I will trust in You oh Lord,“

   Or, “Whenever I am angry I will turn to You oh Lord.”