

Basic Immanuel Approach Emotional Healing, Variation #3

(Practice Exercise to Follow Successful Completion of Exercise for Variation #2)

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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 intervention, TWO troubleshooting options, ONE supplementary coaching skill: For this exercise, you will use **ONE** healing intervention. (Coach the recipient to engage directly with Jesus regarding everything). You will have **TWO** troubleshooting options. (First: try troubleshooting *inside* the traumatic memory. Back-up/safety-net option: troubleshooting in the context of the positive memory). And you can include **ONE** supplementary 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 them, and then coach them to share these words directly with Jesus.)

Facilitator instructions (45 min for each recipient):

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

- If memory from first or second trauma-healing exercise did not get fully resolved, one option is to continue working with either of these same memories.
- A memory you've talked about before, and that has been emotionally connected when you've talked about it. (Do not use memory that you've talked about, but with emotional numbness/disconnection – we don't want major traumatic memories connecting emotionally for first time in middle of beginner exercise.)
- A memory you've talked about before *without getting stuck and/or decompensating*. (You did not need a lot of time to get back on your feet, you did not need others to help you get back on your feet.)

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 #3 (ONE healing intervention, TWO troubleshooting options, ONE supplementary coaching skill/tool):

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 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 recipient has described connection with Jesus, coach to imagine being inside traumatic memory and describe details until they are emotionally connected to it.

*Again: 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.”

As soon as recipient reports and/or you observe that they are connected to the traumatic memory, coach to offer Immanuel invitation and request. **Sample coaching:** “Okay, from **inside** the traumatic memory, now I want you to pray something like, ‘Jesus, I invite You to be with me here, in this memory place. Help me to perceive Your living, interactive presence.’ And then observe and describe whatever comes into your awareness.”

ONE healing intervention: If recipient quickly perceives and connects with Jesus in traumatic memory, use **ONE healing intervention:** At every point in the process, regarding every question, healing target, or difficulty that comes up: help recipient get words for whatever question, issue, pain, fear, or problem is in front of them, coach recipient to focus on Jesus, coach them to share directly with Jesus regarding the question/issue/pain/fear/problem, coach them to ask Jesus for guidance and help, and then coach them to describe whatever comes into their awareness. Watch for drifting away from Jesus, and check in and redirect back to Jesus as needed (if needed, sample coaching included below).

TWO troubleshooting options: If recipient does not quickly perceive and connect with Jesus in traumatic memory, or if they lose connection with Jesus at any point later in the exercise:

- First, try simple troubleshooting with recipient still inside trauma:** 1.) Coach the recipient to ask, “What’s in the way of my being able to perceive Your presence in this memory?” 2.) Coach/help the recipient to focus and get words for whatever problem or blockage comes into their awareness. 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.

If troubleshooting resolves blockages so that recipient is able to perceive Jesus, coach them to engage with Him for healing (as described above).

•Back-up trouble-shooting option: If troubleshooting inside the traumatic memory does not quickly resolve the blockage, if staying inside the traumatic memory is too intense, or if you feel like you're in over your head for any reason, coach recipient back to initial positive memory and connection with Jesus. And then in that safe, positive memory context, help recipient get words for the problem, coach them to focus on Jesus, coach them to share directly with Jesus regarding the problem, coach them to ask Jesus for guidance and help, and then coach them to describe whatever comes into their awareness.

After they talk to Jesus about the problem, if you have enough time you can coach them to return to their traumatic memory and try again to connect with Jesus (or resume working with Jesus from inside the traumatic memory).

ONE supplementary coaching skill: This has already been woven into the healing and troubleshooting interventions just described, but I want to name it explicitly: 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 them, and then coach them to share these words directly with Jesus.

7) End of session safety net:

IF recipient is clearly still in distress, 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 good place with Jesus, just go straight to closing prayer.

IF the situation is unclear, check in re full resolution, lingering distress. **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. Is _____ (quick summary of healing target) fully resolved, with no lingering negative emotions, or is there still some lingering pain?"

- **IF Trauma is fully resolved,** then go to closing prayer.

- **IF the trauma has not yet come to a place of full resolution**, coach recipient back to their positive memory, appreciation, and connection with Jesus from beginning of exercise. **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.

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 on their own, 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.