Does it matter which memory we start with to appreciate?

**Three Part Answer:**

1. The aim of focussing on a previous positive experience and appreciating it is to lead into an interactive connection with Immanuel. If you have led the recipient into an interactive connection then you have achieved what you were trying to, so it does not matter where you started from. That is, so long as focussing on the memory led to an interactive connection it does not matter what the memory was.
2. However, God is really smart and it often works out that the memory that comes up initially sets the scene for the session. It can be a very specific path that the Lord leads the person on. So from that perspective, although the aim is to move into interactive connection, the memory that comes up is quite likely to be relevant to what the Lord has in mind for the session. So be prepared to sit with it and explore that option.

**Getting Safety in Place - *Some questions to have real time answers for:***

***Q:***  *Am I ready to launch into exploring wounding with this person with the connection we have developed so far?*

***Q****: If this person started to have negative memory come up which included strong negative emotions, am I confident that I can keep them or get them back into a safe space?*

The worst case scenario to take into account is:

**Q:** *If we start exploring painful memories/emotions and the person starts to fall apart in front of me – to decompensate – what will I do then?*

Part of getting safety in place is foreseeing what could go wrong and having a plan to not end up there. It can happen that a client starts to get into an unproductive painful place. You need to be able to lead them out of this. So the **first** level of safety, both for your client and you is ***to establish a number of positive memories/stories to be able to bring the person back to.*** It is an excellent investment of your time and it minimizes stress, both yours and the client’s, which in turn optimizes the positive possibilities.

***The next level of safety and the most profound level is being able to bring people back into an interactive connection with the Lord*** – to feel his presence, to be able to hear him and if possible to also see Him. So spending time that leads to the client being able to perceive his presence more clearly or in ways not previously experienced is very helpful. The simple way this is normally initiated is through an invitation for him to reveal his presence more clearly. When you think about it though, there are two ways to look at this. One is Him revealing himself more, the other is for the person to be better able to perceive his presence. So in a way we are asking for both, realising that a lot of the blockage may be on our part.

**Typical Invitation/Request:** Have the client say to Jesus, “*Jesus by faith I know you are with me I ask you to help me perceive your presence more fully.”* Then have the client report what they notice/perceive. Initially making this request from inside the positive memory is an excellent place to start. Interacting with the Lord inside your memory consolidates perceiving his presence and leads to being able to stay connected with him in other circumstances. Examples of other requests:

* *Could you show me more clearly where you were in that memory/at that time?*
* *Could you show me more clearly what you were doing at that time?*
* *What else do you want me to see in that place?*
* *What else do you what me to know about that time/ in that place?*

There are lots of options, the aim is to get the person perceiving the Lord’s presence and interacting with him. A goal being achieved along the way is having a safe place the person can come back to if things get heavy down the track.

1. One form of memory that is a good start but ***not sufficient as a base to come back to*** is what Lehman calls a splinter memory. Imagine a wound that has a whole lot of splinters in it. If one of them is healed then that becomes a positive memory which deserves to be appreciated. The problem is that it is connected with other splinters making up the original wound which are not yet healed, and by focussing on the splinter memory after a while the other parts of the wound, not yet healed, may start coming forward. This is fine and great if you are confident to be able to keep bringing the person back to perceiving the Lord’s presence, but if you aren’t confident with that yet, it is better to also find other more positive memories to connect with: ones that can be used as safe places to come back to.

***Think about what resources are available:***

***Q: If the person you are working with loses connection with the Lord what do they have left?***

***A: They still have all the internal resources they had before the session started.***

***Q: But what if they are now in a bad place?***

***A: They have you! If you know how to attune with them and move them into a good place the experience has a happy ending.***

**Summary:** Pastor Patti Velotta, who has worked closely with Dr Karl Lehman for many years and now trains people in the Immanuel Approach, puts it this way*:* ***I’m not willing to go anywhere without Jesus.*** That is, I’m not willing to go exploring the areas a person’s mind takes them to unless I know we can get back to being with Jesus quickly. Very Simple. Very Safe. Don’t go too far without making sure Jesus is coming with you. If we can get back to perceiving Jesus, he **always** knows what to do next and he seems to really enjoy being asked and showing us.

***Q: Are there any exceptions to not exploring memory unless Jesus comes with you?***

**A:** The awkward thing is that some blocks to perceiving the Lord’s presence are memory based. That is, there is a belief, or more than one, embedded in memory that is blocking the person’s ability to perceive God’s presence. The way to change the belief is go to the memory it is coming from, become aware of the belief and allow the Lord to change it. He can still do this even if a person has trouble perceiving his presence. He can still be guiding the person and is very invested in sorting these blockages.