

HELPFUL INFORMATION

This is extra information that you may find useful in time. Questions that may have not been answered yet.

WHAT IS TRAUMA?

(From *Joyful Journey* by E. James Wilder, Anna Kang, John Loppnow, Sungshim Loppnow. Los Angeles, Presence and Practice. 2020. pp. 26-27)

According to Wilder and colleagues, any painful life event that leads us to feeling alone without help can be experienced as traumatic. Trauma happens any time your brain's control center gets overloaded because we all have a limit to our capacity to endure overwhelming events and the emotions which they produce.

Dr. Lehman says that experiences of pain need to go through a pain-processing pathway in our brains in order to become beneficial and heal our wounds. If we feel that we are alone and the pain exceeds our mental capacity, we become traumatized and get stuck in our pain processing.

If we have unresolved pain, we automatically seek relief from it. We look for behaviors, experiences, events, people, and substances to numb the pain. What is temporary relief can easily become an addiction. And of course addictions lead to more trauma. A cycle downward. And unfortunately Christians are not exempt.

When pain is processed well, the experience will contribute to wisdom. God is the One who can carry us through and bring redemption in every experience, and from that we develop deeper compassion and empathy.

- Trauma occurs when we encounter a painful experience and do not have the ability to process the pain for healing.
- A painful experience will become a traumatic memory in the person's brain if they feel they were all alone.
- If they know they weren't alone, it is suffering, but not trauma.
- Unresolved trauma manifests in many ways and these effects are everywhere.
- Unresolved trauma especially contributes to relational conflicts.

THE ISSUE OF "CAPACITY"

"CAPACITY" is the ability we have to process pain/trauma mentally, psychologically, and spiritually. When it becomes more than we can cope with, we disconnect and processing stops. We become stuck in the process of trying to deal with pain and working through it.

When we refer to the capacity of a physical system, we're referring to "how much will it hold?" or "how much can it carry?" For example, the capacity of a bucket refers to how much liquid it can hold before overflowing, the capacity of a bridge refers to how much weight can travel across it before it collapses, the capacity of a cup is how much coffee it can hold, and the capacity of an electrical circuit refers to how much current it can carry before blowing a fuse or burning out components or a switchboard operator overwhelmed with connections that shuts it all down.

When we refer to capacity in the context of heart healing, we're referring to the capacity of the person's biological brain, nonbiological mind, and spirit—we're referring to how much biological, psychological, and spiritual intensity a person can handle before some part of his

combined brain-mind-spirit system “blows a fuse” and causes the person to disconnect in some way.

Evidence of Low or No Capacity in brain, mind and spirit

1. Disconnected
2. Avoiding
3. Distracted
4. Lack of focus

Results of Low or No Capacity

1. Cannot process the painful memory
2. Healing process is short-circuited
3. Recipient is overwhelmed
4. Recipient retreats to the logic/reason (left) brain
5. Simply going through the motions with no results

We can grow in capacity but it is not a matter of forcing your way through. This is why it is important to be gentle with people and not push them. Wait for the Lord and His timing.

Quote from Lehman on capacity:

“With each of these people who had been so persistently stuck, we had been focusing on willingness and choice: “Why weren’t they willing to connect with the memories? Why were they repeatedly choosing to disconnect partway through?” But the problem was capacity. These people didn’t have enough capacity. They were perfectly willing, and kept choosing to try to go into the memories; but they didn’t have enough capacity, so they either couldn’t connect, or couldn’t stay connected all the way through. This was why they were stuck—this was why they couldn’t resolve these certain, specific traumatic memories, and why none of our other interventions had solved the problem. What also occurred to me, as soon as I made the capacity connection, was that the Lord’s suggestion—to focus on helping these people be with him—was a brilliant solution to the capacity problem. In other sessions, I had seen that a person could stay connected through the worst imaginable memories if she perceived the Lord’s presence with her.”

Troubleshooting Low/No Capacity

- Encourage recipient to spend time with Jesus personally not just in prayer sessions
- Establish a strong connection with Jesus before going into a trauma memory
- Connect with Jesus as soon as the recipient is inside a traumatic memory
- Stay connected to Jesus as the recipient works through the trauma
- And on an advanced level, have recipient repeatedly go back to Jesus to ask for help in removing hindrances so that he is able to establish a stronger connection with Jesus.

The following is a quote from Dr. Lehman’s book:

“... resolving trauma removes blockages that hinder connection with Jesus, and Jesus also wants to relieve our suffering, so sometimes Jesus’ agenda for the day is to resolve trauma. But sometimes Jesus’ agenda is to build capacity; sometimes Jesus’ agenda is to build maturity skills by teaching, modeling, and helping the person practice; sometimes Jesus’ agenda is to address other issues important to optimal living, such as the balance between work and restoration; sometimes Jesus’ agenda is to spend time with us, as a friend and companion, just because he likes being in relationship with us; and sometimes Jesus’ agenda is other stuff that we have never even thought about addressing in an Immanuel session.”

Healing of the heart is an ongoing process for all of us. Sometimes we think there is failure when we don't see immediate results but we need to see the bigger picture of what Jesus is doing in our lives and the lives of people we are trying to help. ANY time you help someone perceive God's presence or connect with Him, it is a victory. Immanuel Prayer is about strengthening our attachment to God even more than it is about healing.

More Troubleshooting

Yes, as you go along you will run into some problems. Don't let it intimidate you into stopping. Even if you are unsuccessful helping one person, don't let fear overtake you. You will gain experience. Here are a few issues that you might run into.

Problems Establishing a Positive Memory

Maybe the recipient feels like he/she just can't get a good memory, or remember enough of it. So, they want to stop. You can say: "Sometimes negative thoughts come forward and it feels scary. Can we try this: get words for the thought you're getting and speak it directly to Jesus before we quit?" If you can help them establish any kind of connection to Jesus, that is already a minor victory.

Or the recipient may say, "I'm getting something but I think it's just coming from my own mind." You can answer: "God is often very subtle and these are very subtle God thoughts. Keep on pursuing them."

Is it really Jesus talking?

This is a question that will come up for you personally or when you are dealing with people and asking them to connect to Jesus. There are 3 checks on this and one primary test:

Primary test—is it said in love? Is it the "Good Shepherd" speaking?

Jesus will not speak in anger or disgust to a person who is coming to Him for help.

Checklist:

- Is it Biblical? Jesus will never say anything that counters what is written in His Word.
- You can observe that there is immediate fruit. You will see peace, joy.
- If you are doing this regularly there will be steady, accumulative changes in your life or the life of the person you are working with. Tangible results.

Is it their Conscious Mind, not Jesus?

The recipient is doing the work but it feels like they're trying to convince themselves and you it's real. You're not convinced it's the living presence of Jesus. Maybe they're even quoting Bible passages but something is missing.

"Does it feel like it's just your own mind trying to guess or imagine how this might look or trying to be helpful? Or does it feel like a Presence or Resource from outside of you?"

If it is them, have them ask Jesus what's getting in the way of connecting with Jesus and why they're trying so hard instead of waiting on Him.

A Blank Mind

Sometimes in the process a person may say that their mind is blank. Ask them to describe anything and everything that is coming into their awareness. No matter how unrelated it might feel to what you are doing. Actually—no one's mind is truly blank. There are probably things they are trying to suppress without being aware of it. If you can help them move on, great.

Demonic Interference

It is not common but there is a possibility, if a person is struggling with their connection to Jesus, that there is demonic interference. If you sense this is the case, you can pray: "We command any demonic spirits who are trying to interfere to go to the Lord Jesus right now for Him to deal with you." Ask the recipient to pray: "Lord Jesus, if there are any demonic spirits trying to interfere with me from hearing from You, please command them to go to You and please deal with them."

Going Ahead by Faith

If you have tried everything, even though they have connected with a memory and feel appreciation but still cannot perceive Jesus, have them talk to Jesus by faith!

You can say: "If you want to, go ahead and start talking to Jesus, knowing by faith He is with you and listening. Notice whatever comes into your awareness and report what you hear, sense, see or feel."

Guardian Lies/Blocking Beliefs

Guardian lies are distorted beliefs (lies) that "guard" or block the way forward in heart healing work. Usually they include belief (and the associated fear) that something bad will happen if the recipient cooperates with the process.

Most people are totally unaware of guardian lies or beliefs

EXAMPLES OF GUARDIAN LIES/BLOCKING BELIEFS:

RECIPIENT: "I think it's time to stop" / "I don't want to do this anymore."

COACH THEM: "Get words for your negative thought, and then talk to Jesus about it before stopping. But, you can certainly stop if you still want to."

RECIPIENT: "I am scared He won't want to be with me."

COACH THEM: "Get words for your fears, and then talk to Jesus about it. Notice everything that comes into your awareness."

RECIPIENT: "I am embarrassed/ashamed to share aloud."

COACH THEM: "Get words for your fears, and share those with Jesus. Notice everything that comes into your awareness."

KEY SKILL AS FACILITATOR

Your greatest contribution to the whole process is to coach the recipient to find words to describe and talk directly to Jesus. (Talk to Him in faith, even if they don't perceive His presence). This is one of the most valuable skills you can work on developing. It takes time, but helping someone articulate what they are experiencing will open their hearts and minds to understand better what is going on in their lives and how Jesus is relating to them.

If they're afraid, help them to get words for the fear and tell Jesus. Coach them to address Jesus, **always** interacting with Jesus! Describe **ANYTHING** that comes into awareness: thoughts, feelings, pictures And always coach to focus on Jesus.

When they are getting blocked, e.g. "I want to go to sleep, I want to check out. Things are getting fuzzy." COACH THEM TO KEEP TALKING TO JESUS.

Have them focus on the fuzzy, the gray...

"What does it feel like?" OR "Can you describe it?"

You can coach them to just ASK JESUS —Help!

DON'T BE AFRAID!

You, the facilitator, are not alone! Yes, you will make mistakes. We don't live in a perfect world. We don't understand all the things that are happening in the spiritual realm around us and what kind of interference there is. But, you don't have to have all the answers to help people. You just need to be willing. And yes, you will grow in your own faith through this! Praise God!!