

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

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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 Immanuel Approach safety net.

Examples of non-God positive memories:

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

B. Confidentiality: Those you practice with will have personal, vulnerable experiences in the context of their Immanuel encounters. *Please* do not share any of their details without their permission.

C. Short term and unconscious 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.

****Option for longer exercise:** If you and your group have more time, and you want to expand your “Lite” Immanuel Approach training, make sure to watch the full training segment so that you see the part of the demonstration where Charlotte coaches me to look at a particular issue *with Jesus*. And then add 10 minutes to the time allotted for each person going through the exercise so that participants have time to include this piece.

Facilitator instructions (~12 min/~22 min for each recipient):

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

- **Help recipient find a non-God positive memory:** **Sample coaching:** “Do you have a non-God positive memory?” If yes, move to next step. If no, encourage the recipient to find a new positive memory that can be upgraded to an Immanuel positive memory. If the 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.

2) Interactive connection invitation and request (should be started by 7 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's extra time: Coach recipient to look at, and think about, an issue or question *with Jesus*. Help them to focus and get words for their thoughts and feelings about the issue/question, help them to express their thoughts and feelings directly to Jesus, coach them to ask, "What do You want me to know about this, Lord?" and then coach them to describe whatever comes into their awareness *regardless of whether it feels important, makes sense, or is neatly packaged*.

And then, as new pieces come forward, coach them to focus on each new piece and get words for what's in their heart regarding the new piece; coach them to talk directly to Jesus about what's in their heart, and then ask Him for guidance and help; and coach them to describe whatever comes into their awareness *regardless of whether it feels important, makes sense, or is neatly packaged*.

Note: Help them to keep engaging directly with Jesus, as opposed to talking to you, or just trying to think about the issue/question on their own.

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."

This is the really simple first step for troubleshooting. We will talk more about troubleshooting in the next session.