

Interactive Connection in Context of God Positive Memory

(Practice Exercise to Follow Video Training Segment #2)

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NEW A. What about those who have not (yet) had experiences of connecting with God?: For this exercise, it is ideal to use a memory for a positive experience that included a connection with God in the original experience. If the recipient has not (yet) had this kind of God positive experience, then using one of the “upgraded” Immanuel memories from either Exercise Zero or Exercise #1 would be the next choice. And if the recipient has not (yet) been able to successfully upgrade a non-God positive memory to an Immanuel memory, then use this exercise slot to help them to go through Exercise #1 again. (If at all possible, leave extra time in case troubleshooting is needed at the end of the exercise.)

NEW B. Splinter-free safety-net positive memories: The positive memories from this exercise will be used for the safety nets for later trauma-work. If there are pieces of unresolved trauma in these safety-net positive memories, or if there are trauma memories sitting right next to these safety-net positive memories, the trauma that the person works on for later training exercises might resonate with these unresolved splinters, causing the positive parts of the initial appreciation memories to blend together with the negative thoughts and emotions from the now activated splinters. In this scenario, if the recipient gets into trouble and you try to take them back to the initial appreciation memory, instead of finding a safety net you just find more trauma. The safety-net positive memories collected in the early exercises therefore need to be free of splinters -- they must not include any pieces of unresolved trauma, and they must not be sitting right next to unresolved trauma. (For more explanation, see the overview explanatory essay.)

C. Take notes for safety net coaching: Again, notes will be helpful if you have to provide detailed, extended safety net coaching in later exercises. Come up with a one or two word label for each memory, and then also note down a few details you could use as reminders/prompts.

D. Confidentiality: Again, it is very important that you not share any of the details from other recipients' sessions without their permission. If there are poignant, beautiful details that you would like to be able to share with others, *please ask the recipient's permission.*

E. Practice teams should stay the same: A quick reminder – when we get to the final exercise, if a recipient gets stuck in intense negative emotions and needs rigorous coaching to help them get back to their positive memories and appreciation, it's very helpful for the other members of their exercise group to know the details of several of their positive memories (from being with them in the previous exercises where they described them). So, again, it's important for practice teams to stay the same throughout the series of exercises.

F. Short term and priming memory: Take 5 minutes to read (not skim) through the facilitator instructions immediately prior to going through the exercise. This takes advantage of short term memory and 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.)

G. 2 to 5 minutes is adequate for positive memories: Dr. Karl's demonstration positive memories are very long. For the practice exercises, 2 to 5 minutes of description is usually plenty.

Facilitator instructions (~12 min for each recipient):

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

- **Help recipient find splinter-free God positive memory:** **Sample coaching:** “Do you have a God positive memory that does not include any painful splinters and that is not sitting right next to painful memories?” If yes, move to next step. If no, encourage recipient to find a memory for a splinter-free positive experience that included a connection with God in the original experience. If they cannot find this kind of God positive memory, then coach them to use one of the “upgraded” Immanuel memories from either Exercise Zero or Exercise #1. And if they have not (yet) been able to successfully upgrade a non-God positive memory to an Immanuel memory, then use this exercise slot to help them to go through Exercise #1 again. (If at all possible, leave extra time in case troubleshooting is needed at the end of the exercise.)
- **Coach recipient to connect with positive memory:** Help 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?
Were there any friends or family with you?
What thoughts and emotions come as you think about it now?
How does your body feel?”

Allow recipient to describe the memory as it flows naturally, and then gently prompt them regarding any pieces they missed.

2) Interactive connection invitation and request (should be started by 7 min):

- ***Non-God positive memory:** Again, if recipient does not have a memory for a positive experience that included a connection with God in the original experience, and if they have not (yet) been able to successfully upgrade a non-God positive memory to an Immanuel memory, then use this exercise slot to help them to go through Exercise #1 again.
- ***God positive memory:** The recipient has their eyes closed, they’re imagining themselves inside the memory, and they’re feeling appreciation. Now coach the recipient to ask for help with the transition to an 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.’”

Then coach recipient to observe and describe whatever comes into their awareness.

Sample coaching: “As you are able, describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.” Describe any perception of Jesus’ presence, any interactions with Jesus, *in detail*.”

After recipient describes their perception of Jesus’ presence and any spontaneous interactions, coach them to focus on Jesus and ask how Jesus feels about being with them. And then coach them to observe and describe whatever comes into their awareness. **Sample coaching:** “Okay, now I would like you to focus on Jesus and ask him, ‘Lord, is there anything else You want to show me, give me, or say to me today?’ and then describe everything that comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

If there is extra time: Coach recipient to ask, “Is there anything else you want to show me, give me, or say to me, Lord?” And then, again, coach them to observe and describe whatever comes into their awareness.

3) Troubleshooting: If recipient does not perceive the Lord’s interactive presence, coach them to ask the Lord for guidance regarding blockages. **Sample coaching:** “In faith we know that Jesus is in the memory with you, even though you can’t perceive him. So I would like you to ask the Lord, ‘What’s in the way of my being able to perceive your presence, Lord?’ and then notice and describe whatever comes into your awareness, regardless of whether it feels important, makes sense, or is neatly packaged.”

After recipient describes whatever comes into their awareness, coach them to ask for guidance regarding the next step. **Sample coaching:** “Now ask the Lord, ‘How can I cooperate with your plan to resolve the blockage?’ and then notice and describe whatever comes into your awareness.”