

Basic Immanuel Approach Emotional Healing, Variation #1 (Practice Exercise to Follow Completion of Video Training Segment #10)

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Reminder regarding Confidentiality: Especially in the trauma-healing exercises, others on your practice team will share vulnerable personal details, and will have personal, poignant, vulnerable experiences in the context of their Immanuel encounters. It is very important that you not share any of their details without their permission. If there are details you find especially meaningful and would like to be able to share with others, *please, please, please ask the recipient's permission.*

A. Splinter-free positive memory that includes connection with God: Again, it is important to use splinter-free God memories so that you have a splinter-free safety net.

B. Multiple memories to build momentum: Especially for the trauma healing exercises, the recipient will need multiple positive memories to build momentum if they get stuck in a really intense bad memory, so have your notes regarding the recipient's other positive memories handy. *NOTE: if the recipient does not already have at least three splinter-free positive memories in which they have been able to connect with God, use this exercise to collect more splinter-free God memories.*

C. What about those who have not (yet) had experiences of connecting with God? As just mentioned, the trauma-healing exercises *require* that the recipient have at least three splinter-free positive memories where they have been able to establish a connection with God. *For recipients who have not yet been able to connect with God in their positive memories – use this exercise slot for more troubleshooting.*

D. Practice teams should stay the same (if at all possible): Again, it is actually fairly important for practice teams to stay the same throughout the series of practice exercises, if at all possible.

E. Coach recipient to describe everything, *regardless of....*: Remember to keep coaching the recipient to describe everything that comes into their awareness, *regardless of whether it makes sense, feels important, or is neatly packaged.* This will often help the recipient to recognize subtle manifestations of the Lord's presence that they might otherwise miss, and subtle content coming from the Lord that they might otherwise miss.

F. Short term and unconscious priming memory: Again, I strongly encourage taking 3 minutes to read through the facilitator instructions immediately prior to going through the exercise. This will help the instructions feel more familiar and comfortable as you are actually using them.

G. ONE healing/troubleshooting intervention: For this exercise, you will use **ONE** healing intervention. (Coach the recipient to go back to their connection with Jesus in the positive memory, and then in that safe, comfortable context coach them to work with Jesus to resolve the healing target.) And you will use **this same, ONE intervention** (now the troubleshooting intervention) for any problem that might come up at any point in the process. (Coach the recipient to go back to their connection with Jesus in the positive memory, and then in that safe, comfortable context coach them to engage with Jesus regarding the problem.)

Facilitator instructions (~46 min for each recipient):

1) Choose traumatic memory: Help recipient use the following guidelines to choose an appropriate mild-moderate traumatic memory: **For time-efficiency, recipient should select trauma memory before practice exercise (as preparation homework).**

- A memory you have talked about before, and that has been emotionally connected when you have talked about it in the past. (Please do not use a memory that you have talked about, but with emotional numbness/disconnection – we don't want a major traumatic memory to connect emotionally for the first time in the middle of your beginner exercise.)
- A memory you have talked about before *without getting stuck and/or decompensating*. (You did not need a lot of time to get back on your feet, and you did not need others to help you get back on your feet.)
- One option is to use the traumatic memory from the safety-net exercises.

2) Introductory comments to establish a safe space (Read to the recipient):

"Before we begin, I want to remind you that everything is optional and everything I suggest is an invitation that you can say no to. As we proceed, please let me know if you have questions or concerns or wish to stop at any point. I will coach you from time to time to share what is coming into your awareness in order to help you catch subtle details that initially feel unimportant. If anything comes up that you do not feel comfortable sharing, simply let me know you have had a thought but do not wish to share it. You are free to keep it to yourself. Are there any issues or questions we need to address, or are you okay to get started?"

3) Opening prayer: (Read from page 7 of handout, or pray as you feel lead)

4) Positive memory recall and deliberate appreciation: Coach the recipient to close their eyes, and then imagine, describe, and appreciate their strongest *splinter-free* positive God memory.

If recipient gives sparse description and does not connect with the memory, gently prompt to fill in more details until they connect with the memory and feel appreciation.

5) Interactive connection invitation and request: The recipient has their eyes closed, they're imagining themselves inside the memory, and they're feeling grateful. Now coach them to ask for help with transition to interactive connection. **Sample coaching:** "Okay, now I want you to pray something like, 'Jesus, I welcome You to be with me in this memory, help me to perceive Your living presence – help me to make the transition from **remembering** you with me to perceiving you as a living, interactive presence.' And then notice and describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged."

6) Basic trauma work, variation #1 (ONE healing/troubleshooting intervention):

For those who do *not* perceive Jesus, establish an interactive connection: **Do NOT move on to trauma work.** (Remember, not moving on to trauma work in the absence of a good connection in the positive memory is the **second safety net**). Use this exercise time for interactive-connection troubleshooting (refresher coaching instructions included at bottom of document).

For those who *do* perceive Jesus and establish connection in positive memory:

After the recipient has described their connection with Jesus, coach them to imagine being inside their traumatic memory and to describe the details until they are emotionally connected to it. ****Note:** If you and/or recipient are concerned that negative emotions might get too intense, including fewer details and/or describing from *outside-observer* perspective are lower intensity options**

Sample coaching: “Okay, now I want you to close your eyes, imagine yourself back inside the traumatic experience, and describe the details until you feel connected to the negative emotions from inside the memory.”

ONE healing/troubleshooting intervention: As soon as the recipient connects with the negative memory, help them to identify a target for healing. As soon as you have identified a healing target, you will use **ONE healing intervention:** coach them to go back to their connection with Jesus in the positive memory, and then in that safe, comfortable context coach them to focus on Jesus, ask Jesus for guidance and help re the healing target, and then observe and describe whatever comes into their awareness. **Sample coaching:** (As soon as the recipient connects to the traumatic memory and identifies a target for healing) “So now I want you to close your eyes, imagine yourself back inside of your positive memory, focus on the presence of Jesus inside of your positive memory, and ask Him for guidance and help regarding _____ (quick summary of the healing target). And then observe and describe whatever comes into your awareness.”

And if you are not able to quickly re-establish a good connection with Jesus, take a little time to describe the positive memory again, and ask again for Jesus to help you establish a connection.” (If the recipient needs to refresh their positive memory in order to reconnect with Jesus, after they re-establish their Jesus connection they might need a reminder to focus on Jesus, ask Him for guidance and help re the healing target, and then observe and describe whatever comes into their awareness.)

Repeat: After each consultation with Jesus in the safe, comfortable positive-memory context, when recipient feels they are ready to go back, repeat the process: coach them to connect with the traumatic memory (imagine being inside memory and describe details until they are emotionally connected to it), help them identify the next target for healing, and then coach them to return to their connection with Jesus in the positive memory for guidance and help.

Troubleshooting: Use this same, ONE intervention (now the troubleshooting intervention) for any issue, problem, or question that might come up at any point in the process (this includes content that is too intense/painful/scary, or just the need for a break): coach the recipient to go back to their connection with Jesus in the positive memory, and then in that safe, comfortable context coach them to focus on Jesus, ask Jesus for guidance and help regarding the issue, problem, or question, and then observe and describe whatever comes into their awareness.

Also: Watch for drifting away from Jesus, and check in and redirect back to Jesus as needed (sample coaching included below).

7) End of session safety net:

IF recipient is clearly still in distress, just use full safety net – coach to connect with positive memory, coach through Immanuel invitation & request prayer. (If needed, sample coaching for enhanced-safety-net validation and attunement is included below.)

IF recipient is clearly in a wonderful place with Jesus, just go straight to closing prayer.

IF the situation is unclear, check in re full resolution, lingering distress, solid connection with Jesus in positive memory. **Sample coaching for check-in:** “We’re approaching the end of our available time, and we want the plane back on the ground for the end of the session. So I’d like to check in regarding where you’re at. First, is _____ (quick summary of healing target) fully resolved, with no lingering negative emotions, or is there still some lingering pain? And second, do you have solid connections to your positive memory, and to Jesus in the context of your positive memory, or are these connections faint or weak?”

- **IF Trauma is fully resolved and recipient has good connections** with positive memory and Jesus, then go to closing prayer.
- **IF the trauma has not yet come to a place of full resolution, and/or they are not solidly back at home base,** coach the recipient back to their positive memory, appreciation, and connection with Jesus from the beginning of the session. **Sample coaching:** “Okay, so let’s take a few minutes to refresh your connection with Jesus in your positive memory. Take a few minutes to imagine yourself back inside of your positive memory, describe a few of the details, ask Jesus to help you re-establish a good, clear connection, and then describe whatever comes into your awareness.”

After recipient is connected to positive memory and Jesus, go to closing prayer.

Sample coaching: “Good. So now I would like you to just stay in your positive memory, and keep focusing on the details of your positive memory and the presence of Jesus in the positive memory, while I do the closing prayer.”

8) Closing Prayer: If the healing work has come to a place of good resolution, *OR* after the safety net has brought the recipient back to a good place, do a closing prayer. (Read from page eight of the handout, or pray as you feel lead.) Make sure to thank the Lord for any healing that has occurred.

Note: If something good was happening during the exercise but the recipient was not able to fully resolve the traumatic memory, you can come back and work more on this same memory in the second trauma-work exercise.

Check in, re-direction regarding engaging directly with Jesus, sample coaching:

“Excuse me – I just want to check in quickly. Are you still talking to Jesus – are you still engaging directly with Jesus?” Much shorter version, once recipient is familiar with check-in: “Still talking to Jesus?”

“So I want you to focus back on Jesus, and keep talking directly to Him – keep engaging directly with Him regarding _____ (quick summary of healing target). And as you’re able, keep observing and describing whatever comes into your awareness.” Much shorter version, once recipient is familiar: Usually no additional coaching is needed. As soon as they realize they’re focus has strayed from Jesus, they will quickly, easily return to engaging directly with Jesus, with no additional coaching needed.

Enhanced safety net validation and attunement, sample coaching:

“I’m so sorry, but we’re coming to the end of our time. This is going to be hard – this is going to feel really bad – but I’m asking you to do it anyway. We need to shift gears and go back to your initial positive memory and connection with Jesus, so that we can get the plane back on the ground.”

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

Refresher coaching instructions for troubleshooting:

First, before doing anything more complicated, coach the recipient through the invitation and request prayer again, and encourage them to be *especially careful* to describe everything that comes into their awareness. **Sample coaching:** “Okay, before doing anything more complicated, I want to try something really easy that sometimes works. I want you to stay inside your positive memory, I want you to pray again to welcome Jesus and ask Him to help you perceive His living, interactive presence, and I then I want you to be *especially careful* to describe whatever comes into your awareness – I want you to pay attention to even faint mental content on the periphery of your awareness, and I want you to describe it even if it doesn’t feel the least bit important, even if it doesn’t seem to make any sense at all, and even if it’s still a mess (as opposed to being neatly packaged).”

If the recipient DOES NOT perceive & connect with Jesus as result of first step: Coach the recipient to ask for guidance regarding what’s in the way. **Sample coaching:** “Now I would like you to ask the Lord, ‘Jesus, what’s in the way of my being able to perceive your presence and connect with you?’ And then observe and describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

Help the recipient to focus and get words for any question, fear, or issue that comes forward; coach them to talk directly to Jesus about the question, fear, or issue; and then coach them to observe and describe whatever comes into their awareness.

Time-line summary for facilitator (46 min each person + 2 min for each switch):

Usual, approximate times – good marker points/guidelines for trainer leading group exercise

Safe space statement: 1 min

Opening prayer: 3 min – total 4 min

Positive memory: 6 min -- Total 10 min

Connection with Jesus: 3 min -- Total 13 min

Trauma work: 20-28 min -- Total 33-41 min

Check-in, safety-net (Note: start early if you need full safety net): 2-10 min -- Total 43 min

Closing prayer: 3 min -- Total 46 min

Sample Condensed Opening Prayers and Commands

Requests for Positive Memory and Appreciation:

“Lord Jesus, we ask that you would remind _____ (*person receiving*) of your goodness. Bring forward a memory of an especially positive experience, help (him/her) to reconnect with this experience, and help him/her to stir up appreciation in (his/her) heart.

Prayer for the Facilitator:

“Jesus, I humbly acknowledge that sin, wounds, and lies distort my understanding and hinder my ability to follow you. I ask for special grace during this time, and that you would carry my unresolved issues so that they would not get in the way.”

Dealing with the Demonic:

“Jesus, we ask you to appoint representatives for all evil spiritual forces that are present.

“We command all evil spiritual forces to be bound to the representatives that the Lord Jesus has appointed. You will only manifest and communicate with each other as he allows and requires, you may not assist each other in any way, and you must be cut off from all outside spiritual forces. You must now return to Jesus and to _____ everything you have stolen from him/her. You must be stripped away from, and release, every part of _____’s mind. You must be stripped of all your schemes, plans, agendas, and orders, and lay these at the feet of the Lord Jesus now.

“Lord Jesus, we submit to you the issue of compliance. We ask that you would deal with all evil spiritual forces that fail to comply. In the name of Jesus, we command all evil spiritual forces: at the moment you fail to comply, you will go and deal with the true Lord Jesus directly.”

General Introductory Prayer:

“Jesus, we stand together, and affirm the truth in faith, that you are here with us and that you love us—that even as we speak, you are preparing the way in the spiritual realm for _____’s forgiveness, deliverance, healing, and freedom. We thank you for, and release with our prayers, the victory you have already accomplished through your death and resurrection, and the healing you have already provided through your wounds.

“Lord, you know _____. Call (his/her) whole mind and heart forward. Help every part of him/her to hear your voice, and to know the truth about your heart and character—about your gentleness and your carefulness—so that (his/her) whole mind and heart can cooperate with your healing work.

“Lord Jesus, please guide every thought, image, memory, emotion, and physical sensation coming into _____’s heart and mind, and into my own heart and mind for guidance. In your name, we thank you for all these things. Amen.”

Sample Closing Prayers and Commands

Initial “Thank you”:

Lord Jesus, thank you for being so good. Thank you for your presence, your protection, and your healing work during this prayer time. Thank you also for.... *(name specifics from the healing work, and anything else you want to thank the Lord for.)*

Regarding wounds and issues that have not been fully resolved:

Lord Jesus, we hold up to you any wounds and issues that have not yet been fully resolved. We ask that you would care for them, and that you would surround _____ with your loving presence. We ask that you would manage the level of connection and intensity—giving (him/her) the grace to remain aware of and connected to these wounds and issues at whatever level is best for ongoing healing.

Dealing with demonic:

Lord Jesus, we claim this territory that _____ has brought under your authority and protection today, and we ask you to please designate all demonic spirits that you want to remove at this time.

In the name of the true Lord Jesus Christ, we command that all demonic spirits that the true Lord Jesus Christ has designated must now go immediately and directly to his feet. You will go bound. You will not touch or harm anyone or anything on the way. He will deal with you as he sees fit. You will never come back. You will never send anything in your place.

We claim the truth in faith: that Jesus Christ, on the cross, took on himself every curse that could ever come against _____. In the name of Jesus, we now command that every curse associated in any way with these issues that have just been resolved must now be broken, destroyed, and rendered powerless, null, and void.

Lord Jesus, we ask you to cleanse with your light and your love every place that has been left empty by the enemy. We ask you now to fill these places with your Holy Spirit and with your living presence, so that _____ may experience your living presence abiding in (his/her) mind and heart, and walking beside (him/her) each day.

We command all demonic spirits that have been allowed to linger for any reason¹—you must now be completely bound in and under the name and authority of the True Lord Jesus Christ. You will not touch or speak to _____ in any way except as the true Lord Jesus Christ specifically allows to provide information he wants us to have to facilitate his healing work.

Releasing blessings:

Lord Jesus, we ask you to send your angels to surround, protect, and encourage _____. We also ask that you come with any additional blessings you have prepared for _____ today. We gladly deliver, with our prayers, all of the blessings you have prepared for (him/her) today.

¹. For example, demonic spirits that are still anchored to wounds, lies, bitterness, vows, or other problems that have not yet been resolved.