

**Our Brains Work Best in Community:
Describe Whatever Comes Into Your Awareness
(Practice Exercise to Follow Video Training Segment #3)**

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NEW A. Upgrade another non-God positive memory: For this exercise, the recipient starts with another non-God positive memory and gets more practice with upgrading to an Immanuel memory. Also, upgrading non-God positive memories is an especially helpful tool for getting splinter-free positive memories that are necessary for the safety net.

Examples of non-God positive memories:

- Playing with a favorite pet
- An especially positive time with friends
- A favorite family vacation/trip memory
- Holding one of your children as a newborn baby
- Some other beautiful experience with one of your children
- A favorite family Christmas memory
- 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 recipient to use a new positive memory for this exercise, so that she develops a strong collection of positive memories.

C. Splinter-free safety-net positive memories: The positive memories from this exercise will be used for the safety nets for later trauma-work. These safety-net positive memories must not include any pieces of unresolved trauma, and they must not be sitting right next to unresolved trauma.

D. 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 details you could use as reminders/prompts.

E. Confidentiality: Again, if there are poignant, beautiful details that you would like to be able to share with others, *please ask the recipient's permission.*

F. Practice teams should stay the same: Again, it's important for practice teams to stay the same throughout the series of exercises.

NEW G. 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 help the recipient to recognize subtle manifestations of the Lord's presence and subtle content from the Lord *that they might otherwise miss.*

H. 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.

I. 2 to 5 minutes is adequate for positive memories: Dr. Karl's demonstration positive memories are very long. For 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 non-God positive memory:** **Sample coaching:** “Do you have a 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 new splinter-free 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 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?”

If 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. (If feeling appreciation, just move forward.)

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 the recipient 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. Describe any perception of Jesus’ presence, and 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, **as always**, 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, how do you feel about being with me?’ 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.”