

## The Immanuel Approach (for Emotional Healing and for Life)

**What is the Immanuel Approach?:** Here's the *really, really, really* short summary: first, we apply several simple-but-powerful biblical truths, together with some very practical brain-science, to help the recipient establish an interactive, two-way, back-and-forth connection with the Lord. And then once this interactive connection has been established, we can pursue a variety of options with respect to adventures that God and the recipient can engage in together.

- Just enjoy spending time with Jesus.
- Ask Jesus "Is there anything that You want to tell me, show me, or give me today?"
- Receive comfort from the Lord, by talking directly with Jesus about anything that is distressing her, and then receiving attunement from Jesus.
- Intercessory prayer. (Talk directly to Jesus regarding intercessory prayer concerns.)
- Spiritual direction. (Engage directly with Jesus as spiritual director)
- Emotional healing. (Work with Jesus to resolve traumatic memories)
- Look at, and think about, a specific issue or question *with Jesus*.
- Possibilities we haven't thought of.

**Foundational biblical truths:** God is always with us, God always wants to connect with us, and the average person can establish a two-way, interactive connection with God.

### Simple, practical, powerful brain-science principles:

***Relational Circuits:*** We can connect with each other and with God much more easily when the circuits in our brains that run relationships are online and strongly active.

***Positive memory recall and deliberate appreciation:*** Recalling a positive memory and deliberately stirring up appreciation will predictably, consistently, reliably activate our relational circuits.

***Our relationships are memory-mapped:*** Our relationships with other people, and with God, are *carried in the memories* for our past experiences with them. Recalling, thinking about, and reconnecting with our memories for past positive experiences with God will prepare our brains to connect with God in the present.

***Combining these first three brain-science principles:*** The combination of recalling a previous good experience with the Lord, re-entering the memory, and then stirring up appreciation in this context, provides an especially effective doorway, or platform, or bridge for establishing a living, interactive connection with God in the present.

***Our brains are designed to work best in community:*** Our brains are more able to *feel the importance* and *understand the meaning* of our mental content when we describe it, out loud, to another person. This will help us to feel the importance and recognize the meaning of *subtle* manifestations of God's presence *that we might otherwise miss*.

**Therefore,** when we coach recipients to combine these biblical truths and brain-science principles as components of the Immanuel Approach process, *most recipients will reliably, predictably, consistently perceive God's presence and be able to establish an interactive, two-way, back-and-forth connection with Him.*

**What is unique/new/different about the Immanuel Approach?** The Immanuel Approach shares many core principles with many other approaches to emotional healing. This being said, there are a number of pieces that are new/unique/different with the Immanuel Approach, and that make it easier, gentler, safer, more transferrable, and more effective (partial list):

***Applied brain science:*** The IA process applies brain science regarding relational circuits, positive memory recall, appreciation, and memory-mapped relationships to help recipients establish and interactive connection with the tangible presence of God.

***Starting with Jesus:*** The IA process starts with establishing a connection with Jesus, and then let Jesus drive right from the beginning of the session.

***Jesus connection is necessary and foundational:*** The interactive connection with Jesus is a *necessary, central, foundational component that we deliberately, systematically facilitate* (as opposed to an *optional bonus*, that occurs *occasionally and unpredictably*).

***More applied brain science:*** The IA process is especially rigorous in applying brain science regarding how our brains work best in community, and this especially helps recipients to recognize *subtle* manifestations of God's presence.

***Safety nets:*** The IA process establishes a "home base" (connection with Jesus in the context of the positive memory) at the beginning of the session, and being able to return to this home base when various difficulties are encountered provides the primary IA safety.

***God-connection troubleshooting:*** The IA process includes extensive troubleshooting to find and resolve blockages that hinder recipients from perceiving and connecting with Jesus.

***Brain-mind spirit capacity:*** Intermediate and advanced IA troubleshooting applies brain science and psychological principles regarding brain-mind-spirit capacity.

***Even more applied brain science:*** Advanced troubleshooting applies brain science regarding the pain processing pathway, source of trauma, and mechanisms for healing.

**Dramatic healing and transformation:** Over twenty years of experience with the Immanuel Approach, we have seen dramatic healing and transformation with many different people for many different issues in many different settings (partial list):

- Our own, personal healing and growth.
- Clients in my private practice, with a wide variety of traumas, addictions, and other mental health concerns.
- People in my mentoring groups, with a wide variety of traumas, personal growth issues, and mental health concerns.
- Healing for trauma for persecuted Christians in many different countries.
- Healing for trauma and connection with Jesus for non-Christians.
- Healing for trauma and help for routine family challenges with children.
- Jesus-connection help in complicated, difficult cross-cultural situations.

**Resources for learning more:** Immanuel Approach website, Getting Started page:

<https://www.immanuelapproach.com/getting-started/>

