

Immanuel Approach Troubleshooting, Basic (MHPs) **(Practice Exercise to Follow Video Training Segments #4, 4b, & 4c)**

Karl D. Lehman, M.D., Immanuel Approach Basic Training Videos

Reminder regarding Confidentiality: From this exercise forward, people will be sharing information that is much more vulnerable and sensitive, and they will be having much more vulnerable experiences in the context of their Immanuel encounters. Again, if there are poignant, beautiful details that you would like to be able to share with others, *please, please, please* ask the recipient's permission.

A. Upgrade yet another non-God positive memory: For this exercise, the recipient starts with yet another non-God positive memory and gets more practice with upgrading to an Immanuel memory. And again, upgrading non-God positive memories is an especially helpful tool for getting splinter-free positive memories that are necessary for the Immanuel Approach safety net. (More about this in training segments 5 and 6).

Examples of non-God positive memories:

- Holding one of your children as a newborn baby
- Some other particularly beautiful experience with one of your children
- A favorite family Christmas memory
- Playing with a favorite pet
- An especially positive time with friends
- Some beautiful nature experience (visit National Parks to collect these!)
- Thoroughly enjoying your favorite meal/dish/food.

B. Multiple memories to build momentum. Again, the recipient will need multiple positive memories to build momentum if they get stuck in a really intense bad memory in later exercises. Encourage the recipient to use a new positive memory for this exercise, so that she develops an adequate collection of positive memories. ****Optional** for mental health professionals who already have tools for helping clients self-regulate**

C. Take notes for safety net coaching: Again, notes will be helpful if you have to provide detailed, extended safety net coaching. Come up with a one or two word label for each memory, and then also note down a few words to help you remember details you would use as reminders/prompts. ****Optional** for MHPs who already have tools for helping clients self-regulate**

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. ****Optional** for MHPs who already have tools for helping clients self-regulate**

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 takes advantage of short term memory and unconscious priming memory, and will help the instructions feel more familiar and comfortable as you are actually using them. (For more explanation see the overview explanatory essay at the top of "Exercises for Groups and Beginners" section of the Resources page on www.immanuelapproach.com.)

Facilitator instructions (~27 min for each recipient):

1) Positive memory and appreciation (5-7 min):

- **Help the recipient find a non-God positive memory:** **Sample coaching:** “Do you have a God positive memory?” If yes, move to next step. If no, encourage recipient to find another new positive memory that can be upgraded to an Immanuel positive memory. If recipient is having trouble finding a positive memory, ask questions from the list of non-God positive memory examples (above) to help them.
- **Coach the recipient to connect with the positive memory:** Help the recipient to connect with their positive memory. **Sample coaching:** “Now I would like you to close your eyes, imagine yourself being back inside of the original experience, and describe the memory in as much detail as possible. For example:

What did you see? Hear? Smell? Taste? Feel on your skin?
What thoughts and emotions were you having at the time?
What thoughts and emotions come as you think about it now?
How does your body feel?”

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

2) Interactive connection invitation and request (5 min):

Non-God positive memory: The recipient has their eyes closed, they’re imagining themselves inside the memory, and they’re feeling appreciation. Now coach them to invite Jesus into the positive memory. **Sample coaching:** “Okay, now I want you to pray something like, ‘Jesus, I know, in faith, that you were with me when I was (*name memory* – e.g., “*enjoying that pizza*”). I welcome You to be with me now, in this memory. Help me to perceive Your living, interactive presence.’ And then describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

3) Basic Immanuel intervention troubleshooting (15 min):

***For those who DO perceive Jesus and establish an interactive connection:**

After the recipient has described his connection with Jesus, coach him to ask for guidance regarding anything that might be hindering an even better connection.

Sample coaching: “Now I would like you to ask the Lord, ‘Jesus, is there anything in the way of an even better connection?’ And then observe and describe whatever comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

Help 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 coach them to observe and describe whatever comes into their awareness.

***For those who *DO NOT* perceive Jesus and establish an interactive connection:**

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.”

- ***If the recipient perceives & connects with Jesus as a result of this first step of simple troubleshooting:*** 1.) Coach them to describe their perception and connection ***in detail***. 2.) If there is time, coach them to just enjoy hanging out with Jesus (and, as always, coach them to observe and describe whatever comes into their awareness.)

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.

- ***If the recipient perceives & connects with Jesus:*** 1.) Coach them to describe their perception and connection ***in detail***. 2.) If there is time, coach them to just enjoy hanging out with Jesus (and, as always, coach them to observe and describe whatever comes into their awareness.)

4.) Safety net: If the recipient is in an unhappy place at the “seven minutes remaining” mark, coach them back to their positive memory (close eyes, imagine inside memory, describe in detail, especially appreciate the best parts).

Sample coaching of providing examples for new/inexperienced recipient: “Sometimes Jesus will manifest in very subtle ways, so 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.”

Sample coaching for “If you had to just guess..., which direction would you point?”

intervention: Variation 1 (Recipient still inside positive memory): “If you had to just guess where Jesus *might* be, which direction would you point?”

Variation 2: “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.”

Sample coaching for “test drive” intervention: “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?”