

Immanuel Approach Basic Training



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Immanuel Approach Basic Training

Introduction

Options for endeavors with God:

Options for endeavors with God:

- Just enjoy spending time with God



Options for endeavors with God:

- Just enjoy spending time with God
- "Is there anything else that You have for me today?
Or that You want me to know today?"



Options for endeavors with God:

- Just enjoy spending time with God
- "Is there anything else that You have for me today?
Or that You want me to know today?"
- Receive comfort



Options for endeavors with God:

- Just enjoy spending time with God
- "Is there anything else that You have for me today?
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- Intercessory prayer



Options for endeavors with God:

- Just enjoy spending time with God
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- Spiritual direction



Options for endeavors with God:

- Just enjoy spending time with God
- "Is there anything else that You have for me today? Or that You want me to know today?"
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- Emotional healing work



Options for endeavors with God:

- Just enjoy spending time with God
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort
- Intercessory prayer
- Spiritual direction
- Emotional healing work
- Look at, and think about, an issue or question *with* God



I. Foundational Biblical Truths:

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- God is *always* with us.

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- God is *always* with us.
- God *always* wants to connect with us.

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- God is *always* with us.
- God *always* wants to connect with us.
- The average person can establish a two-way, interactive connection with God.



Chapter 35, in *The Immanuel Approach:
For Emotional Healing and for Life*

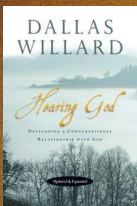


Chapter 35, in *The Immanuel Approach:
For Emotional Healing and for Life*



Appendices 3 through 10, in *Immanuel:
A Practicum*,

By Patti Velotta



*Hearing God: Developing a
Conversational Relationship with God*,
by Dallas Willard



4 Keys to Hearing God's Voice

And

How to Hear God's Voice

by Mark Virkler



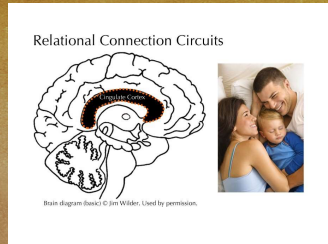
II. Brain-Science Principles:

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A. Relational circuits

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A. Relational circuits



II. Brain-Science Principles:

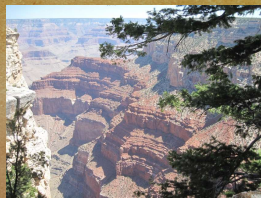
A. Relational circuits

We can connect with each other and with God much more easily when these relational circuits are online and strongly active.



II. Brain-Science Principles:

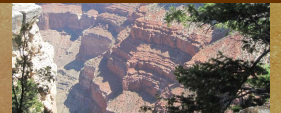
B. Positive memory recall and deliberate appreciation



II. Brain-Science Principles:

B. Positive memory recall and deliberate appreciation

We can deliberately, predictably generate appreciation and activate our relational circuits by recalling and reconnecting with a positive memory, and *this will prepare our brains to connect with God.*



II. Brain-Science Principles:

C. Our relationships are memory-mapped



II. Brain-Science Principles

C. Our relationships are memory-mapped

Our relationships with other people are *carried in the memories* for our past experiences with them.





II. Brain-Science Principles:

C. Our relationships are memory-mapped

If we have positive memories that include an experience of God's presence, then using *these* positive memories as the context for stirring up appreciation will be especially effective in preparing our brains for connecting with God.



II. Brain-Science Principles:

C. Our relationships are memory-mapped

Note: Memories that include a connection with God are *ideal and optimal*, but for those who do not yet have God positive memories, other positive memories will still work.



II. Brain-Science Principles:

D. Our brains are designed to work best in community



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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.



Therefore, putting all of these biblical truths and brain-science principles together, if we:

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- Coach recipients to re-enter the memory for a previous experience of connecting with God,

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Therefore, putting all of these biblical truths and brain-science principles together, if we:

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- Coach them to deliberately stir up appreciation in the context of this positive memory,
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Therefore, putting all of these biblical truths and brain-science principles together, if we:

- Coach recipients to re-enter the memory for a previous experience of connecting with God,
- Coach them to deliberately stir up appreciation in the context of this positive memory,
- Coach them to invite God to be with them and to help them establish a connection,
- Coach them to describe whatever comes into their awareness,...

Therefore, putting all of these biblical truths and brain-science principles together, if we:

...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.

Therefore, putting all of these biblical truths and brain-science principles together, if we:

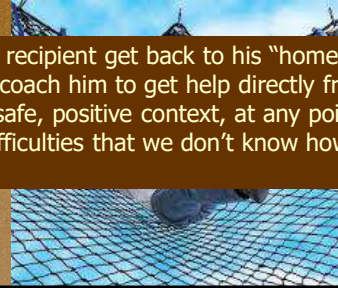
And again, if you do not have memories for previous experiences of connecting with God, any positive memory will work for beginning the process.

III. Immanuel Approach Safety Nets:



III. Immanuel Approach Safety Nets:

We can help the recipient get back to his "home base," and then coach him to get help directly from the Lord in this safe, positive context, at any point we encounter difficulties that we don't know how to handle.



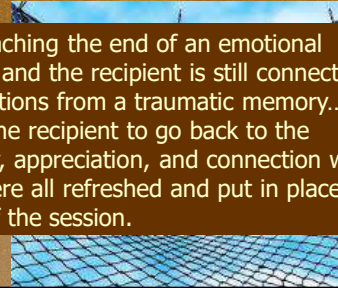
III. Immanuel Approach Safety Nets:

If we are approaching the end of an emotional healing session, and the recipient is still connected to negative emotions from a traumatic memory...



III. Immanuel Approach Safety Nets:

If we are approaching the end of an emotional healing session, and the recipient is still connected to negative emotions from a traumatic memory...we can just coach the recipient to go back to the positive memory, appreciation, and connection with the Lord that were all refreshed and put in place at the beginning of the session.



IV. Immanuel Intervention Troubleshooting:

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- The Lord is *always* with us.

IV. Immanuel Intervention Troubleshooting:

- The Lord is *always* with us.
- The Lord *always* wants to establish an interactive connection with us.

IV. Immanuel Intervention Troubleshooting:

In almost every situation, persistent troubleshooting eventually enables the recipient to perceive God, and to experience a two-way, interactive connection with His tangible, personal, living presence.

V. The Source of Psychological Trauma, the Process for Resolving Psychological Trauma, and Immanuel Approach Emotional Healing:



The Pain Processing Pathway

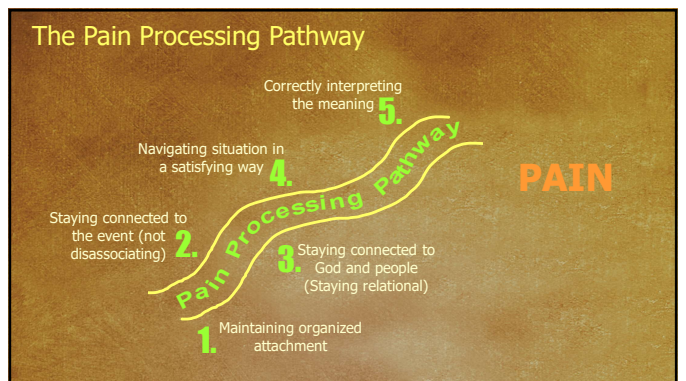
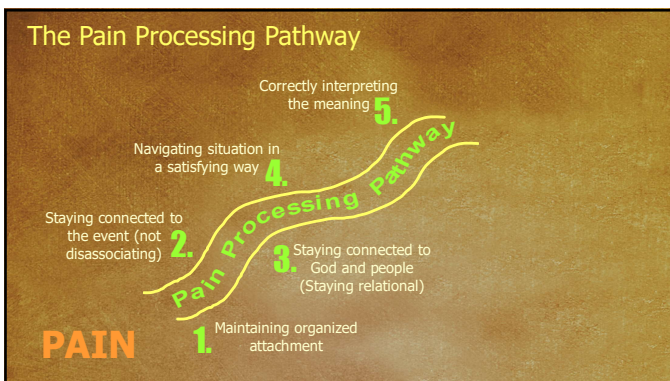
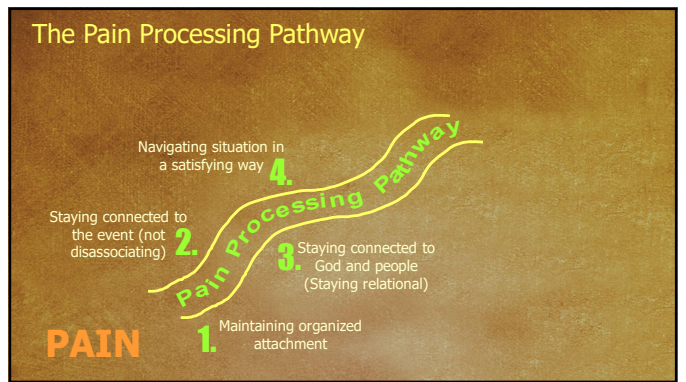
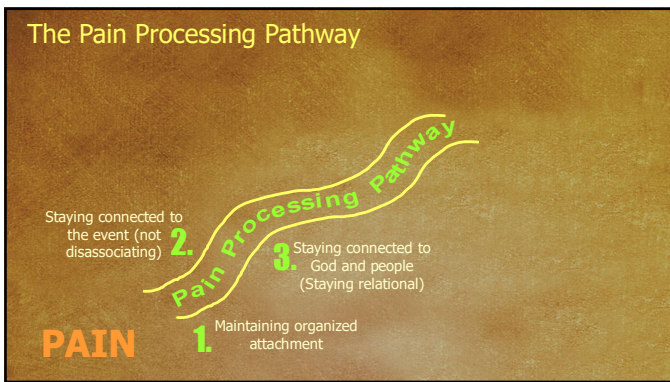
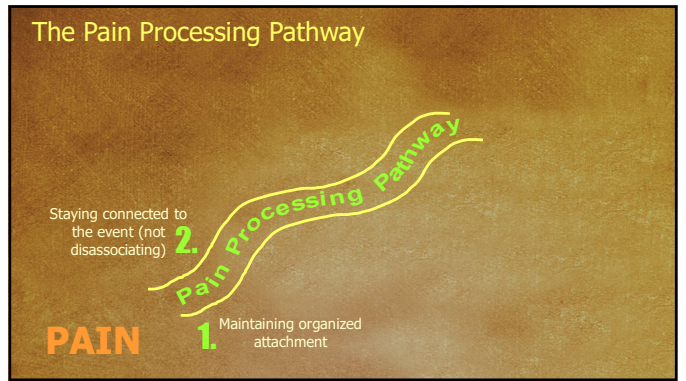
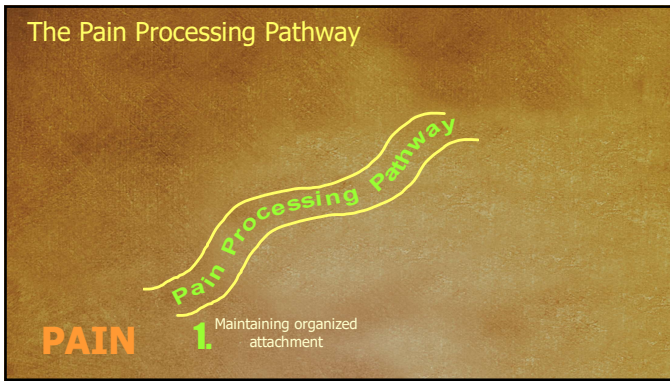
The Pain Processing Pathway

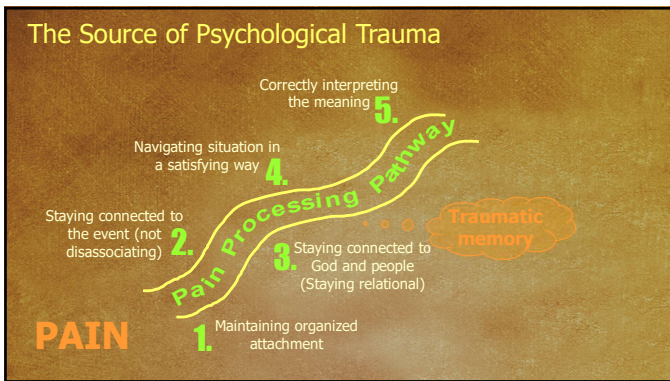
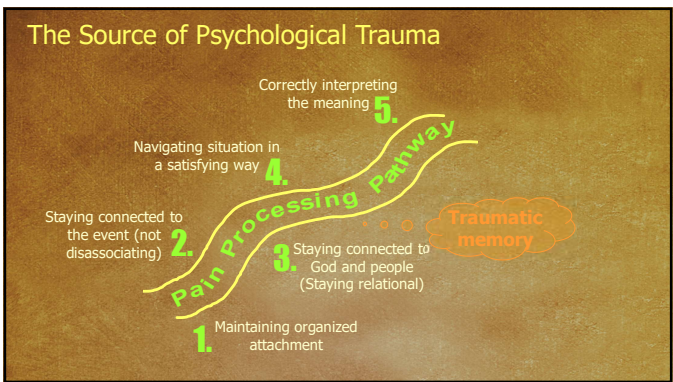
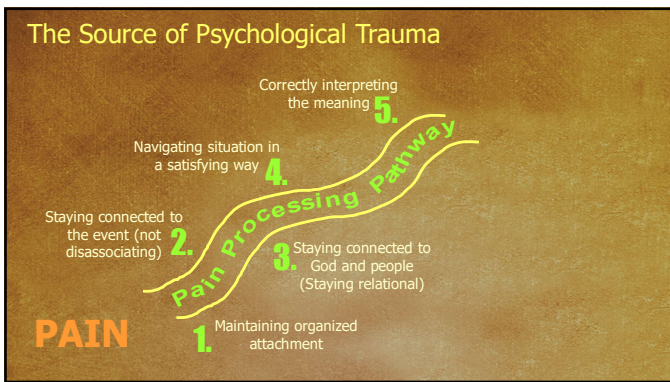
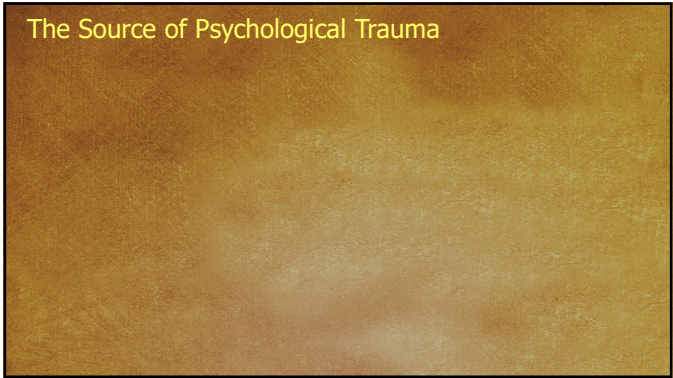
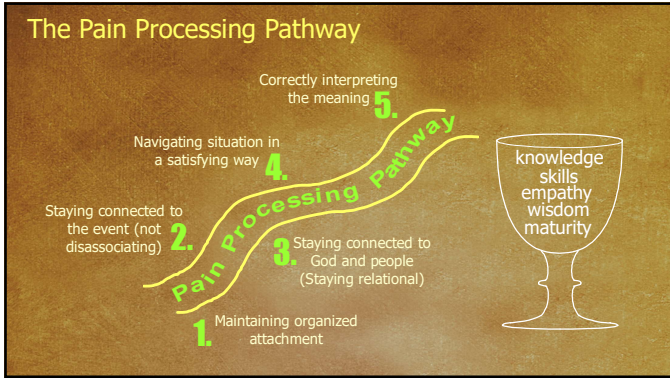
PAIN

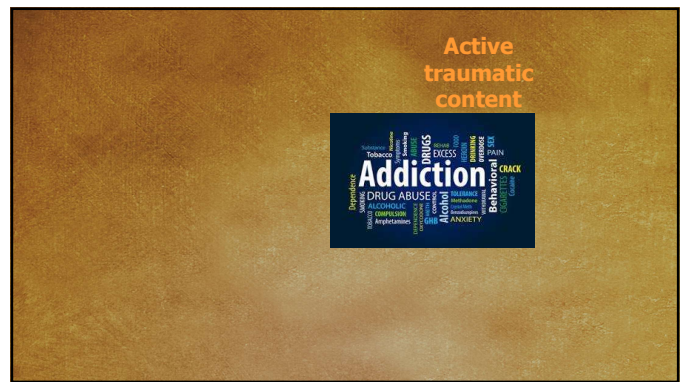
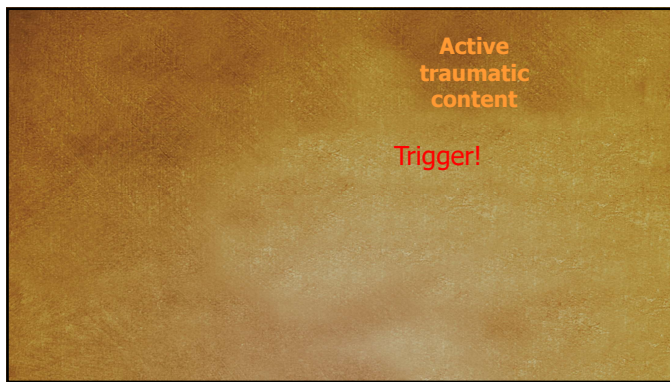
The Pain Processing Pathway

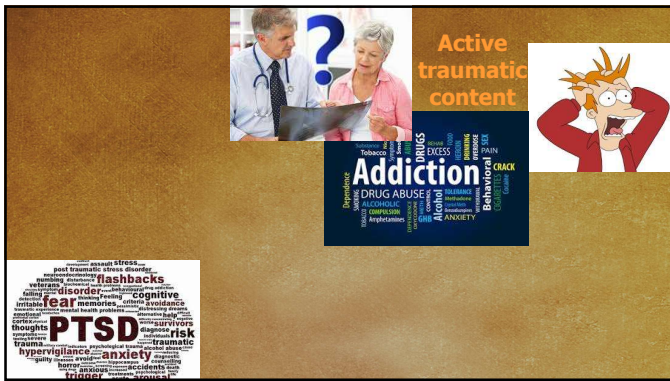
PAIN

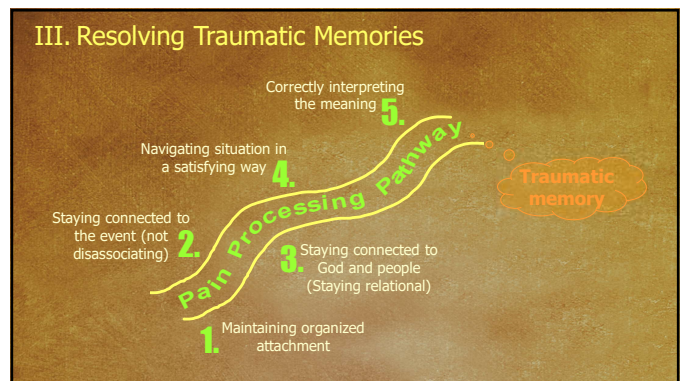
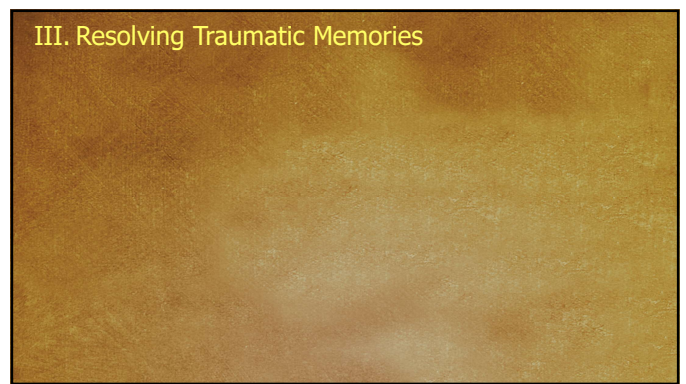
Pain Processing Pathway



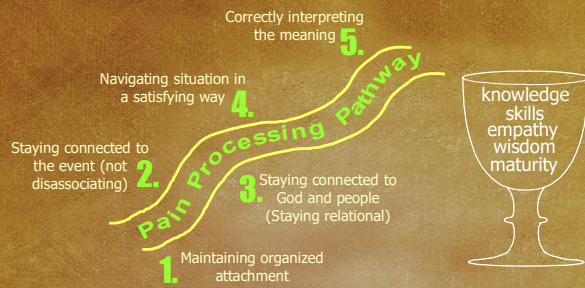




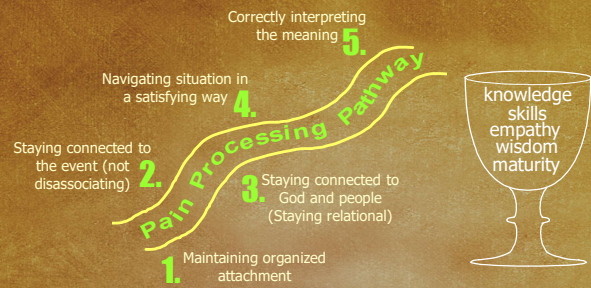




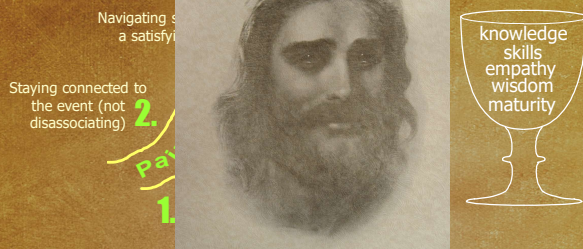
III. Resolving Traumatic Memories



Immanuel Approach Emotional Healing



Immanuel Approach Emotional Healing



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- Set up the safety-net home-base and refresh the recipient's connection with God by helping her to establish an interactive connection in the context of a positive memory.

Immanuel Approach Emotional Healing

- Set up the safety-net home-base and refresh the recipient's connection with God by helping her to establish an interactive connection in the context of a positive memory.
- Help the recipient to get inside one of her traumatic memories.

Immanuel Approach Emotional Healing

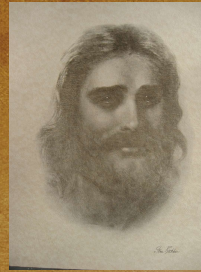
- Set up the safety-net home-base and refresh the recipient's connection with God by helping her to establish an interactive connection in the context of a positive memory.
- Help the recipient to get inside one of her traumatic memories.
- Help her to connect with God *inside* the traumatic memory.

Immanuel Approach Emotional Healing

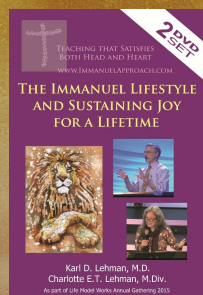
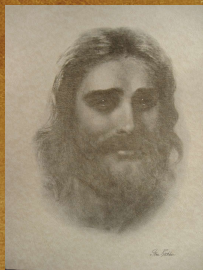
- Set up the safety-net home-base and refresh the recipient's connection with God by helping her to establish an interactive connection in the context of a positive memory.
- Help the recipient to get inside one of her traumatic memories.
- Help her to connect with God *inside* the traumatic memory.
- Help her to work *with* God *inside* the traumatic memory to finish the necessary processing tasks.

VI. The Most Important goal, and the Immanuel Approach Lifestyle:

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VI. The Most Important goal, and the Immanuel Approach Lifestyle:



VI. The Most Important goal, and the Immanuel Approach Lifestyle:

"I love My children, and I am glad to free them from suffering; but the primary, most important purpose of all this emotional healing stuff is to remove the blockages that are between your heart and Me. The primary, most important purpose of emotional healing is to remove the blockages that hinder your heart from coming to Me."

VI. The Most Important goal, and the Immanuel Approach Lifestyle:

When we work these components of the Immanuel Approach into our lifestyles, as *skills that we regularly practice* and as behaviors that we build into our daily lives as *habits*, we will build an *Immanuel Approach lifestyle* that especially prioritizes and facilitates intimacy with the Lord.

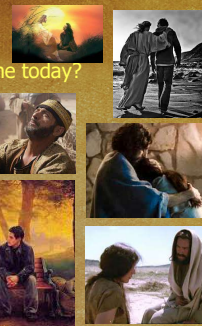
Basic Training Set of Eighteen Video Segments:

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Options for endeavors with God:

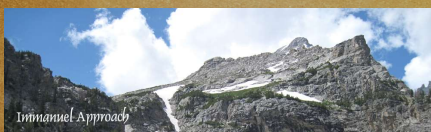
- Just enjoy spending time with God
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort
- Intercessory prayer
- Spiritual direction
- Emotional healing work
- Look at, and think about, an issue or question *with* God



"Immanuel Approach Basic Training, Video Segment Summary,"

Available as a free download from:

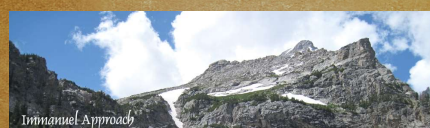
Store page, Getting Started page, or Resources page of www.immanuelapproach.com



"Basic Training Exercises, Explanatory Essay," Basic Training Exercise Handouts

Available as free downloads from:

Exercises/Prayers for Study Groups and Beginners, Resources page, www.immanuelapproach.com





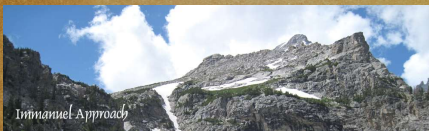
The earlier exercises set up safety nets, which absolutely need to be in place before doing the trauma work included in the final two exercises.



“An Introduction to the Immanuel Approach: a Third Variation,”

Available as a free download from:

the Getting Started page of
www.immanuelapproach.com



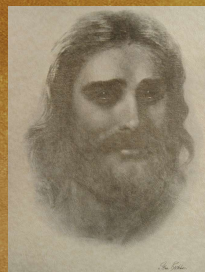
Immanuel Approach

Basic Training

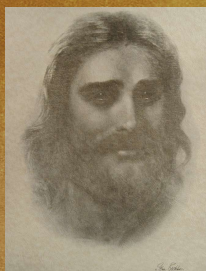
- 1.** Positive Memory,
Appreciation, Interactive
Connection with God

I. Immanuel truth:

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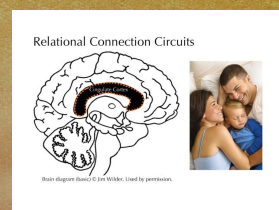
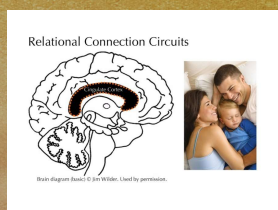
I. Immanuel truth: God is *always* with us.



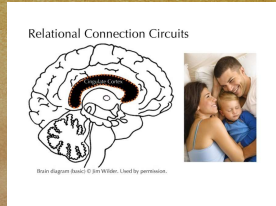
II. Relational circuits:

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II. Relational circuits: God has created a big chunk of our brains to serve as the neurological hardware for running relationships....



II. Relational circuits: God has created a big chunk of our brains to serve as the neurological hardware for running relationships.... And we can connect with each other and with God much more easily when these relational circuits are online and strongly active.



III. Positive memories and appreciation:

III. Positive memories and appreciation: Feeling appreciation will predictably, consistently, reliably activate our relational circuits....

III. Positive memories and appreciation: Feeling appreciation will predictably, consistently, reliably activate our relational circuits.... We can deliberately, predictably generate appreciation and activate our relational circuits by recalling and reconnecting with a positive memory, and this will prepare our brains to connect with God.

III. Positive memories and appreciation:
With respect to the positive memory:

III. Positive memories and appreciation:
With respect to the positive memory:

➤ Holding one of your children as a newborn baby



III. Positive memories and appreciation:

With respect to the positive memory:

- Holding one of your children as a newborn baby
- Some other beautiful experience with one of your children



III. Positive memories and appreciation:

With respect to the positive memory:

- Holding one of your children as a newborn baby
- Some other beautiful experience with one of your children
- Getting a Christmas present you particularly enjoyed



III. Positive memories and appreciation:

With respect to the positive memory:

- Holding one of your children as a newborn baby
- Some other beautiful experience with one of your children
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- A special experience from a family vacation



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With respect to the positive memory:

- Holding one of your children as a newborn baby
- Some other beautiful experience with one of your children
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- A special experience from a family vacation
- A particularly fun time with a pet



III. Positive memories and appreciation:

With respect to the positive memory:

- Holding one of your children as a newborn baby
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- A special experience from a family vacation
- A particularly fun time with a pet
- An especially positive time with friends



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With respect to the positive memory:

- Holding one of your children as a newborn baby
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- A special experience from a family vacation
- A particularly fun time with a pet
- An especially positive time with friends
- A beautiful nature experience



III. Positive memories and appreciation:

With respect to the positive memory:

- Holding one of your children as a newborn baby
- Some other beautiful experience with one of your children
- Getting a Christmas present you particularly enjoyed
- A special experience from a family vacation
- A particularly fun time with a pet
- An especially positive time with friends
- A beautiful nature experience
- Enjoying one of your favorite meals



IV. Interactive connection with God:

IV. Interactive connection with God: We can establish a living, interactive, two-way, back-and-forth connection with God by inviting God's presence into the positive memory, asking God to help us perceive His presence, and then noticing whatever comes into our awareness.



IV. Interactive connection with God:

Sometimes this interactive connection can be very subtle, and the Lord's responses may not include explicit verbal content.



IV. Interactive connection with God:

It's important to remember that they can sometimes be very subtle, so that you don't miss the subtle connections due to watching only for something more dramatic.



V. Options for the rest of the session:

V. Options for the rest of the session:

- Just enjoy spending time with Jesus



V. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"



V. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort



V. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort
- Intercessory prayer



V. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort
- Intercessory prayer
- Spiritual direction



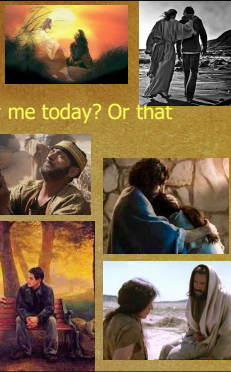
V. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort
- Intercessory prayer
- Spiritual direction
- Emotional healing work



V. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort
- Intercessory prayer
- Spiritual direction
- Emotional healing work
- Look at, and think about, an issue or question *with* Jesus



Demonstration (initial steps -- to point of interactive connection):



Demonstration (initial steps -- to point of interactive connection):

- Positive memory recall and appreciation

Demonstration (initial steps -- to point of interactive connection):

- Positive memory recall and appreciation
- Immanuel invitation and request prayer

Demonstration (initial steps -- to point of interactive connection):

- Positive memory recall and appreciation
- Immanuel invitation and request prayer
- Observe and describe whatever comes into my awareness

Demonstration (initial steps -- to point of interactive connection):

- Positive memory recall and appreciation
- Immanuel invitation and request prayer
- Observe and describe whatever comes into my awareness
- Remainder of session --

Demonstration (initial steps -- to point of interactive connection):

- Positive memory recall and appreciation
- Immanuel invitation and request prayer
- Observe and describe whatever comes into my awareness
- Remainder of session -- enjoy spending additional time with Jesus



See training segment four for an introduction to basic troubleshooting



Immanuel Approach, Training Segment #4
Basic Immanuel Approach Troubleshooting

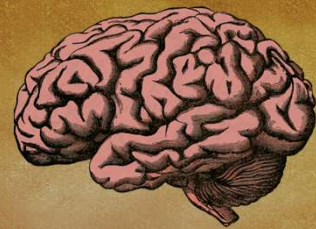
See training segment four for an introduction to basic troubleshooting



Immanuel Approach, Training Segment #4
Basic Immanuel Approach Troubleshooting

See the big lion book for a thorough discussion of basic, intermediate, and advanced troubleshooting

Short-term memory and unconscious priming memory:



Short-term memory and unconscious priming memory:



See section IV. D. in the overview explanatory essay at the top of the "Exercises for Groups and Beginners" section of the Resources page of www.immanuelapproach.com

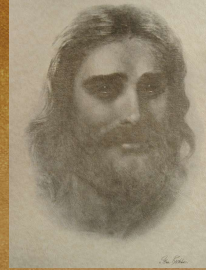
Immanuel Approach

Basic Training

2. Special Value of God Positive Memory

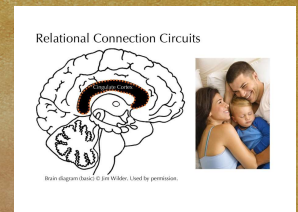
I. Immanuel truth:

I. Immanuel truth: God is *always* with us, God is *always* glad to be with us, and God *always* wants to connect with us.

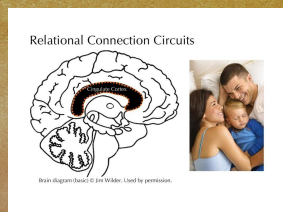


II. Relational circuits:

II. Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships.



II. Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships. And we can connect with each other and with God much more easily when these relational circuits are online and strongly active.



III. Positive memories and appreciation:

III. Positive memories and appreciation: We can predictably, reliably, consistently get these relational circuits online and strongly active by recalling and connecting with positive memories, and then deliberately generating, or stirring up, strong appreciation.



IV. Interactive connection with God:

IV. Interactive connection with God: We can establish a living, interactive, two-way, back-and-forth connection with God by inviting God's presence into the positive memory, asking God to help us perceive His presence, and then noticing whatever comes into our awareness.



V. Special value of positive memories that include an experience of God's presence:

V. Special value of positive memories that include an experience of God's presence:

Using a positive memory that includes an experience of God's presence helps the initial steps in the Immanuel Approach process to be even more effective.

V. Special value of positive memories that include an experience of God's presence:

- Our relationships are memory-mapped:

V. Special value of positive memories that include an experience of God's presence:

- Our relationships are memory-mapped:



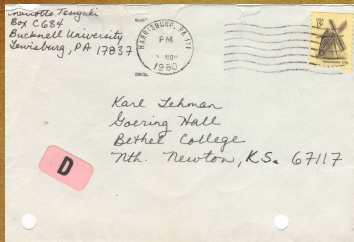
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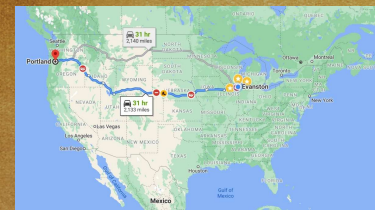
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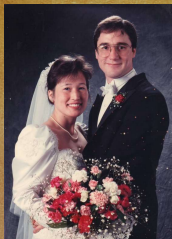
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V. Special value of positive memories that include an experience of God's presence:

- Our relationships are memory-mapped:
- Reconnecting with memory recreates "just right" conditions:

V. Special value of positive memories that include an experience of God's presence:

- Our relationships are memory-mapped:
- Reconnecting with memory recreates "just right" conditions:

When we reconnect with the *memory* for an earlier experience, we are recreating, to some extent, the conditions that were present in our brains and minds when we went through the original experience.

V. Special value of positive memories that include an experience of God's presence:

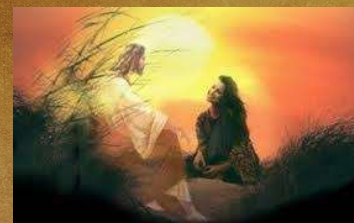
- Our relationships are memory-mapped:
- Reconnecting with memory recreates "just right" conditions:

When we reconnect with, and re-enter, the memory for a previous experience of connecting with God, we are recreating (at least to some extent), the same brain and mind conditions that are *just right* for perceiving and connecting with the Lord.

VI. Options for the rest of the session:

VI. Options for the rest of the session:

- Just enjoy spending time with Jesus



VI. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"



VI. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort



VI. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort
- Intercessory prayer



VI. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort
- Intercessory prayer
- Spiritual direction



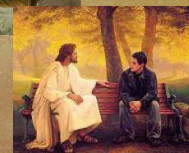
VI. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort
- Intercessory prayer
- Spiritual direction
- Emotional healing work



VI. Options for the rest of the session:

- Just enjoy spending time with Jesus
- "Is there anything else that You have for me today? Or that You want me to know today?"
- Receive comfort
- Intercessory prayer
- Spiritual direction
- Emotional healing work
- Look at, and think about, an issue or question *with* Jesus



Short-term memory and unconscious priming memory:



Short-term memory and unconscious priming memory:



See section IV. D. in the overview explanatory essay at the top of the "Exercises for Groups and Beginners" section of the Resources page of www.immanuelapproach.com

Demonstration (initial steps in IA process, with positive memory that includes God's presence):



Demonstration (initial steps in IA process, with positive memory that includes God's presence):

➤ Positive memory recall and appreciation (God-memory)

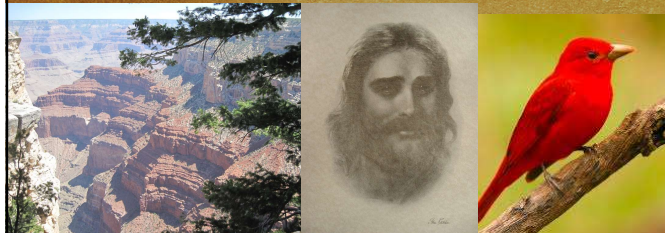
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Demonstration (initial steps in IA process, with positive memory that includes God's presence):

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Demonstration (initial steps in IA process, with positive memory that includes God's presence):

- Positive memory recall and appreciation (God-memory)
- Immanuel invitation and request prayer

Demonstration (initial steps in IA process, with positive memory that includes God's presence):

- Positive memory recall and appreciation (God-memory)
- Immanuel invitation and request prayer

"Jesus, I thank You that You are here with me in this memory, and I welcome Your presence. Help me to perceive Your *living* presence – help me to make the transition from *remembering* you with me to perceiving You and connecting with You as a *living, interactive presence*."

Demonstration (initial steps in IA process, with positive memory that includes God's presence):

- Positive memory recall and appreciation (God-memory)
- Immanuel invitation and request prayer
- Observe and describe whatever comes into my awareness

Focus on Jesus' presence in the memory, and notice whether His presence is still just a memory – like a picture in a photo album – or whether He has become alive – whether His presence in the memory has become living and interactive.

Demonstration (initial steps in IA process, with positive memory that includes God's presence):

- Positive memory recall and appreciation (God-memory)
- Immanuel invitation and request prayer
- Observe and describe whatever comes into my awareness

Asking a simple question, "Jesus, how do You feel about being with me?" can be very helpful.

Demonstration (initial steps in IA process, with positive memory that includes God's presence):

- Positive memory recall and appreciation (God-memory)
- Immanuel invitation and request prayer
- Observe and describe whatever comes into my awareness
- Remainder of session --

Demonstration (initial steps in IA process, with positive memory that includes God's presence):

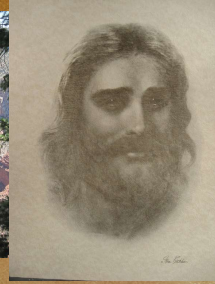
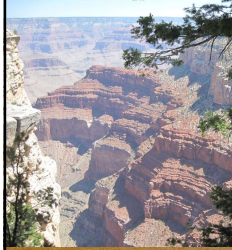
- Positive memory recall and appreciation (God-memory)
- Immanuel invitation and request prayer
- Observe and describe whatever comes into my awareness
- Remainder of session – "Is there anything else that You have for me today? Or that You want me to know today?"



Just use any positive memory



Just use any positive memory



See training segment four for
an introduction to basic
troubleshooting



Immanuel Approach Training Segment #4
Basic Immanuel Approach Troubleshooting

See training segment four for
an introduction to basic
troubleshooting



Immanuel Approach Training Segment #4
Basic Immanuel Approach Troubleshooting



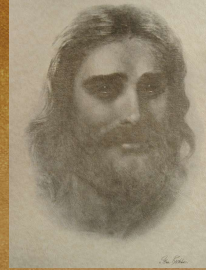
See the big lion book for a thorough
discussion of basic, intermediate, and
advanced troubleshooting

Immanuel Approach Basic Training

3. Our Brains Work Best in Community

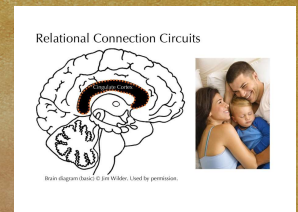
I. Immanuel truth:

I. Immanuel truth: God is *always* with us, God is *always* glad to be with us, and God *always* wants to connect with us.

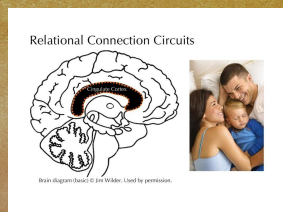


II. Relational circuits:

II. Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships.



II. Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships. And we can connect with each other and with God much more easily when these relational circuits are online and strongly active.



III. Positive memories and appreciation:

III. Positive memories and appreciation: We can predictably, reliably, consistently get these relational circuits online and strongly active by recalling and connecting with positive memories, and then deliberately generating, or stirring up, strong appreciation.



IV. Interactive connection with God:

IV. Interactive connection with God: We can establish a living, interactive, two-way, back-and-forth connection with God by inviting God's presence into the positive memory, asking God to help us perceive His presence, and then noticing whatever comes into our awareness.



V. Special value of positive memories that include an experience of God's presence:

V. Special value of positive memories that include an experience of God's presence:

- Our relationships are memory-mapped – our relationships are carried in our memories.



V. Special value of positive memories that include an experience of God's presence:

- Our relationships are memory-mapped – our relationships are carried in our memories.
- Reconnecting with memory recreates. . . the same mind-brain conditions that were present at original experience.



V. Special value of positive memories that include an experience of God's presence:

- Our relationships are memory-mapped – our relationships are carried in our memories.
- Reconnecting with memory recreates. . . the same mind-brain conditions that were present at original experience.
- Using positive memories that include an experience of God's presence takes advantage of these two pieces of brain science.



VI. Our brains are designed to work best in community:

VI. 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.



VI. Our brains are designed to work best in community:

As long as the content was isolated inside my head, I was not able to *feel its importance* or to *perceive its meaning*; but as I described it, out loud to my prayer partner, both of these pieces fell into place, and I became able to feel that it was important and to see what it meant.

VI. Our brains are designed to work best in community:

As long as the content was isolated inside her head, she was not able to *feel its importance* or to *perceive its meaning*; but as she described it, out loud to me, both of these pieces fell into place, and she became able to feel that it was important and to recognize what it meant.

Additional evidence from brain research:

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- The right prefrontal cortex is the primary area for interactions with other people, and especially for face-to-face communication.

Additional evidence from brain research:

- The right prefrontal cortex is the primary area for interactions with other people, and especially for face-to-face communication.
- The left prefrontal cortex is especially involved in language-based communication.

Additional evidence from brain research:

- The right prefrontal cortex is the primary area for interactions with other people, and especially for face-to-face communication.
- The left prefrontal cortex is especially involved in language-based communication.
- And both right and left prefrontal cortices are heavily involved in perceiving the meaning of a particular piece of mental content, and especially in perceiving how any particular mental content relates to one's personal story.

Putting it all together:

Putting it all together:

- One: Our internal mental content needs to be processed through our right-sided prefrontal cortex in order for us to be able to *feel* its importance.

Putting it all together:

- One: Our internal mental content needs to be processed through our right-sided prefrontal cortex in order for us to be able to *feel* its importance.
- Two: Our internal mental content needs to be processed through both our right and left prefrontal cortices in order for us to be able to perceive its meaning, and especially for us to be able to recognize how a given piece of content relates to our personal story.

Putting it all together:

- Three: The *face-to-face social interaction task* of communicating with another person causes the content we are describing to be processed through the right prefrontal cortex.

Putting it all together:

- Three: The *face-to-face social interaction task* of communicating with another person causes the content we are describing to be processed through the right prefrontal cortex.
- Four: The *language task* of getting words to describe our mental causes the content to be processed through the left prefrontal cortex.

Putting it all together:

Therefore, when we describe our mental content to a prayer partner or prayer circle, the combination of the *social interaction task* and the *language task* causes the content we are describing to be processed through both our right and left prefrontal cortices, and thereby enables us to *feel the importance* of the content we are describing, to *perceive the meaning* of the content we are describing, and especially to *recognize how the content relates to our personal stories*.



Demonstration (repeated coaching, "Describe everything that comes into your awareness"):



Demonstration (repeated coaching, "Describe everything that comes into your awareness"):

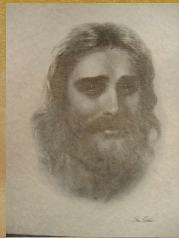
"Describe everything that comes into your awareness, regardless of whether or not it feels important, makes sense, or is neatly packaged."

Demonstration (repeated coaching, "Describe everything that comes into your awareness"):

- Positive memory recall and appreciation (God-memory)

Demonstration (repeated coaching, "Describe everything that comes into your awareness"):

- Positive memory recall and appreciation (God-memory)



Demonstration (repeated coaching, "Describe everything that comes into your awareness"):

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- Immanuel invitation and request prayer

Demonstration (repeated coaching, "Describe everything that comes into your awareness"):

- Positive memory recall and appreciation (God-memory)
- Immanuel invitation and request prayer

"Jesus, I thank You that You are here with me in this memory, and I welcome Your presence. Help me to perceive Your *living* presence – help me to make the transition from *remembering* you with me to perceiving You and connecting with You as a *living, interactive presence*."

Demonstration (repeated coaching, "Describe everything that comes into your awareness"):

- Positive memory recall and appreciation (God-memory)
- Immanuel invitation and request prayer
- "How do You feel about being with me?"

Demonstration (repeated coaching, "Describe everything that comes into your awareness"):

- Positive memory recall and appreciation (God-memory)
- Immanuel invitation and request prayer
- "How do You feel about being with me?"
- Remainder of session – look at, and think about, question or issue *with* Jesus



Demonstration (repeated coaching, "Describe everything that comes into your awareness"):

- Positive memory recall and appreciation (God-memory)
- Immanuel invitation and request prayer
- "How do You feel about being with me?"
- Remainder of session – look at, and think about, question or issue *with* Jesus
- Observe and describe whatever comes into my awareness



Just use any positive memory



See training segment four for an introduction to basic troubleshooting



Immanuel Approach. Training Segment #4
Basic Immanuel Approach Troubleshooting

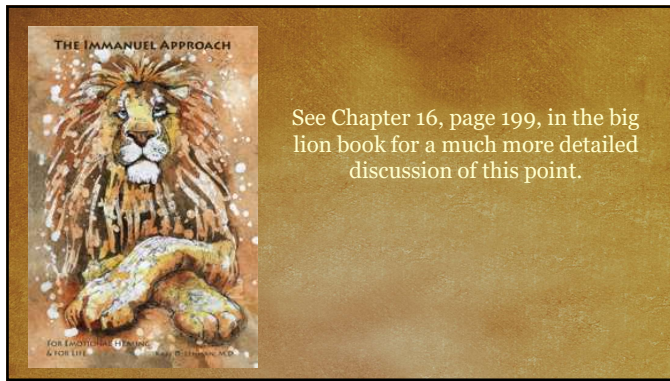
See training segment four for an introduction to basic troubleshooting



Immanuel Approach. Training Segment #4
Basic Immanuel Approach Troubleshooting



See the big lion book for a thorough discussion of basic, intermediate, and advanced troubleshooting



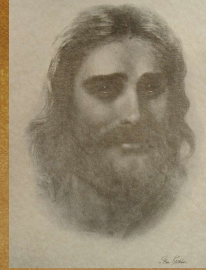
See Chapter 16, page 199, in the big lion book for a much more detailed discussion of this point.

Immanuel Approach Basic Training

4a. Immanuel Approach Troubleshooting, Basic

I. Immanuel truth:

I. Immanuel truth: God is *always* with us, God is *always* glad to be with us, and God *always* wants to connect with us.

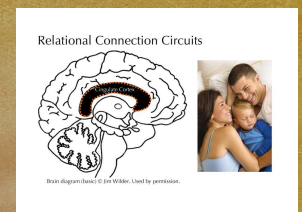
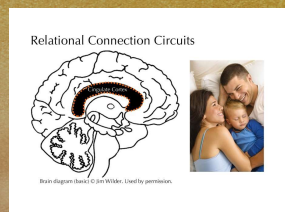


3

II. Relational circuits:

II. Relational circuits: There are circuits in our brains that serve as the neurological hardware for running relationships.

II. Relational circuits: There are circuits in our brains that serve as the neurological hardware for running relationships. It is much easier to connect with each other and with the Lord when these relational circuits are online and strongly active.



III. Positive memories and appreciation:

III. Positive memories and appreciation: We can reliably, predictably, consistently get these relational circuits online and strongly active by recalling and reconnecting with a positive memory, and then by deliberately generating/stirring up deep gratitude.



IV. Interactive connection with God:

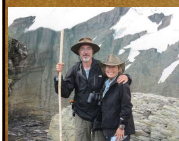
IV. Interactive connection with God: We can establish a living, interactive connection with God by inviting God's presence into the positive memory, asking God to help us perceive His presence, and then noticing whatever comes into our awareness.



V. The special value of God-connection positive memories:

V. The special value of God-connection positive memories:

- Our relationships are memory-mapped – our relationships are carried in our memories.



V. The special value of God-connection positive memories:

- Our relationships are memory-mapped – our relationships are carried in our memories.
- Reconnecting with a memory will recreate. . .the same brain-mind conditions that were present for original experience.



V. The special value of God-connection positive memories:

- Our relationships are memory-mapped – our relationships are carried in our memories.
- Reconnecting with a memory will recreate. . .the same brain-mind conditions that were present for original experience.
- Using positive memories that include a connection with God will take advantage of these two pieces of brain science.



VI. Our brains are designed to work best in community:

VI. Our brains are designed to work best in community:

- Describing our mental content, out loud to another person, helps us to *feel its importance* and to *recognize its meaning*.



VI. Our brains are designed to work best in community:

- Describing our mental content, out loud to another person, helps us to *feel its importance* and to *recognize its meaning*.
- Including this piece in our Immanuel prayer will enable us to perceive *subtle* manifestations of God's presence *that we might otherwise miss*, and also enable us to recognize and receive *subtle* interactive content coming from God *that we might otherwise miss*.



VII. Basic Immanuel Approach troubleshooting:



VII. Basic Immanuel Approach troubleshooting:
Foundational principles:



VII. Basic Immanuel Approach troubleshooting:
Foundational principles:

- God is *always* present and wanting to connect.



VII. Basic Immanuel Approach troubleshooting:
Foundational principles:

- God is *always* present and wanting to connect.
- Blockages can be identified and resolved.



VII. Basic Immanuel Approach troubleshooting:
Foundational principles:

- God is *always* present and wanting to connect.
- Blockages can be identified and resolved.
- When blockages are resolved, recipient can perceive and connect with the Lord.



VII. Basic Immanuel Approach troubleshooting:
Foundational principles:

- God is *always* present and wanting to connect.
- Blockages can be identified and resolved.
- When blockages are resolved, recipient can perceive and connect with the Lord.
- Some troubleshooting is easy & quick, some is complicated and slow.



Chapter 13: Basic
troubleshooting tools



Chapter 13: Basic troubleshooting tools

Chapter 26: Intermediate and advanced troubleshooting tools

IA troubleshooting foundational principles:

IA troubleshooting foundational principles:

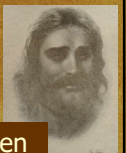
- God is always with you and always wants to connect with you.

IA troubleshooting foundational principles:

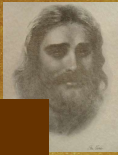
- God is always with you and always wants to connect with you.
- If this doesn't happen initially, then there's just something in the way.

IA troubleshooting foundational principles:

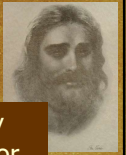
- God is always with you and always wants to connect with you.
- If this doesn't happen initially, then there's just something in the way.
- And when you find and resolve the blockages, you *will* perceive God, and you will experience a mutually interactive, contingent connection with His tangible, personal, living presence.



Just this one, simple intervention will often enable the person to perceive the Lord's presence and to connect with the Lord.



In addition to simply failing to recognize God's presence, there are a number of common, straight-forward blockages that can hinder a person from perceiving God's presence.



And most of these can usually be quickly discovered with a simple prayer asking for God's guidance and help.

Basic troubleshooting demonstration:

Basic troubleshooting demonstration:

- Several simple interventions

Basic troubleshooting demonstration:

- Several simple interventions
- To address two of the most common reasons that a recipient is initially unable to perceive and connect with the Lord.

More troubleshooting resources

More troubleshooting resources



Big lion book, chapters 13 & 26

Live Ministry Session DVDs



Immanuel Approach Basic Training

4b. Basic Troubleshooting Addendum

I. Simple relaxation interventions for intense anxiety:

I. Simple relaxation interventions for intense anxiety:

- A. Intense anxiety right at the beginning of the session
- B. Difficulty with the initial steps to connect with Jesus
- C. Loses connection with Jesus later in the session

I. Simple relaxation interventions for intense anxiety:

- A. Intense anxiety right at the beginning of the session:

I. Simple relaxation interventions for intense anxiety:

- A. Intense anxiety right at the beginning of the session:
- B. Difficulty with the initial steps to connect with Jesus:

If you go through these initial steps, the recipient is having difficulty perceiving and connecting with Jesus, *and they are significantly anxious*, the very first troubleshooting intervention that we use...

If you go through these initial steps, the recipient is having difficulty perceiving and connecting with Jesus, *and they are significantly anxious*, the very first troubleshooting intervention that we use...is to coach them through a simple relaxation intervention, and then try the initial positive-memory-recall and connect-with-Jesus steps again.

I. Simple relaxation interventions for intense anxiety:

C. Loses connection with Jesus later in session:



Immanuel Approach Basic Training, Segment #10:
Basic Immanuel Approach Healing, Variation #1



Reba Church Immanuel Approach Teaching #11
Basic Immanuel Approach Healing, Variation #1

I. Simple relaxation interventions for intense anxiety:

C. Loses connection with Jesus later in session:

- Coach the recipient back to their initial positive memory and connection with Jesus.



Immanuel Approach Basic Training, Segment #10:
Basic Immanuel Approach Healing, Variation #1



Reba Church Immanuel Approach Teaching #11
Basic Immanuel Approach Healing, Variation #1

I. Simple relaxation interventions for intense anxiety:

C. Loses connection with Jesus later in session:

- Coach the recipient back to their initial positive memory and connection with Jesus.
- Help them work with Jesus in this safe, comfortable context.



Immanuel Approach Basic Training, Segment #10:
Basic Immanuel Approach Healing, Variation #1



Reba Church Immanuel Approach Teaching #11
Basic Immanuel Approach Healing, Variation #1

If you try to coach the recipient back to their initial Jesus connection, they are having difficulty perceiving and connecting with Jesus, *and they are significantly anxious*, the very first troubleshooting intervention that we use...

If you try to coach the recipient back to their initial Jesus connection, they are having difficulty perceiving and connecting with Jesus, *and they are significantly anxious*, the very first troubleshooting intervention that we use...is to coach them through a simple relaxation intervention, and then try again to coach them back to their initial positive memory and connection with Jesus.

I. Simple relaxation interventions for intense anxiety:

D. Deep breathing:

I. Simple relaxation interventions for intense anxiety:

D. Deep breathing:



I. Simple relaxation interventions for intense anxiety:

D. Deep breathing: supplemental training segment #4c



I. Simple relaxation interventions for intense anxiety:

E. Shalom for my body:

I. Simple relaxation interventions for intense anxiety:

E. Shalom for my body: training segments #9 and #9b



One intervention:

One intervention:

- Remind the recipient that God can sometimes manifest in ways that are subtle.

One intervention:

- Remind the recipient that God can sometimes manifest in ways that are subtle.
- Go through the initial positive-memory-recall and connect-with-Jesus steps again, with extra coaching to be especially careful to watch for subtle, faint mental content.

Second intervention:

Second intervention:

- Help the recipient ask, "What's in the way of my being able to perceive Your presence, Lord?"

Second intervention:

- Help the recipient ask, "What's in the way of my being able to perceive Your presence, Lord?"
- Help the recipient to focus and get words for any blockages that are identified in response to this prayer.

Second intervention:

- Help the recipient ask, "What's in the way of my being able to perceive Your presence, Lord?"
- Help the recipient to focus and get words for any blockages that are identified in response to this prayer.
- Help the recipient talk directly to the Lord regarding these blockages and ask the Lord for help regarding these blockages.

II. Go through the initial steps again, with special care to watch for faint or subtle content:

II. Go through the initial steps again, with special care to watch for faint or subtle content:

A. Give examples when coaching inexperienced recipients:

As I explained earlier, sometimes Jesus will manifest in very subtle ways. So, again, it's very important that you notice and report *whatever* comes into your awareness -- even if it doesn't feel important, even if it doesn't make sense, and even if it's very faint or subtle.

For example, you might get a very faint image of a face that you think might be Jesus, but you're not sure so you don't tell me. Or you might have a very subtle sense that Jesus could be standing beside you, but you're not sure, so you don't mention it...

Or maybe a faint thought comes into your mind, and you think it might be from the Lord, but you're not sure, so you don't report it. Or maybe you perceive a subtle physical sensation, like the Lord's hand might be resting on your shoulder, but you're not sure, so you don't say anything about it.

So before we do anything more complicated, I would like to try something really easy that sometimes works – I would like you to get back inside of your positive memory, we'll go through the prayer to welcome Jesus and ask Him to help you perceive His presence again, and then I want you to be ***especially careful*** to describe whatever comes into your awareness –

I want you to pay attention even to faint mental content on the periphery of your awareness – and if a thought, or an image, or an impression of some kind, or even a physical sensation, comes into your awareness, I want you to tell me about it, *even if it is very faint or subtle, and even if it doesn't seem to make any sense or feel the least bit important.*

And then we can *discern together* regarding what it might mean and whether it's important."

II. Go through the initial steps again, with special care to watch for faint or subtle content:

- A. Give examples when coaching inexperienced recipients:
- B. If you had to guess, which way would you point?

There's one more little trick I'd like to try before moving on to other troubleshooting options. This is a funny little trick, and I don't know why it works, but sometimes it does. So here's what we would do: you go back inside your positive memory, and describe and focus on the best parts until you're *feeling* appreciation again...

and then I'll ask, "If you had to just *guess* where Jesus *might* be, which direction would you point?" If it's okay with you, I'd like to try it. If it works, great. If not, we'll just try something else.

II. Go through the initial steps again, with special care to watch for faint or subtle content:

- A. Give examples when coaching inexperienced recipients:
- B. If you had to guess, which way would you point?
- C. How do I know whether this is real – what if I'm just making it up? – test drive:

You know, that is a very important and valid question – we should always be watching and discerning regarding whether you are truly perceiving the living presence of Jesus. What I would like to do is to just test drive it – let's go forward with the tentative assumption that you are perceiving the real, living presence of Jesus, and see what happens.

In my experience, the question of whether you are perceiving the real presence of Jesus, or just making up the experience with your own mind, will usually become clear, one way or the other, within five to ten minutes. Does that sound like an okay plan?

More troubleshooting resources

Big lion book, chapters 13 & 26

Live Ministry Sessions



Immanuel Approach

Basic Training

4C. Deep Breathing Relaxation Intervention

1.) If the recipient has intense anxiety right at the beginning of the session, you will want to deal with their anxiety before you even start the Immanuel Approach process.

2.) If you go through the initial positive-memory-recall and connect-with-Jesus steps, the recipient is having difficulty perceiving and connecting with Jesus, *and they are significantly anxious,...*

...the very first troubleshooting intervention that you want to use is to coach them through a simple relaxation intervention, and then try the initial positive-memory-recall and connect-with-Jesus steps again.

3.) If the recipient loses their connection with Jesus later in the session, you are trying to help them re-establish their connection by coaching them back to their initial positive memory and connection with Jesus, but they are having difficulty, *and they are significantly anxious,...*

...the very first troubleshooting intervention that you want to use is to coach them through a simple relaxation intervention, and then try again to coach them back to their initial positive memory and connection with-Jesus.

Deep-breathing



Deep-breathing



Shalom for my body



Shalom for my body

E. Shalom for my body: training segments #9 and #9b



Especially simple deep-breathing exercise:

Especially simple deep-breathing exercise:

- Take a deep breath in through the nose

Especially simple deep-breathing exercise:

- Take a deep breath in through the nose
- Hold it for a couple of seconds

Especially simple deep-breathing exercise:

- Take a deep breath in through the nose
- Hold it for a couple of seconds
- Breathe out slowly through the mouth, taking longer to exhale than to inhale

Especially simple deep-breathing exercise:

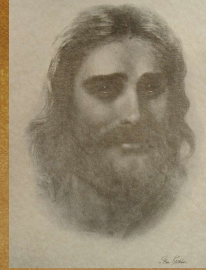
- Take a deep breath in through the nose
- Hold it for a couple of seconds
- Breathe out slowly through the mouth, taking longer to exhale than to inhale
- Between each deep breath, take a couple of normal breaths.

Immanuel Approach Basic Training

5. Immanuel Approach Safety Nets, Basic

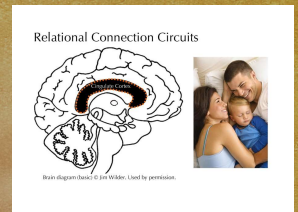
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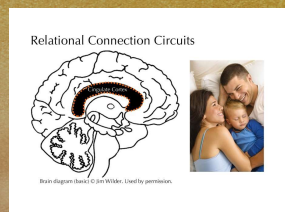


II. Relational circuits:

II. Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships.

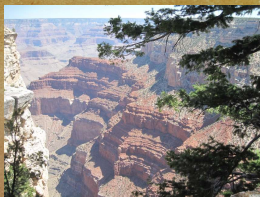


II. Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships. We can connect with each other and with God much more easily when these relational circuits are online and strongly active.



III. Positive memories and appreciation:

III. Positive memories and appreciation: We can predictably, reliably, consistently get these relational circuits online and strongly active by recalling and connecting with positive memories, and deliberately generating, or stirring up, strong appreciation.



IV. Interactive connection with God:

IV. Interactive connection with God: We can establish a living, interactive connection with God by inviting God's presence into the positive memory, asking God to help us perceive His presence, and then noticing whatever comes into our awareness.



V. The special value of God-connection positive memories:

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- God is *always* with us.
- God *always* wants to connect with us.
- If this doesn't happen initially then there is just something in the way.
- When we find and resolve the blockages we *will* perceive God, and we will experience a mutually interactive, contingent connection with God's tangible, personal, living, loving presence.

Immanuel Approach
Safety Nets



Immanuel Approach
Safety Net Number One





Immanuel Approach Safety Net Number Two

Immanuel Approach Safety Net Number Two

Those who are not able to perceive the Lord's presence and establish an interactive connection at the beginning of the exercise . . . do not work with their own traumatic memories.



Chapters 14 & 24:
much, much more about
Immanuel Approach
safety nets

Deploying the primary safety net in the two scenarios that are both basic and the most common:



Primary safety net, demonstration –



Primary safety net, demonstration – basic, most common, end-of-session safety-net scenario:



Primary safety net, demonstration – basic, most common, end-of-session safety-net scenario:

- Set up safety-net home base

Primary safety net, demonstration – basic, most common, end-of-session safety-net scenario:

- Set up safety-net home base
- Recall and connect with traumatic memory

Primary safety net, demonstration – basic, most common, end-of-session safety-net scenario:

- Set up safety-net home base
- Recall and connect with traumatic memory
- Deploy primary safety net



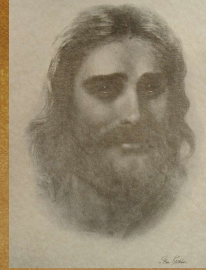
Chapters 14 & 24 of the big lion book, and Special Subjects section of Resources page on www.immanuelapproach.com

Immanuel Approach Basic Training

6. Splinter-Free Safety-Net Memories

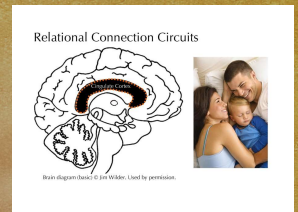
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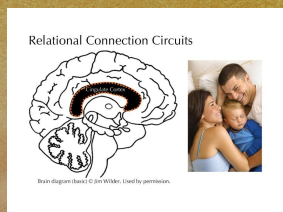


II. Relational circuits:

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Splinter-free Positive Memories for Safety Net



When you are preparing for trauma-work exercises or sessions, and you are therefore collecting positive memories that will be contributing to the Immanuel Approach safety net, *it is very important to find positive memories that are completely free of splinters.*



- Demonstrations from teaching segments #1, #4, and this segment
- Detailed discussion: Big Lion Book Chapter 6 (pages 99-101)

If you have to *choose*, between God-memories with splinters or totally splinter-free non-God memories, the increased safety of splinter-free memories is even more important than the increased efficacy of memories that include an experience of God's presence.

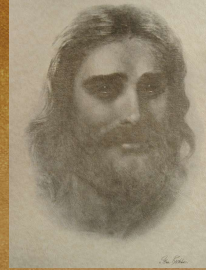
Immanuel Approach

Basic Training

7. First Intermediate Safety-Net Scenario

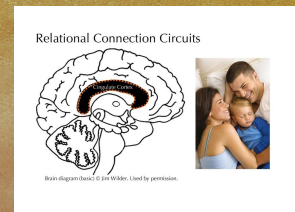
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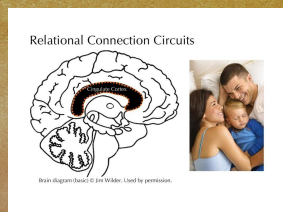


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VIII. Splinter-free memories:

VIII. Splinter-free memories: It is really important to use splinter-free positive memories for the safety net.



Intermediate Safety-net Scenario
and Enhanced Safety Net



First Intermediate Scenario – Long Pain
Story, Pain Around Being Triggered



The recipient is in the middle of wanting someone to hear and understand her pain, and the facilitator essentially says, "I'm sorry, we're out of time. Now you need to stop talking about your pain and think happy thoughts."

The good news is that these people respond surprisingly well to an enhanced safety net, which includes an additional component of validation, attunement, and reassurance at the front end.

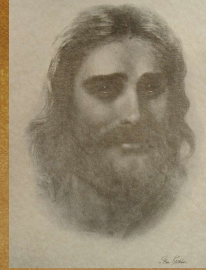
Immanuel Approach

Basic Training

8. Second Intermediate Safety-Net Scenario

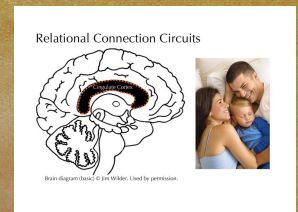
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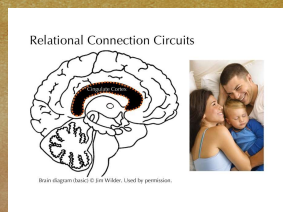


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VIII. Splinter-free positive memories for the safety net:

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It is really important to use positive memories that do not include any lingering pieces of trauma.



IX. Intermediate scenarios, enhanced safety net:

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- You will occasionally encounter scenarios in which it is more difficult to deploy the safety net.

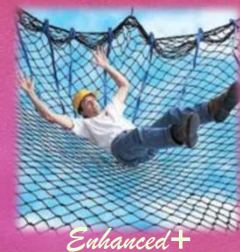


IX. Intermediate scenarios, enhanced safety net:

- You will occasionally encounter scenarios in which it is more difficult to deploy the safety net.
- You can address some of these more-challenging scenarios by adding two additional interventions to produce an enhanced version of the safety net.



Second Intermediate Safety-net Scenario, and
Enhanced+ Version of Safety Net



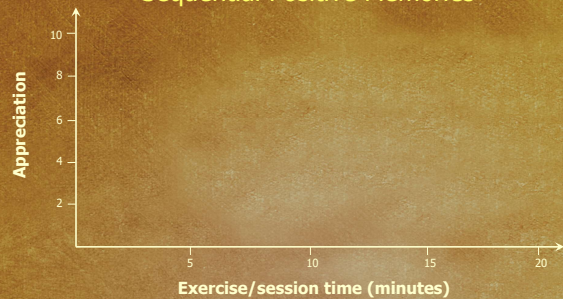
Second Intermediate Scenario – Healing Process Stuck, Deeply Immersed in Trauma



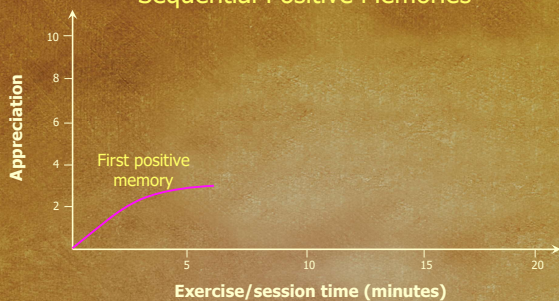
"I *don't want* to go back to positive memories! I want you to stay here with me in this painful, traumatic place, and keep working with me until I feel better."

The *good news* is that these people also respond well to the deliberate validation, attunement, and reassurance included right at the beginning of the enhanced safety net.

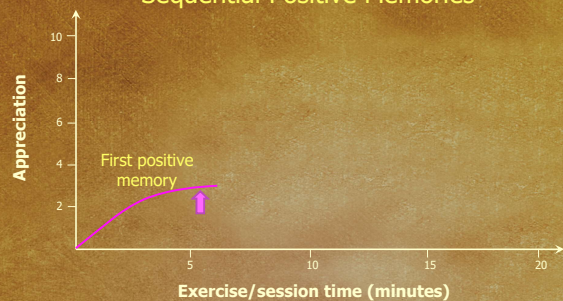
Appreciation Momentum with Sequential Positive Memories

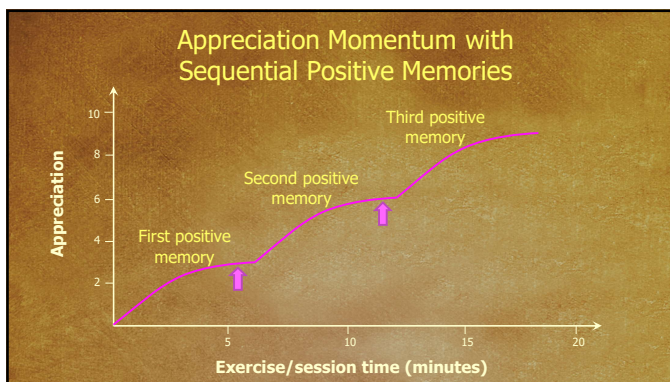
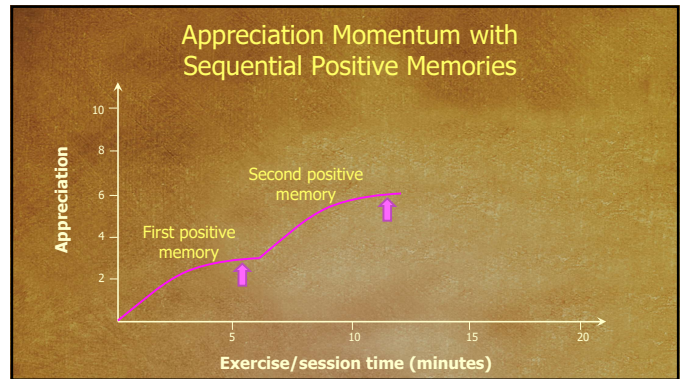
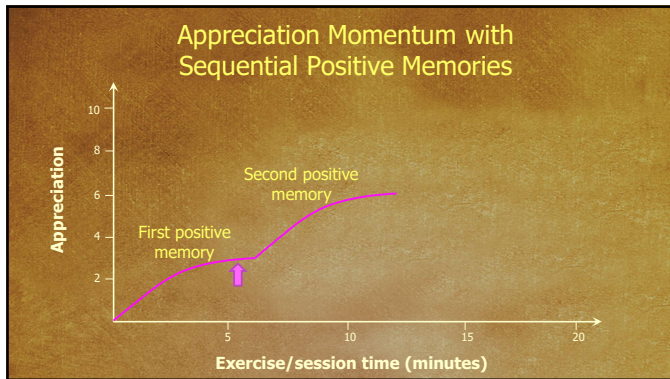


Appreciation Momentum with Sequential Positive Memories



Appreciation Momentum with Sequential Positive Memories





Enhanced and enhanced+ versions of safety net, three additional interventions:

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1. Validation, attunement, and reassurance...right at the beginning;

Enhanced and enhanced+ versions of safety net, three additional interventions:

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2. Directive, persistent, detailed extra coaching with respect to positive memories;

**Enhanced and enhanced+ versions of safety net,
three additional interventions:**

1. Validation, attunement, and reassurance...right at the beginning;
2. Directive, persistent, detailed extra coaching with respect to positive memories;
3. Use of several positive memories, in sequence.

Negative content firestorm marathon (20 min):

1. COVID-19, in this country and around the world
2. Racism and injustice -- this country and around the world
3. Widespread death of coral reefs due to warming oceans
4. Massive destruction of tropical rainforests, being bulldozed and burned for corporate, industrial palm-oil plantations and beef production
5. Brutal massacres of elephant families, just to harvest their tusks; poaching of MANY other beautiful, amazing, endangered animals

Negative content firestorm marathon (20 min):

6. Corporate farms – getting around anti-trust laws, owned by foreign investors with minimal concern for long-term care of the land, driving family farms to bankruptcy
7. Our national deficit and total debt – both seem overwhelming, hopeless, and impossible to sustain
8. Deep political divisions – polarized, non-relational, stuck
9. Human trafficking – including parents who sell seven-year-olds to brothels, organized crime that profits hugely
10. Corruption and abuse of power – US, everywhere

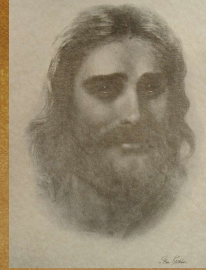
Immanuel Approach

Basic Training

9a. Advanced Safety-Net Scenario

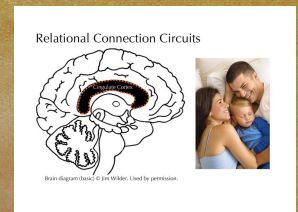
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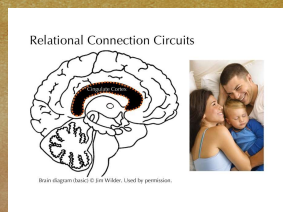


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- You will occasionally encounter scenarios in which it is more difficult to deploy the safety net.
- You can address most of these more-challenging scenarios by adding two or three of the following additional interventions to produce enhanced versions of the safety net.



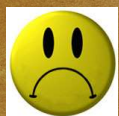
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Enhanced

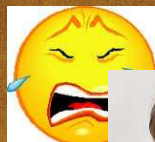
IX. Intermediate scenarios, enhanced versions of safety net:

1. Validation, attunement, and reassurance (and...coaxing and encouragement) right at the beginning;
2. Persistent, directive, detailed extra coaching with respect to positive memories;
3. Use of several positive memories, in sequence.



Enhanced

Advanced Safety-net Scenario, Advanced Interventions



Advanced

Advanced Scenario – deeply immersed in traumatic memories and intensely blended with internal child part:



Advanced

Advanced Scenario – deeply immersed in traumatic memories and intensely blended with internal child part:

...the healing process will be stuck, the recipient will be deeply immersed in intense traumatic memories, and she will also be intensely blended with an internal child part who is more in the driver's seat than her usual adult ego state.



"I **demand** that you stay here with me until I'm okay, and I **refuse** to cooperate with any plan that will just shut me down and leave me behind, while adult _____ just goes back to her happy place!"

Advanced interventions:



Advanced

Advanced interventions:

1. Direct-eye-contact technique for working with internal parts



Advanced

Essay: "Direct-Eye-Contact Technique for Working with Internal Parts"

Special Subjects/Advanced Topics section,
Resources page

Immanuel Approach website:
www.immanuelapproach.com

Advanced interventions:

1. Direct-eye-contact technique for working with internal parts
2. Enhanced+ version of the safety net *in the context of working directly with the internal child part*



Advanced

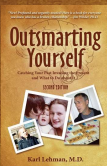
Advanced interventions:

1. Direct-eye-contact technique for working with internal parts
2. Enhanced+ version of the safety net *in the context of working directly with the internal child part*
3. Offering attunement *in the context of the underlying trauma (additional/advanced intervention #1)*



Advanced

Offering attunement enabled me to establish enough connection and trust between the internal part and *myself* that the internal part was then willing to let me help her establish connection and trust *with Jesus*.



← Use the indexes to find specific references →



Essay:

“Brain Science, Psychological Trauma, and the God Who Is with Us, Part II: The Processing Pathway for Painful Experiences and the Definition of Psychological Trauma” (see esp pp 25-27)
Special Subjects/Advanced Topics section,

Resources page,

www.immanuelapproach.com

Advanced interventions:

1. Direct-eye-contact technique for working with internal parts
2. Enhanced+ version of the safety net *in the context of working directly with the internal child part*
3. Offering attunement *in the context of the underlying trauma* (additional advanced intervention #1)
4. Help internal part connect with Jesus, work with Jesus (additional advanced intervention #2)



And then I help her to work directly with Jesus to find a plan that includes cooperating with the safety net as a *temporary* coping resource within a larger plan for healing the traumatic memories.

Advanced interventions:

5. Shalom for my body (additional advanced intervention #3)



Advanced interventions:

5. Shalom for my body (additional advanced intervention #3)

Once the recipient is willing to cooperate with the safety net of going back to her positive memories and connection with Jesus, decreasing the intensity of her negative emotions will make it much easier.

Advanced safety-net scenario – big picture perspective:



Advanced safety-net scenario – big picture perspective:

300 participants

1-2 practice groups encountering advanced scenario



Essay: "Safety-net Scenarios that are more Difficult"

Special Subjects/Advanced Topics section,
Resources page



Immanuel Approach website:
www.immanuelapproach.com



Shalom for my body:

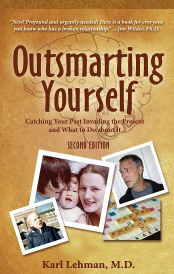


Shalom for my body:

1. Hands up!
2. Yawn left and right
3. Chest tap and rub



Shalom for my body, additional resources:



Outsmarting Yourself, Chapter 20:

Additional discussion regarding theory, detailed instructions regarding each component of exercises

47

Essay: "Safety-net Scenarios that are more Difficult"

Special Subjects/Advanced Topics section,
Resources page



Immanuel Approach website:
www.immanuelapproach.com



Immanuel Approach

Basic Training

9b. Shalom for My Body,
demonstration of use
in session

Shalom-for-My-Body Exercise as an Intermediate or Advanced Safety-Net Resource:



Enhanced

Once the internal part has agreed to cooperate with deploying the safety net, you can use shalom-for-my-body to reduce the intensity of fear and/or anger, and this will make it much easier for the recipient to go back to their initial positive memory and initial connection with Jesus.



Advanced

If the intensity of the recipient's fear is beyond the recipient's capacity and/or your capacity, you can use the shalom-for-my-body intervention to bring down the intensity of the fear.



Advanced

Shalom-for-my-body is particularly effective for reducing fear and anger. You can coach the recipient through the shalom-for-my-body exercise, the intensity of their fear or anger will come down dramatically, and it will be much easier to deploy the safety net.



Advanced

Demonstration – Coaching the Recipient Through the Shalom-for-My-Body Exercise:



Advanced

Shalom-for-my-body is a very physical intervention, and when the recipient is simply following the facilitator who is modeling the exercise, it requires very little cognitive processing or explanation.



Advanced

The simplest version of this intervention, for recipients who are especially impaired by being especially overwhelmed by especially intense fear or anger, is to simply go through shalom-for-my-body in front of the recipient, while periodically (as needed to help them follow you) coaching something along the lines of, "Look at me! Watch me! Follow me – do it with me."



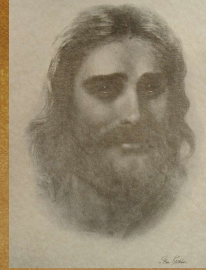
Advanced

Immanuel Approach Basic Training

10. Immanuel Approach Emotional Healing, Basic, Variation #1

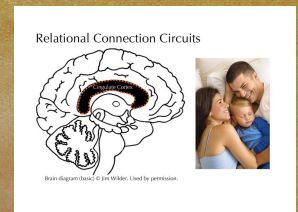
I. Immanuel truth:

I. Immanuel truth: God is *always* with us, God is *always* glad to be with us, and God *always* wants to connect with us.

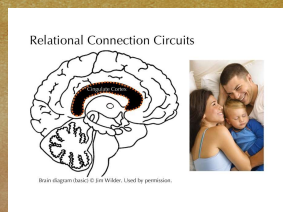


II. Relational circuits:

II. Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships.



II. Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships. And we can connect with each other and with God much more easily when these relational circuits are online and strongly active.



III. Positive memories and appreciation:

III. Positive memories and appreciation: We can predictably, reliably, consistently get these relational circuits online and strongly active by recalling and connecting with positive memories, and then deliberately generating, or stirring up, strong appreciation.



IV. Interactive connection with God:

IV. Interactive connection with God: We can establish a living, interactive connection with God by inviting God's presence into the positive memory, asking God to help us perceive His presence, and then noticing whatever comes into our awareness.



V. The special value of God-connection positive memories:

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VII. Immanuel Approach safety nets:

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The Pain-Processing Pathway, Psychological Trauma, and Immanuel Approach Emotional Healing



I. The Pain Processing Pathway

I. The Pain Processing Pathway

PAIN

I. The Pain Processing Pathway

PAIN

Pain Processing Pathway

I. The Pain Processing Pathway

PAIN

1

Maintaining organized attachment

Pain Processing Pathway

I. The Pain Processing Pathway

PAIN

2

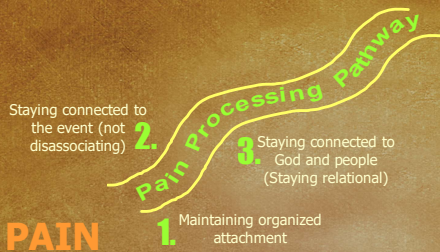
Staying connected to the event (not disassociating)

1

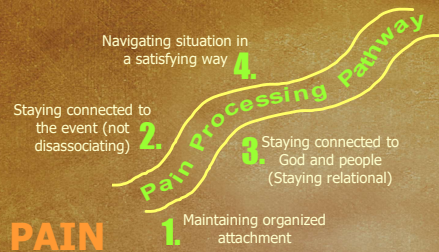
Maintaining organized attachment

Pain Processing Pathway

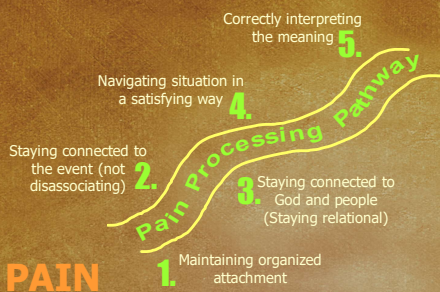
I. The Pain Processing Pathway



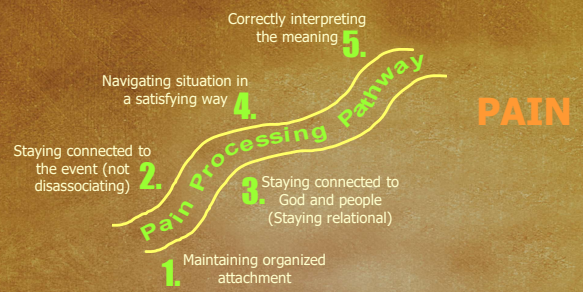
I. The Pain Processing Pathway



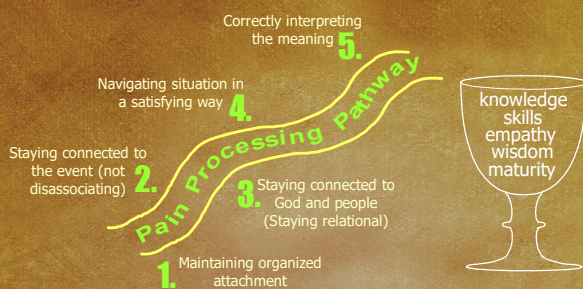
I. The Pain Processing Pathway



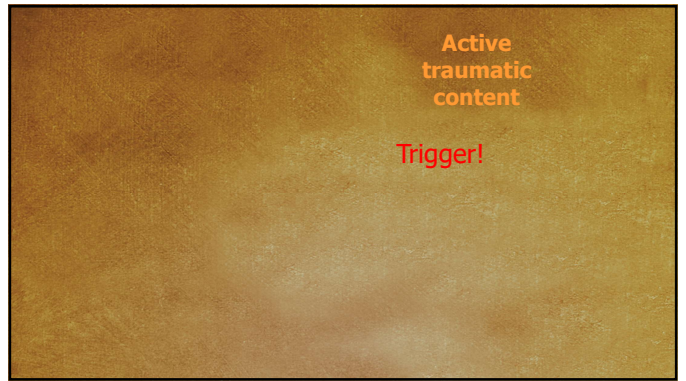
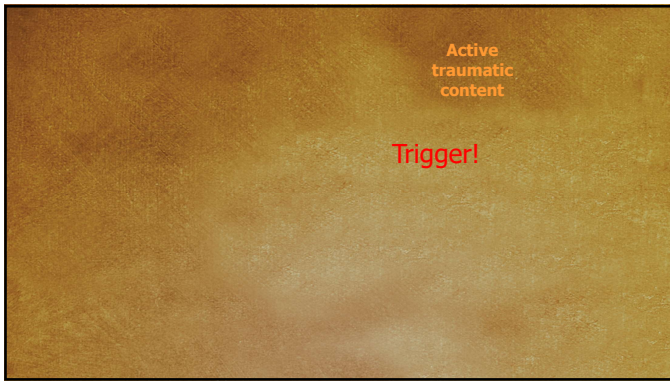
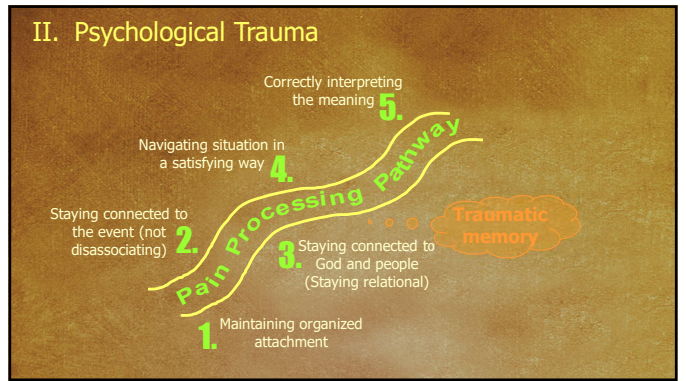
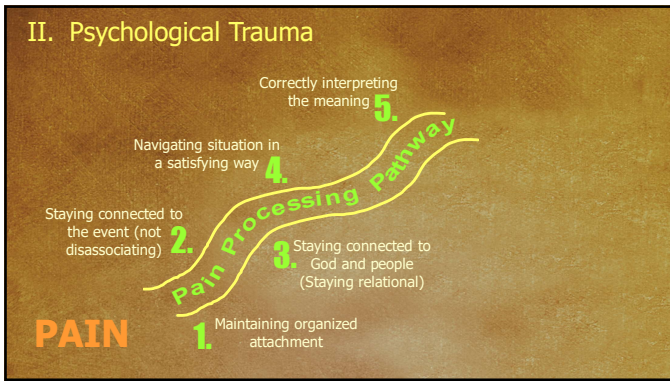
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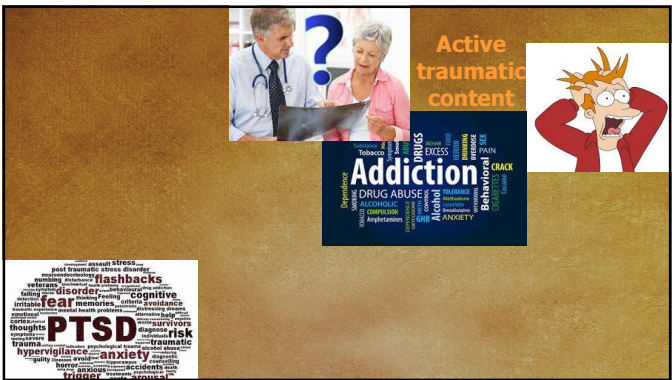
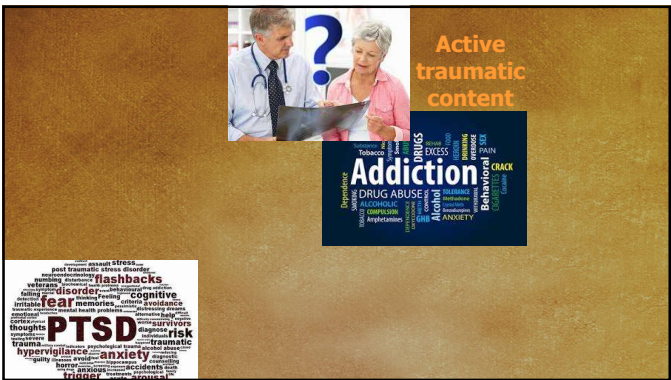


I. The Pain Processing Pathway



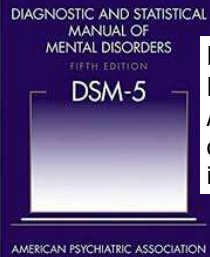
II. Psychological Trauma







"Trauma" "Traumatic"



Posttraumatic Stress Disorder

Diagnostic Criteria:

A. Exposure to actual or threatened death, serious injury, or sexual violence in one (or more) of the following ways:

"Trauma" "Traumatic"

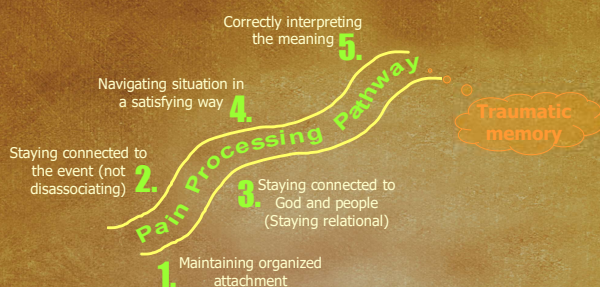
...A trauma is a painful experience that has not been successfully processed.

III. Resolving Traumatic Memories

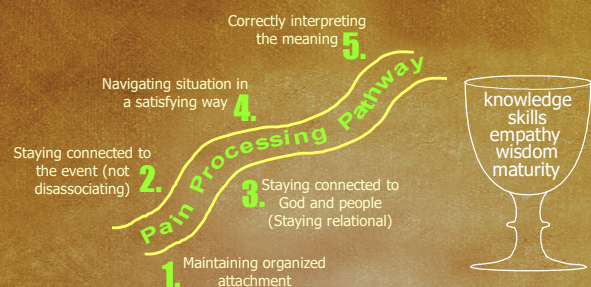
III. Resolving Traumatic Memories



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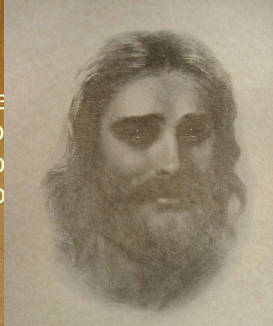
IV. Immanuel Approach Emotional Healing

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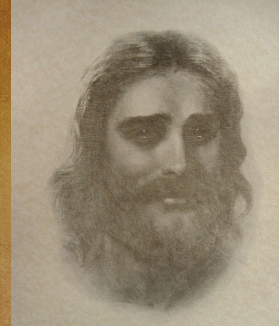
If we are able to perceive the Lord's presence, establish a connection with him, and receive assistance from him, this potentially complicated process can become very simple.

IV. Immanuel Approach Emotional Healing

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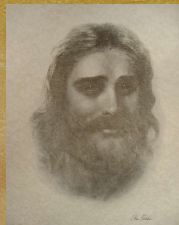


Basic Immanuel Approach emotional healing:



Basic Immanuel Approach emotional healing:

A. Establish the foundation for the session by using the simple tools just mentioned to help the recipient perceive God's presence and establish an interactive connection;



Basic Immanuel Approach emotional healing:

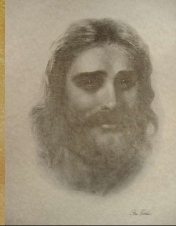
A. Establish the foundation for the session by using the simple tools just mentioned to help the recipient perceive God's presence and establish an interactive connection;

B. Coach the recipient to turn to Jesus, focus on Jesus, and engage directly with Jesus at every point in the session, regarding every issue that comes up, and regarding every difficulty that arises.

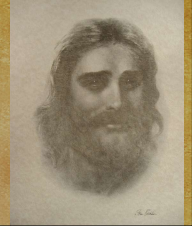


Basic Immanuel Approach emotional healing:

C. If you are running out of time and the traumatic memory is still not fully resolved, use the end-of-session "safety net" (help the recipient return to the initial positive memory, appreciation, and connection with Jesus).

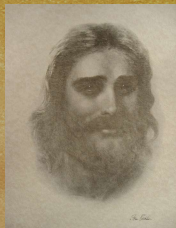


Basic Immanuel Approach emotional healing, variation #1:



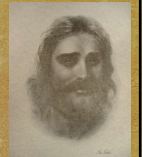
Basic Immanuel Approach emotional healing, variation #1:

ONE
intervention



Basic Immanuel Approach emotional healing, variation #1:

For healing:



Basic Immanuel Approach emotional healing, variation #1:

For healing:

1. Coach her to connect with the traumatic memory, and then help her to identify a target for healing work – a distorted perception, a question, or any other unresolved issue or piece of toxic content that needs to be processed.



Basic Immanuel Approach emotional healing, variation #1:

For healing:

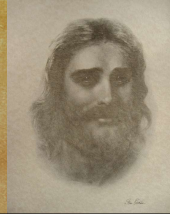
1. Coach her to connect with the traumatic memory, and then help her to identify a target for healing work – a distorted perception, a question, or any other unresolved issue or piece of toxic content that needs to be processed.
2. Coach the recipient back to her initial connection with Jesus, and in the safe, comfortable context of the initial positive memory, help her to engage with Jesus regarding the healing target until it is resolved.



Basic Immanuel Approach emotional healing,
variation #1:

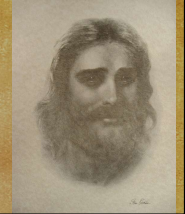
For healing:

3. Repeat this process until the traumatic memory is resolved or you come to the end of your available time.



Basic Immanuel Approach emotional healing,
variation #1:

For troubleshooting:



Basic Immanuel Approach emotional healing,
variation #1:

For troubleshooting:

If you encounter any problems, including encountering content that is too intense or just needing a break, you use the exact same intervention – you coach the recipient back to her initial connection with Jesus, and then help her talk to Him about the problem in that safe, comfortable context.



Basic Immanuel Approach emotional healing,
variation #1, demonstration:



Basic Immanuel Approach emotional healing,
variation #1, demonstration:

- Sample opening prayer

Basic Immanuel Approach emotional healing,
variation #1, demonstration:

- Sample opening prayer
- Set up safety-net home base and establish connection with Jesus

**Basic Immanuel Approach emotional healing,
variation #1, demonstration:**

- Sample opening prayer
- Set up safety-net home base and establish connection with Jesus
- Connect with traumatic memory

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variation #1, demonstration:**

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- Set up safety-net home base and establish connection with Jesus
- Connect with traumatic memory
- Identify target for healing work

**Basic Immanuel Approach emotional healing,
variation #1, demonstration:**

- Sample opening prayer
- Set up safety-net home base and establish connection with Jesus
- Connect with traumatic memory
- Identify target for healing work
- Healing – go back to initial connection with Jesus, and in that safe, comfortable context, work with Jesus for healing.

**Basic Immanuel Approach emotional healing,
variation #1, demonstration:**

- Repeat (connect with trauma, find healing target, return to Jesus in positive memory for healing work)

**Basic Immanuel Approach emotional healing,
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- Repeat (connect with trauma, find healing target, return to Jesus in positive memory for healing work)
- Troubleshooting

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- Repeat (connect with trauma, find healing target, return to Jesus in positive memory for healing work)
- Troubleshooting – go back to connection with Jesus in positive memory, and then in that safe, comfortable context, focus on Jesus and ask Jesus for guidance and help
- Check-in, end-of-session safety net, sample closing prayer

**Intermediate and Advanced Troubleshooting
Principles and Tools:**

**Intermediate and Advanced Troubleshooting
Principles and Tools:**

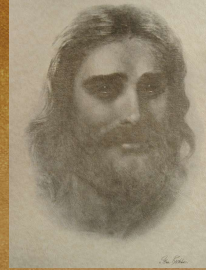
You can learn the basics in a weekend; and you can spend the rest of your life mastering the intermediate and advanced material.

Immanuel Approach Basic Training

11a. Immanuel Approach Emotional Healing, Basic, Variation #2

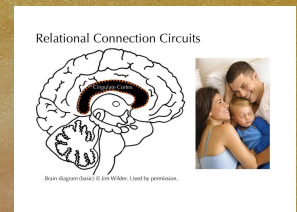
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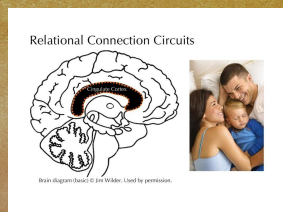


Relational circuits:

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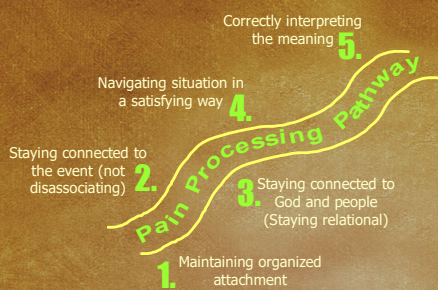


The pain processing pathway, psychological trauma, resolving psychological trauma, and Immanuel Approach emotional healing:

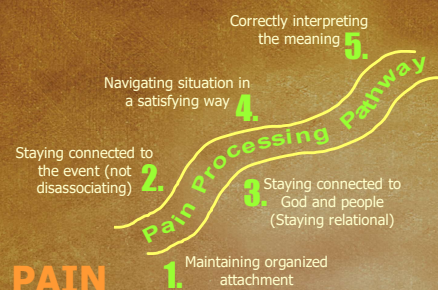


I. The Pain Processing Pathway

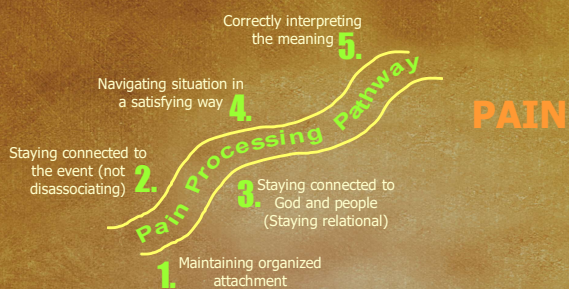
I. The Pain Processing Pathway



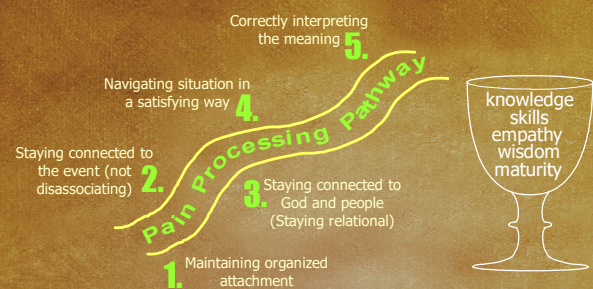
I. The Pain Processing Pathway



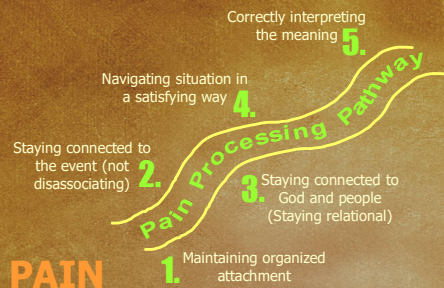
I. The Pain Processing Pathway



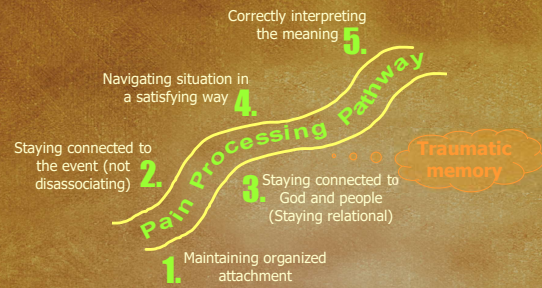
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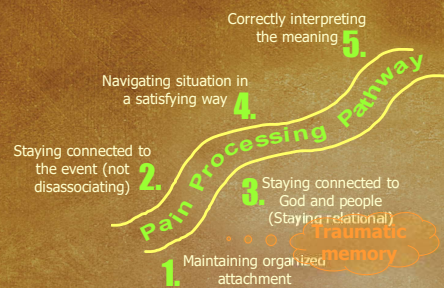
II. Psychological Trauma



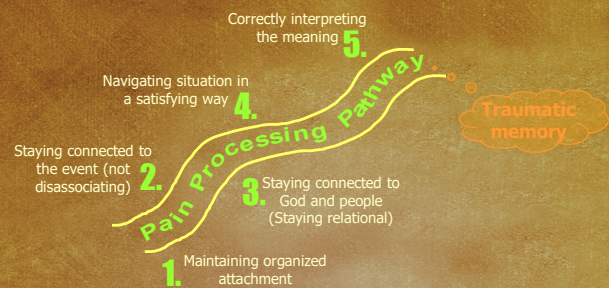
II. Psychological Trauma



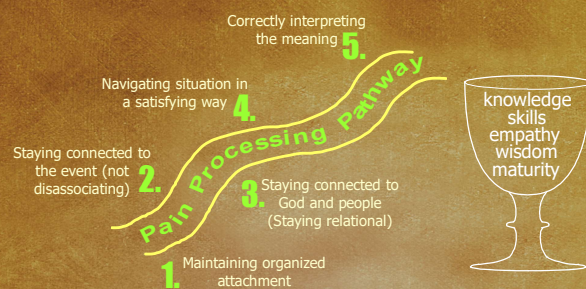
III. Resolving Traumatic Memories



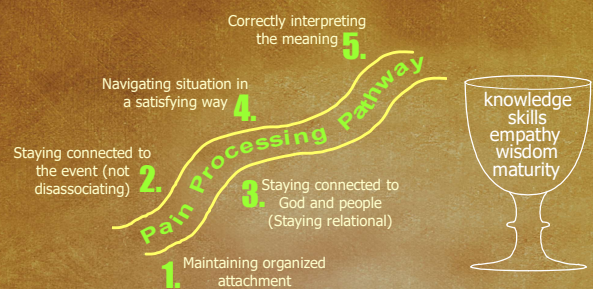
III. Resolving Traumatic Memories



III. Resolving Traumatic Memories



IV. Immanuel Approach Emotional Healing

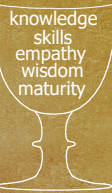
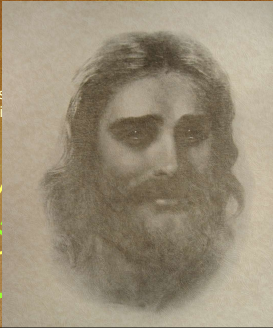


IV. Immanuel Approach Emotional Healing

Navigating s
a satisfy

Staying connected to
the event (not
disassociating)

2.
pat
1.



IV. Immanuel Approach Emotional Healing

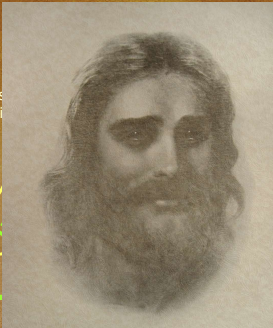
If we are able to perceive the Lord's presence, establish a connection with him, and receive assistance from him, this potentially complicated process can become very simple.

IV. Immanuel Approach Emotional Healing

Navigating s
a satisfy

Staying connected to
the event (not
disassociating)

2.
pat
1.



Basic Immanuel Approach emotional healing, variation #2:



Basic Immanuel Approach emotional healing:



Basic Immanuel Approach emotional healing:

A. Establish the foundation for the session by using the simple tools just mentioned to help the recipient perceive God's presence and establish an interactive connection;



Basic Immanuel Approach emotional healing:

- A. Establish the foundation for the session by using the simple tools just mentioned to help the recipient perceive God's presence and establish an interactive connection;
- B. Coach the recipient to turn to Jesus, focus on Jesus, and engage directly with Jesus at every point in the session, regarding every issue that comes up, and regarding every difficulty that arises.



Basic Immanuel Approach emotional healing:

- C. If you are running out of time and the traumatic memory is still not fully resolved, use the end-of-session "safety net" (help the recipient return to the initial positive memory, appreciation, and connection with Jesus).



Basic Immanuel Approach emotional healing, variation #2:



Basic Immanuel Approach emotional healing, variation #2:

ONE healing intervention



Basic Immanuel Approach emotional healing, variation #2:

ONE healing intervention
ONE troubleshooting
intervention



Basic Immanuel Approach emotional healing, variation #2:

ONE healing intervention
ONE troubleshooting
intervention
ONE additional coa
skill



Basic Immanuel Approach emotional healing,
variation #2:

For healing:



Basic Immanuel Approach emotional healing,
variation #2:

For healing:

1. Coach her to connect with the traumatic memory, and then as soon as she is *inside* the traumatic memory, coach her to go through the Immanuel invitation and request prayer *from inside the traumatic memory* – help her to perceive God's presence and connect with God *inside* the traumatic memory.



Basic Immanuel Approach emotional healing,
variation #2:

For healing:

2. ...



Basic Immanuel Approach emotional healing,
variation #2:

For healing:

2. ...**ONE healing intervention:** At every point in the process, regarding every healing target, question, pain, fear, or issue that comes up: help the recipient get words for whatever healing target, question, pain, fear, or issue is in front of her, coach her to focus on Jesus, coach her to share directly with Jesus regarding the healing target, question, pain, fear, or issue, coach her to ask Jesus for guidance and help, and then coach her to describe whatever comes into her awareness.



Basic Immanuel Approach emotional healing,
variation #2:

For healing:

2. ...**ONE healing intervention:**help her get words for the new content coming into her awareness, coach her to take the new content to Jesus and ask for more guidance and help, coach her to describe the next round of new content that comes into her awareness, and keep repeating this until the trauma is resolved.



Basic Immanuel Approach emotional healing,
variation #2:

For troubleshooting:



Basic Immanuel Approach emotional healing,
variation #2:

For troubleshooting:

If you encounter any problems...



Basic Immanuel Approach emotional healing,
variation #2:

For troubleshooting:

If you encounter any problems...coach the recipient back to the positive memory and connection with Jesus from the beginning of the exercise; and in that safe, comfortable context, help the recipient to get words for the fear, problem, or question, coach her to focus on Jesus, coach her to share directly with Jesus regarding the fear, problem, or question, coach her to ask Jesus for guidance and help, and then coach her to describe whatever comes into her awareness.



Basic Immanuel Approach emotional healing,
variation #2:

Additional coaching skill



Basic Immanuel Approach emotional healing,
variation #2:

Additional coaching skill

As appropriate, as part of either healing work or troubleshooting, help the recipient get words for whatever issue, pain, fear, problem, or question is in front of her, and then coach her to share these words directly with Jesus.



Basic Immanuel Approach emotional healing,
variation #2, demonstration:



Basic Immanuel Approach emotional healing,
variation #2, demonstration:

➤ Sample opening prayer

Basic Immanuel Approach emotional healing,
variation #2, demonstration:

- Sample opening prayer
- Set up safety-net home base

Basic Immanuel Approach emotional healing,
variation #2, demonstration:

- Sample opening prayer
- Set up safety-net home base
- Connect with traumatic memory

Basic Immanuel Approach emotional healing,
variation #2, demonstration:

- Sample opening prayer
- Set up safety-net home base
- Connect with traumatic memory
- Connect with God *inside* the traumatic memory

Basic Immanuel Approach emotional healing,
variation #2, demonstration:

- Sample opening prayer
- Set up safety-net home base
- Connect with traumatic memory
- Connect with God *inside* the traumatic memory
- ONE healing intervention – at every point in the process, regarding every healing target, question, pain, fear, or issue, ...help get words,...and then help engage directly with Jesus

Basic Immanuel Approach emotional healing,
variation #2, demonstration:

- ONE troubleshooting tool

Basic Immanuel Approach emotional healing,
variation #2, demonstration:

- ONE troubleshooting tool – coach to go back to connection with Jesus in positive memory, and then in that safe, comfortable context,...coach to focus on Jesus and ask Jesus for guidance and help

Basic Immanuel Approach emotional healing,
variation #2, demonstration:

- ONE troubleshooting tool – coach to go back to connection with Jesus in positive memory, and then in that safe, comfortable context,...coach to focus on Jesus and ask Jesus for guidance and help
- Check-in, end-of-session safety net, sample closing prayer

Intermediate and Advanced Troubleshooting
Principles and Tools:

Intermediate and Advanced Troubleshooting
Principles and Tools:

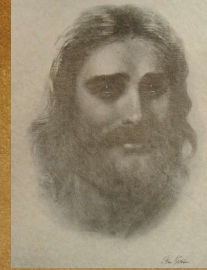
You can learn the basics in a weekend; and you can spend the rest of your life mastering the intermediate and advanced material.

Immanuel Approach Basic Training

11b. Immanuel Approach
Emotional Healing,
Basic, Variation #3

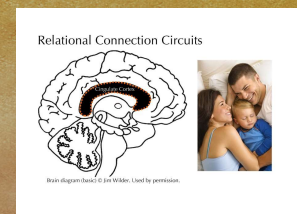
Immanuel truth:

Immanuel truth: God is *always* with us, God is *always* glad to be with us, and God *always* wants to connect with us.

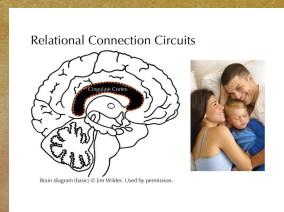


Relational circuits:

Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships.



Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships. And we can connect with each other and with God much more easily when these relational circuits are online and strongly active.



Positive memories and appreciation:

Positive memories and appreciation: We can predictably, reliably, consistently get these relational circuits online and strongly active by recalling and connecting with positive memories, and then deliberately generating, or stirring up, strong appreciation.



Interactive connection with God:

Interactive connection with God: We can establish a living, interactive connection with God by inviting God's presence into the positive memory, asking God to help us perceive His presence, and then noticing whatever comes into our awareness.



Special value of God-connection positive memories:

Special value of God-connection positive memories:

- Our relationships are memory-mapped – our relationships are carried in our memories.



Special value of God-connection positive memories:

- Our relationships are memory-mapped – our relationships are carried in our memories.
- Reconnecting with memory recreates. . . the same mind-brain conditions that were present at original experience.



Special value of God-connection positive memories:

- Our relationships are memory-mapped – our relationships are carried in our memories.
- Reconnecting with memory recreates. . . the same mind-brain conditions that were present at original experience.
- Using positive memories that include an experience of God's presence takes advantage of these two pieces of brain science.



Our brains are designed to work best in community:

Our brains are designed to work best in community:

- Describing our internal mental content, out loud to another person, helps us to *feel its importance* and to *recognize its meaning*.



Our brains are designed to work best in community:

- Describing our internal mental content, out loud to another person, helps us to *feel its importance* and to *recognize its meaning*.
- Including this piece in our Immanuel prayer will enable us to perceive *subtle* manifestations of the Lord's presence *that we might otherwise miss*, and enable us to recognize and receive *subtle* interactive content from the Lord *that we might otherwise miss*.



Immanuel Approach safety nets:

Immanuel Approach safety nets: At the beginning of the session we set up a positive-memory, appreciation, connection-with-God "home base;" and then we can coach the recipient to go back to this home base if we get into trouble at any point later in the session, or if we run out of time at the end of the session and the recipient is still connected to unresolved traumatic content.



The pain processing pathway, psychological trauma, resolving psychological trauma, and Immanuel Approach emotional healing:

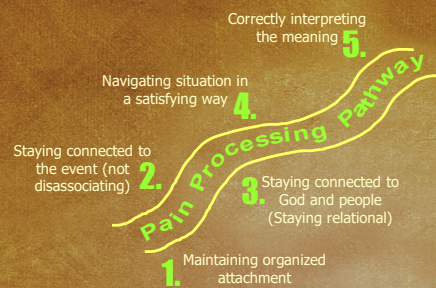


NOTE to IVCF video editing team: there are a number of places in these presentations where I rendered animated slides (sometimes from separate PP presentations) into mp4 files, and then captured still frames from the video time line. So some of the slides in the final video cannot be found directly as still slides in the PP presentation.

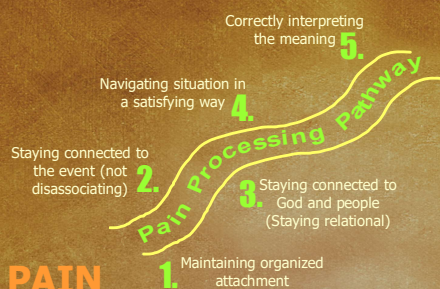
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I. The Pain Processing Pathway

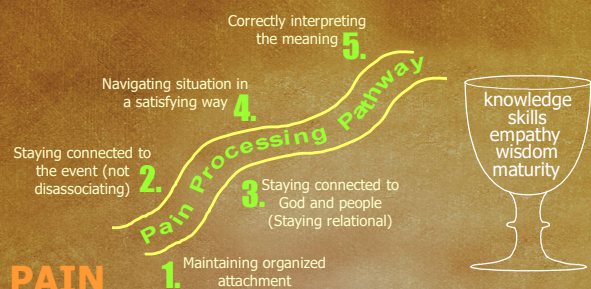
I. The Pain Processing Pathway



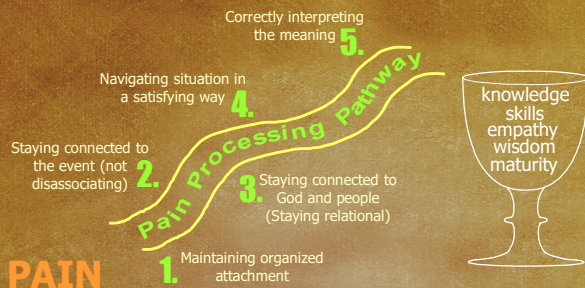
I. The Pain Processing Pathway



I. The Pain Processing Pathway

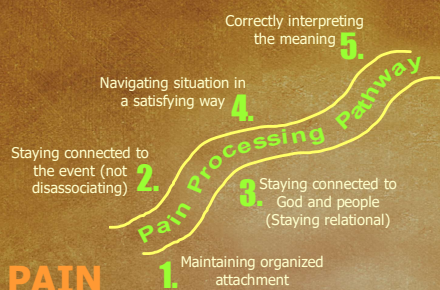


I. The Pain Processing Pathway

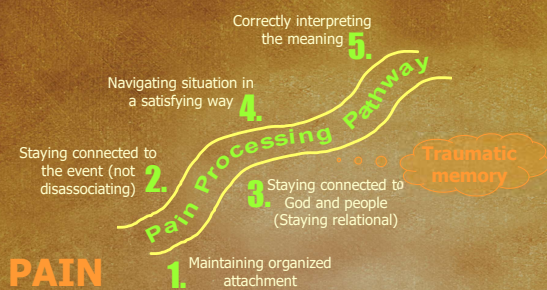


II. Psychological Trauma

II. Psychological Trauma



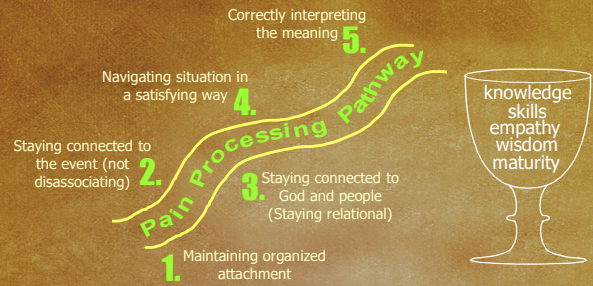
II. Psychological Trauma



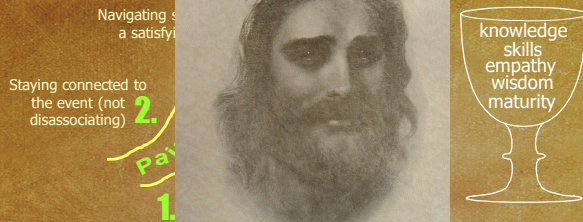
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IV. Immanuel Approach Emotional Healing

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IV. Immanuel Approach Emotional Healing



IV. Immanuel Approach Emotional Healing

If we are able to perceive the Lord's presence, establish a connection with him, and receive assistance from him, this potentially complicated process can become very simple.

Basic Immanuel Approach emotional healing, variation #3:



Basic Immanuel Approach emotional healing:



Basic Immanuel Approach emotional healing:

A. Establish the foundation for the session by using the simple tools just mentioned to help the recipient perceive God's presence and establish an interactive connection;



Basic Immanuel Approach emotional healing:

A. Establish the foundation for the session by using the simple tools just mentioned to help the recipient perceive God's presence and establish an interactive connection;

B. Coach the recipient to turn to Jesus, focus on Jesus, and engage directly with Jesus at every point in the session, regarding every issue that comes up, and regarding every difficulty that arises.



Basic Immanuel Approach emotional healing:

C. If you are running out of time and the traumatic memory is still not fully resolved, use the end-of-session "safety net" (help the recipient return to the initial positive memory, appreciation, and connection with Jesus).



Basic Immanuel Approach emotional healing, variation #3:



Basic Immanuel Approach emotional healing, variation #3:

The key difference with the third variation is that you do troubleshooting work with the recipient still connected to (inside of) the traumatic memory.



Basic Immanuel Approach emotional healing, variation #3:

For healing:



Basic Immanuel Approach emotional healing,
variation #3:

For healing:

1. Coach them to connect with the traumatic memory, and then as soon as they are *inside* the traumatic memory, coach them to go through the Immanuel invitation and request prayer *from inside the traumatic memory* – help them to perceive God's presence and connect with God *inside* the traumatic memory.



Basic Immanuel Approach emotional healing,
variation #3:

For healing:

2. ...



Basic Immanuel Approach emotional healing,
variation #3:

For healing:

2. **ONE healing intervention:**



Basic Immanuel Approach emotional healing,
variation #3:

For healing:

2. **ONE healing intervention:** At every point in the process, regarding every healing target, question, pain, fear, problem, or issue that comes up: help the recipient get words for whatever healing target, question, pain, fear, problem, or issue is in front of them; coach them to focus on Jesus; coach them to share directly with Jesus regarding the healing target, question, pain, fear, problem, or issue; coach them to ask Jesus for guidance and help, and then coach them to describe whatever comes into their awareness.



Basic Immanuel Approach emotional healing,
variation #3:

For healing:

2. **ONE healing intervention:**help them get words for the new content coming into their awareness, coach them to take the new content to Jesus and ask for more guidance and help, coach them to describe the next round of new content that comes into their awareness, and keep repeating this until the trauma is resolved.



Basic Immanuel Approach emotional healing,
variation #3:

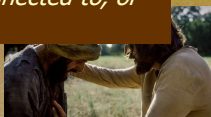
For troubleshooting:



Basic Immanuel Approach emotional healing,
variation #3:

For troubleshooting:

If the recipient does not quickly perceive and connect with Jesus in the traumatic memory, or if they lose the connection with Jesus at any point later in the session, you work with the recipient to troubleshoot *while they are still connected to, or inside of, the traumatic memory.*



Basic Immanuel Approach emotional healing,
variation #3:

For troubleshooting:

Troubleshooting *inside of* the traumatic memory:

Basic Immanuel Approach emotional healing,
variation #3:

For troubleshooting:

Troubleshooting *inside of* the traumatic memory:

1. Coach the recipient to ask, "What's in the way of my being able to perceive Your presence here, in this memory?"

Basic Immanuel Approach emotional healing,
variation #3:

For troubleshooting:

Troubleshooting *inside of* the traumatic memory:

1. Coach the recipient to ask, "What's in the way of my being able to perceive Your presence here, in this memory?"
2. Coach/help the recipient to focus and get words for whatever problem or blockage comes into their awareness in response to this prayer.

Basic Immanuel Approach emotional healing,
variation #3:

For troubleshooting:

Troubleshooting *inside of* the traumatic memory:

3. Coach the recipient to describe the problem/blockage directly to the Lord (in faith, since they can't yet perceive His presence in any tangible way), and then to ask the Lord for help with the problem/blockage.

Basic Immanuel Approach emotional healing,
variation #3:

For troubleshooting:

Troubleshooting *inside of* the traumatic memory:

3. Coach the recipient to describe the problem/blockage directly to the Lord (in faith, since they can't yet perceive His presence in any tangible way), and then to ask the Lord for help with the problem/blockage.
4. Coach the recipient to repeat the Immanuel invitation and request prayer (still from inside the traumatic memory), and then to describe whatever comes into their awareness.

Basic Immanuel Approach emotional healing,
variation #3:

For troubleshooting:

Troubleshooting *inside of* the traumatic memory:

We do ***not*** use a relaxation intervention to reduce anxiety (if it is present), since a relaxation intervention will usually just take the recipient out of the traumatic memory.

Basic Immanuel Approach emotional healing,
variation #3:

For troubleshooting:

Backup (safety-net) troubleshooting intervention:

Basic Immanuel Approach emotional healing,
variation #3:

For troubleshooting:

Backup (safety-net) troubleshooting intervention:

Coach the recipient back to the positive memory and connection with Jesus from the beginning of the exercise, and in that safe, comfortable context, help the recipient to get words for the blockage, problem, or need; coach them to focus on Jesus; coach them to share directly with Jesus regarding the blockage, problem, or need; coach them to ask Jesus for guidance and help; and then coach them to describe whatever comes into their awareness.

Basic Immanuel Approach emotional healing,
variation #3:

Additional coaching skill



Basic Immanuel Approach emotional healing,
variation #3:

Additional coaching skill

As appropriate, as part of either healing work or troubleshooting, help the recipient get words for whatever issue, pain, fear, problem, or question is in front of her, and then coach her to share these words directly with Jesus.

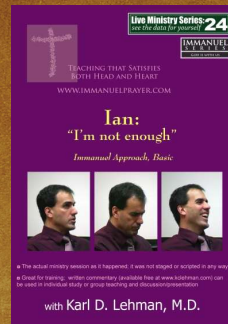
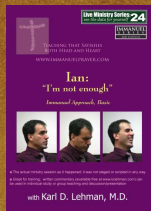


Basic Immanuel Approach emotional healing,
variation #3:

If the recipient has the capacity to stay connected to the traumatic memory, and they are able to do troubleshooting work while still connected to the trauma, it is more time-efficient to just stay inside the traumatic memory, as opposed to taking the time to go back to the initial positive memory for the troubleshooting work.



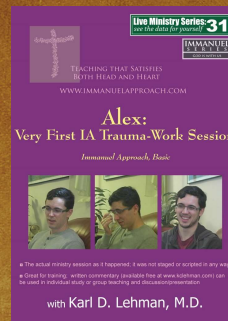
Basic Immanuel Approach emotional healing, variation #3, demonstration:



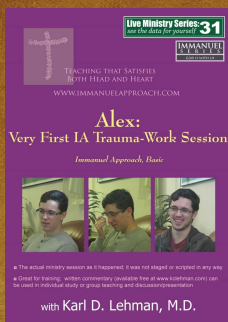
Troubleshooting while still inside of (connected to) traumatic memory:
Ian's session: 11:29 to 17:07

Troubleshooting while still inside of (connected to) traumatic memory:

Clip from Emily's session



Troubleshooting while still inside of (connected to) traumatic memory:
Alex's session: 31:34 to 42:33



Troubleshooting while still inside of (connected to) traumatic memory:

Alex's session: 57:23 to 1:04:07

Backup, or safety-net, troubleshooting tool:

You coach the recipient back to the positive memory and connection with Jesus from the beginning of the exercise; and in that safe, comfortable context, you coach the recipient to ask Jesus for guidance and help regarding the problem.

Backup, or safety-net, troubleshooting tool: You coach the recipient back to the positive memory and connection with Jesus from the beginning of the exercise; and in that safe, comfortable context, you coach the recipient to ask Jesus for guidance and help regarding the problem.

Intermediate and Advanced Troubleshooting
Principles and Tools:

Intermediate and Advanced Troubleshooting
Principles and Tools:

You can learn the basics in a weekend; and you can spend the rest of your life mastering the intermediate and advanced material.

Immanuel Approach Basic Training

12. Intimacy is the Most
Important, #1 Priority
and Goal

The Primary, Most Important, #1 Priority and Goal for the Immanuel Approach: Increased Intimacy with God.



The primary purpose = relieve suffering

The primary purpose = relieve suffering



"I love my children, and I am glad to free them from suffering; but the primary, most important purpose of all this emotional healing stuff is to remove the blockages that are between your heart and me. *The primary, most important purpose of emotional healing is to remove the blockages that hinder your heart from coming to me.*"

"A simple yet central part of the Immanuel Approach is this shifting of the primary priority from "resolve trauma and relieve symptoms" to "optimize the person's connection and intimacy with God."

I. More Evidence in Support -- Increased Intimacy = Primary, Most Important, #1 Priority & Goal:

I. More Evidence in Support -- Increased Intimacy
= Primary, Most Important, #1 Priority & Goal:

A. Immanuel encounters:

I. More Evidence in Support -- Increased Intimacy
= Primary, Most Important, #1 Priority & Goal:

A. Immanuel encounters:

1. "I love it when you open your heart to me."



"I *love* it when you open your heart to me like this –
I *love* it when you get words for what's in your heart
and share them with me – I *love* it when you let me
be with you in this place."

Jesus was *intensely, personally, intimately*
pleased...He was *intensely, personally* delighted by
her choice to open her heart to Him in such a
courageous, vulnerable, intimate way.

I. More Evidence in Support -- Increased Intimacy
= Primary, Most Important, #1 Priority & Goal:

A. Immanuel encounters:

2. "What hurts the most is that you don't let me be
with you."



I. More Evidence in Support -- Increased Intimacy
= Primary, Most Important, #1 Priority & Goal:

A. Immanuel encounters:

2. "What hurts the most is that you don't let me be
with you."

"Jesus says that..."

I. More Evidence in Support -- Increased Intimacy
= Primary, Most Important, #1 Priority & Goal:

A. Immanuel encounters:

2. "What hurts the most is that you don't let me be with you."

"Jesus says that...what hurts Him the most is that I don't let Him be with me when I go to strip clubs."

I. More Evidence in Support -- Increased Intimacy
= Primary, Most Important, #1 Priority & Goal:

A. Immanuel encounters:

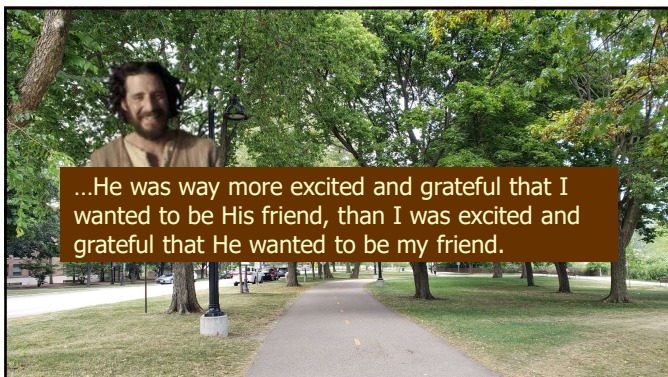
2. "What hurts the most is that you don't let me be with you."

"Jesus says that...what hurts Him the most is that I don't let Him be with me when I go to strip clubs. Jesus says that what really hurts Him is that He can't be with me."

I. More Evidence in Support -- Increased Intimacy
= Primary, Most Important, #1 Priority & Goal:

A. Immanuel encounters:

3. Jesus is even more excited to be my friend.



...He was way more excited and grateful that I wanted to be His friend, than I was excited and grateful that He wanted to be my friend.

A. Supporting evidence from Immanuel encounters:



A. Supporting evidence from Immanuel encounters:



Intimacy with Jesus is not just the number one priority for our lives because *we* want and need to have a living, interactive friendship connection with *Him*; but also because *Jesus* deeply, poignantly, earnestly desires to have a living, interactive friendship connection with *us*.

I. More Evidence in Support -- Increased Intimacy = Primary, Most Important, #1 Priority & Goal:

A. Immanuel encounters:



B. The REVEAL study – intimacy with Jesus and Spiritual growth:



The big lion book,
Supplementary chapter 18b
Available as free download from
the Getting Started page on
www.immanuelapproach.com

A. Supporting evidence from Immanuel encounters:

B. The REVEAL study – intimacy with Jesus and Spiritual growth:



This incredibly well designed, carefully executed, statistically powerful study shows that *relational closeness/intimacy with Jesus is the number one predictor and driver of spiritual growth.*

I. More Evidence in Support -- Increased Intimacy = Primary, Most Important, #1 Priority & Goal:

A. Immanuel encounters:



B. The REVEAL study – intimacy with Jesus and Spiritual growth:



C. The greatest commandment



I. More Evidence in Support -- Increased Intimacy = Primary, Most Important, #1 Priority & Goal:

A. Immanuel encounters:



B. The REVEAL study – intimacy with Jesus and Spiritual growth:



C. The greatest commandment



"You must love the Lord your God with all your heart, all your soul, and all your mind. This is the first and greatest commandment."

Matt 22:36&37, Mark 12:28-30.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

The Immanuel Approach *inherently* prioritizes connection and intimacy with God. That is, the importance of our living, interactive, personal, tangible, friendship connection with God is *inherently* imbedded in many of the components of the Immanuel Approach.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

Wow! Sale!

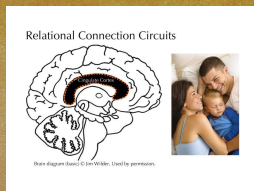
Big Hero Dude!

**One-Click Amazon Purchase!
Get Yours Now!**



II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

A. Deliberate appreciation:



II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

A. Deliberate appreciation:

This component of the Immanuel Approach thereby *inherently* prioritizes intimacy with the Lord by making it easier to establish a good connection with him.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

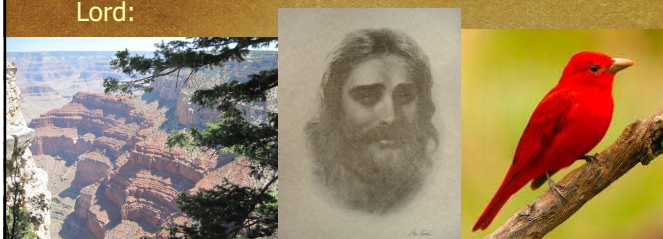
A. Deliberate appreciation:

Wow! Sale!
Big Hero Dude!
One-Click Amazon Purchase!
Get Yours Now!



II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

B. Memories for past positive experiences with the Lord:



II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

B. Memories for past positive experiences with the Lord:



II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

B. Memories for past positive experiences with the Lord:

By making it easier for us to connect with Jesus in the context of any given Immanuel encounter, and by strengthening our ongoing relationships with Jesus *in our brains*, this component contributes to the many ways in which the Immanuel Approach *inherently* prioritizes intimacy with the Lord.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

C. Constant focus on an interactive connection with Jesus:



II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

C. Constant focus on an interactive connection with Jesus:

- At the beginning of each session we help the recipient establish this connection.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

C. Constant focus on an interactive connection with Jesus:

- At the beginning of each session we help the recipient establish this connection.
- Throughout the middle of the session, we constantly check to make sure that the recipient is still perceiving Jesus and connected to Jesus.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

C. Constant focus on an interactive connection with Jesus:

- At any point the person loses this connection, we troubleshoot to identify and resolve the hindrances that are getting in the way so that she can re-establish her Jesus connection.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

C. Constant focus on an interactive connection with Jesus:

- At any point the person loses this connection, we troubleshoot to identify and resolve the hindrances that are getting in the way so that she can re-establish her Jesus connection.
- And at the end of each session, we make sure that the recipient is at a good place and connected to Jesus.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

C. Constant focus on an interactive connection with Jesus:

This constant *functional, practical* focus on an interactive connection with the living presence of Jesus, throughout each and every session, obviously prioritizes intimacy with Jesus.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

D. Describing everything that comes into your awareness:



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The recipient describing everything that comes into her awareness,...

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

D. Describing everything that comes into your awareness:

The recipient describing everything that comes into her awareness,...makes it easier for her to recognize and appreciate *subtle* perceptions of the Lord's presence and *subtle* interactive connections.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

D. Describing everything that comes into your awareness:

Just as with deliberate appreciation, this component *inherently* prioritizes intimacy with the Lord by making it easier to establish a good connection with him.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

E. Immanuel interventions as the central troubleshooting component:



II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

E. Immanuel interventions as the central troubleshooting component:

Immanuel Interventions are troubleshooting interventions that are specifically, strategically, especially focused on finding and resolving any issues hindering our ability to perceive Jesus and connect with Jesus, and *they are the most important troubleshooting component of the Immanuel Approach.*

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

E. Immanuel interventions as the central troubleshooting component:

- If the recipient can't connect with Jesus at the beginning of the session, we use Immanuel Interventions to find and resolve the blockages.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

E. Immanuel interventions as the central trouble-shooting component:

- If the recipient can't connect with Jesus at the beginning of the session, we use Immanuel Interventions to find and resolve the blockages.
- And if the recipient loses her interactive connection with Jesus at any point during the session, we use Immanuel Interventions to help her re-establish this connection.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

E. Immanuel interventions as the central trouble-shooting component:

Both by helping us to establish and maintain a good connection with Jesus in the context of any given Immanuel encounter, and by resolving more and more hindrances over time, this component of the Immanuel Approach *inherently* prioritizes intimacy with the Lord.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

F. Progressive resolution of memory-anchored blockages:



Supplementary chapter 35c
The big lion book

(Available as free download,
Getting Started page,
www.immanuelapproach.com)

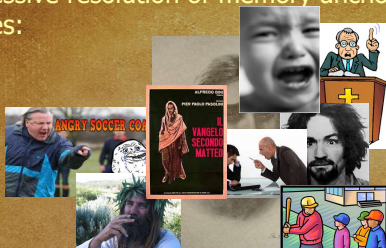
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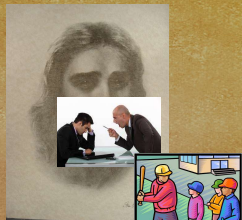
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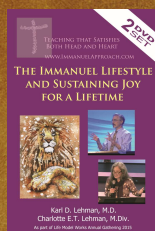
II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

F. Progressive resolution of memory-anchored blockages:

Helping our relationships with the Lord to steadily, progressively improve *inherently* prioritizes intimacy with Jesus.

II. The Immanuel Approach *Inherently* Prioritizes Connection and Intimacy with God:

G. The Immanuel Approach lifestyle:



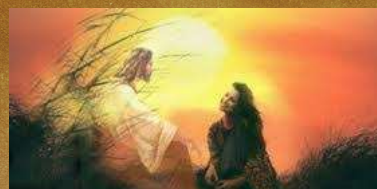
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III. I came for healing, but found intimacy:



III. I came for healing, but found intimacy:



"I started using the Immanuel Approach to get healing, but what I found was intimacy."

Immanuel Approach

Basic Training

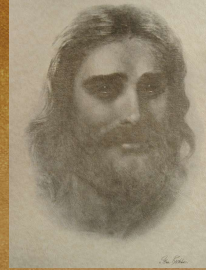
BONUS

1.

Receiving Comfort from
God #1 -- Receiving
Attunement

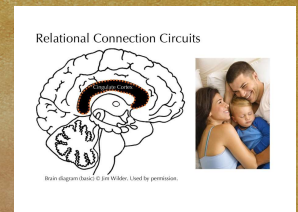
I. Immanuel truth:

I. Immanuel truth: God is *always* with us, God is *always* glad to be with us, and God *always* wants to connect with us.

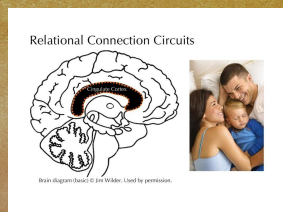


II. Relational circuits:

II. Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships.



II. Relational circuits: We have circuits in our brains that serve as the neurological hardware for running relationships. And we can connect with each other and with God much more easily when these relational circuits are online and strongly active.



III. Positive memories and appreciation:

III. Positive memories and appreciation: We can predictably, reliably, consistently get these relational circuits online and strongly active by recalling and connecting with positive memories, and then deliberately generating, or stirring up, strong appreciation.



IV. Interactive connection with God:

IV. Interactive connection with God: We can establish a living, interactive connection with God by inviting God's presence into the positive memory, asking God to help us perceive His presence, and then noticing whatever comes into our awareness.



V. The special value of God-connection positive memories:

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- Our relationships are memory-mapped – our relationships are carried in our memories.



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- Reconnecting with memory recreates. . . the same mind-brain conditions that were present at original experience.



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- Using positive memories that include an experience of God's presence takes advantage of these two pieces of brain science.



Receiving God's comfort and peace – "What do You want me to know about this Lord?"



Immanuel Approach Basic Training

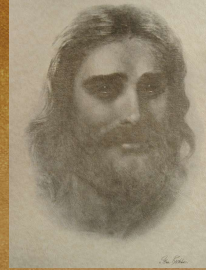
BONUS

2.

Receiving Comfort from
God #2 -- WDYWMTKAT?

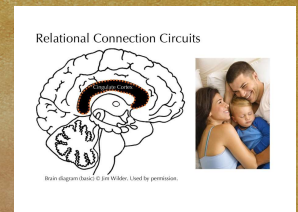
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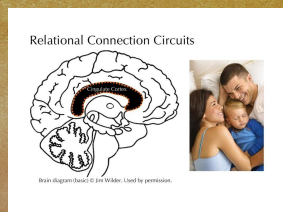


II. Relational circuits:

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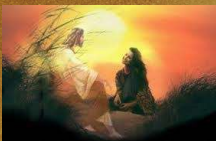


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- Describing our internal mental content, out loud to another person, helps us to *feel its importance* and to *recognize its meaning*.
- Including this piece in our Immanuel prayer will enable us to perceive *subtle* manifestations of the Lord's presence *that we might otherwise miss*, and enable us to recognize and receive *subtle* interactive content from the Lord *that we might otherwise miss*.



Receiving God's comfort and peace – spending restoration, respite, refuge time with the Lord



Immanuel Approach Basic Training

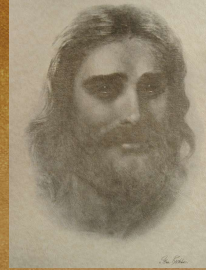
BONUS

3.

Receiving Comfort from
God #3 -- Refuge Time
with Jesus

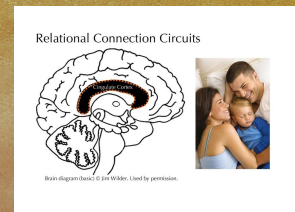
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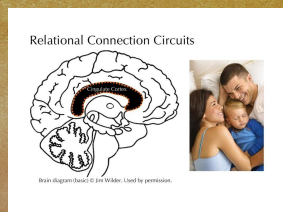


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Immanuel Approach
Intercessory Prayer



Immanuel Approach Basic Training

BONUS

4.

Immanuel Approach
Intercessory Prayer

- Is there empirical research verifying the effectiveness of Is the Immanuel Approach consistent with and supported by scripture?
- the Immanuel Approach?
- Does the Immanuel Approach use guided imagery?
- Shouldn't we just leave the past behind us, as the apostle Paul advises?
- How long does it take to get healed?

- Can the Immanuel Approach be used with Children?
- Can the Immanuel Approach be used with non-believers?
- Is the Immanuel Approach effective for attachment trauma?
- Is the Immanuel Approach effective for type a (absence wound) trauma?
- Does the Immanuel Approach work for couples issues?

- Can the Immanuel Approach be used with people who have clinical mental illnesses?
- How do you include the Immanuel Approach in the care of people taking psychiatric medications?
- Can a person facilitate the Immanuel Approach for themselves?
- What is unique/new/different about the Immanuel Approach, as compared to other approaches to emotional healing?

- How can you tell if the recipient is perceiving and interacting with the genuine presence of Jesus, or whether she is just making things up with her own mind? And how do you discern when the recipient is perceiving and engaging with some other presence that is not actually Jesus?
- Is it ever okay to just go straight to working with a trigger and/or traumatic memory, as opposed to always needing to start with an initial positive memory and connection with Jesus?

- What do you do when one or more internal parts are so mad at Jesus that they don't want to work with Him, and so are not allowing the healing process to move forward?
- As a mental health professional, can I bill insurance for Immanuel Approach sessions?
- Is it okay for lay people to charge for facilitating Immanuel Approach sessions?
- Where can I find someone to facilitate Immanuel Approach sessions for me?

- Do you have Immanuel Approach materials that have been translated into other languages?
- How can I get more training regarding the Immanuel Approach?

And many more!

To access the pdf document "Immanuel Approach Basic Training, Questions and Answers," place this disc in your computer's DVD drive, use Windows Explorer (or other file-listing utility) to locate the pdf file in the root directory, and then print and/or display the file with Adobe Reader (free software available from Adobe.com).

Immanuel Approach Basic Training

BONUS

5.

Questions & Answers

First:



First: Whenever I've thought about and/or talked about the memory, the painful emotions have been much less intense.



First: Whenever I've thought about and/or talked about the memory, the painful emotions have been much less intense.

Second:



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Second: The lies continue to feel resolved.



First: Whenever I've thought about and/or talked about the memory, the painful emotions have been much less intense.

Second: The lies continue to feel resolved.

Third:



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Second: The lies continue to feel resolved.

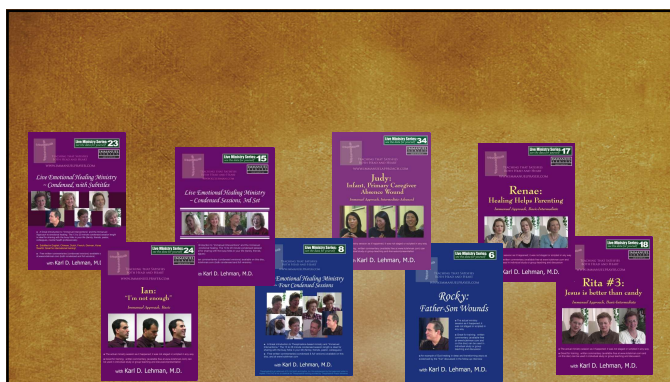
Third: The new truths and insights from Jesus continue to feel true.



Demonstration healing sessions for training segments 10 & 11: A unique aspect



Live Ministry Session #41: A unique aspect



"The actual ministry session, as it happened"



"The actual ministry session, as it happened" "It was not staged or scripted in any way."



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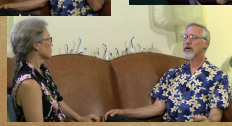


"The actual ministry session, as it happened"

"There *was* planning and scripting, especially with respect to the organized structure and flow for the big picture."

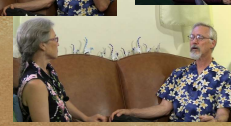


"Wow! This is a totally new insight!"

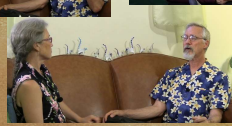


"Wow! This is a totally new insight!"

"This thought has *never* occurred to me before this Immanuel Approach work!"



They *were* all totally new within the Immanuel Approach work that included the scouting forays.



→ **Live Ministry Series: 7**
see the data for yourself

→ **Live Ministry Series: 14**
see the data for yourself

→ **Live Ministry Series: 21**
see the data for yourself