

Jesus Hugs

Describe for the client what the two physical movements look like, running while seated and arm/face brushing.

Briefly recall a bad experience that you feel was traumatic for you.

Close your eyes and imagine that, during the experience, you see Jesus about 20 or 30 feet away and you run to Him as fast as you can and fall into His arms.

Rest there and feel the relief wash over you.

Now imagine that Jesus instantly brings you to a beautiful, peaceful and safe place. It could be a place you've been to before or an entirely new place you are imagining.

Begin brushing your arms and imagine you and Jesus are comfortably sitting together there, His arms are around you, holding you close. Verbally thank Him for taking the time to sit with you, and for anything else that comes to mind.

Stop brushing for a moment and tell me how it feels to know you are safe in the arms of Jesus.

Start brushing again and now imagine Jesus saying to you, "My child, what would you like Me to do for you?" in reply you tell Him what you want Him to take from you: specific emotions, reactions, and pains that you feel in your mind and body that happened as a result of that bad experience.

Now imagine that you and Jesus are moving slowly through this beautiful place. Describe for what you are seeing, hearing and feeling.

Stop brushing, take two slow deep breaths and count backwards from 20 to 0.

Start again. You're still with Jesus in that beautiful place, and He wants you to tell Him all about one of your most favorite things you love to do. Even though He already knows, He would love to hear every detail of exactly how you do it.

Pause. You and Jesus have now arrived at an area where there are 20 steps ahead of you. They lead up to an amazing waterfall where you can sit with Him and enjoy the view. As you ascend, counting each step, you notice you're feeling lighter and lighter. You sit down, take 2 slow, deep breaths, and enjoy the view.

What's your favorite worship song? Jesus would love to hear you sing or hum it to Him.

Start brushing again. Feel Jesus' presence and peace completely surround you. Let your mind drift back to the memory of that experience, and tell Jesus what's different now.

Do you feel any weight or stress around it?

Describe your feelings about it now.

Stop brushing. Are you free and healed? If not, repeat the process, focusing on what remains. If yes, ask Holy Spirit to confirm and seal the healing they received.