

Introduction to the Group Immanuel Connection Calls

Immanuel Connection is about *experiencing* God with us (that's what "Immanuel" means).

It's a way of opening our hearts to God and discovering His thoughts and feelings about us and our situation, whether we are feeling joyful or we're in pain. The goal is to experience attunement from God and to build connection and secure attachment with Him. In the process, God may heal us of wounds or give us new ways of thinking, feeling, and acting.

Scripture talks about God being with us all the time: "*The LORD your God is with you. He will never leave you nor forsake you.*" This promise is repeated something like 14 times throughout the Bible!

The Lord also says to us, "*My thoughts are nothing like your thoughts. My ways are far beyond anything you can imagine.*" When He brings his thoughts into a situation, they're going to be good, helpful, valuable thoughts. And when we reach out to Him, He is always there. When we tune in and we learn how to pay attention, He is always available.

Immanuel Connection is a way to learn how to pay attention to what God is thinking and feeling in any situation. It is a crucial part of being Aligned with Your Divine Design.

Here's how it works:

- 1. We start with a custom Healing Code to remove any blocks that would keep us from experiencing the presence of Immanuel.** (I'm the only one in the world who does this.) I will lead this custom code and prayer. It will be brief. You may use this same Code to clear blocks to connection with him throughout the month. It won't be for a specific issue, just to clear what may be blocking your connection to Immanuel at any given time. You can use the Code in the usual way or with the Energy Flow Activation which is part of the Align with Your Divine Design program.

2. **We open our hearts**, acknowledging that God is already here, and saying, "Lord, I want to be aware of You; help me be aware of your presence here with me now."
3. **Then we find a connection.** We can go through our own memories to find a time for which we are grateful, an appreciation memory, or a time in the past when we remember God being present with us. Or we can ask God to bring one to mind. Any of these will work. ***Note: for the purposes of this, a memory that is "mixed," in that you perceived Jesus with you in some trauma, is not the best to connect with now. There may be "splinters" or unhealed parts of that memory, and we don't want anyone to be re-traumatized. Focus on something that is purely positive, whether you felt a direct connection with God or just feel appreciation for something that you experienced.***
4. **We re-experience the memory all over again, as if it's happening now.** Reconstruct what you saw, heard, felt in that memory until it feels like it's happening now.

If we're not aware of God in that particular memory, we can say, "Lord are you here?" And then we notice any way in which we become aware of his presence. It may be there is a visual image of God – Jesus, the Father, the Holy Spirit. Or it may be a sense of his presence, or what He would say pops into our awareness. He speaks in a lot of different ways. It could be a song or Scripture verse pops up, or a thought, or maybe a feeling, like a sense of contentment or of peace. All of those are ways that He speaks to us.

5. **Then we start interacting.** We share with Him what we're noticing, whatever pops into our awareness. We say, "Lord, what do you have for me here?" And just see what pops up, trusting that when we ask God, He answers.
6. **We want to stay connected.** I'm going to guide you through this whole experience, but if at any point as I'm guiding you to remember a time of connection and to start talking to the Lord about it – if you lose a sense of connection, stop right there, don't go any farther, go back and see if you can remember that connection that you started with, either the appreciation or the time when you were interacting with God. Take some time to feel connected again before you go on.

7. **We express gratitude to God.** This is a time to express our appreciation to God, appreciation for what He's given.
8. **We ask God to show us what lie we believe, and what the truth is.** If you are able to stay in a state of connection and openness, I will invite Jesus to show you what lie you are believing. I will guide you as to what kind of lie (lie about God, lie about yourself, your past, etc.-- as I am led). Then we will ask Jesus to show you what is the truth that he wants you to believe about that.
9. **I will give you time to write down what God just showed you, or whatever you might want to capture from the experience.**
10. **Lastly, sharing our stories is a big deal.** If we experience something with God and don't share it with others, it never makes its way from the depths of our right brain experience all the way over into our left brain, where we process things logically and verbally. Or it's much harder for that to happen. When you share stories, you're more likely to remember them; they become part of your personal sense of who you are and what your life has been like. So I encourage you to share – if you have an experience with God today or any other time you experience God with you. When you share that story with other people, it sinks more deeply into your own life; it becomes more of your sense of identity, and you look forward with the sense that God is going to be with you in the future. Plus you're sharing a story with other people and they get to experience something of who God is.

Sharing time can be as impactful as being with Jesus was for you personally. We meet Jesus in a new way in each other's stories, as well as our own.

Note though that you don't have to share every part of your experience. Only what you're comfortable with. Maybe give a sentence or two to set the context, if necessary, but get to the essence of what God showed you or said to you. That will be most helpful to you and others.

At the end, I will go around once again for those who are present, and if you are open to sharing the lie and the truth Jesus revealed, I can give you a custom Healing Code for that. **This will only be possible**

for those on the live call. If you can't attend that call but listen to the recording, you can tell me what the lie/truth is in your email before the next Healing Hearts Circle, and that will be incorporated into the Coach-Guided custom Healing Code in that Healing Hearts Circle.

So those are the basic steps of the Immanuel Connection approach. I suggest you have a journal, or paper and a pen or pencil handy. **I invite you to not take notes while I'm guiding you, just enter fully into the experience. I'll give you time to take notes afterwards.** You might want to keep a journal or notebook specifically for your Immanuel Connections. It is wonderful to look back on them and anchor them in once again, especially when you go through a rough patch.