



### **Attachment to Jesus:**

Ask client to sit comfortably and close their eyes. I usually ask clients to have both feet on the floor (have them tuck a pillow behind their back if they need help getting comfortable). Follow Script below:

With your eyes closed, take in some slow deep breaths. Notice the air as it comes into your body. Some people notice the air as it comes into their nose, some feel it as it hits the back of their throat, some people feel it as it enters their lungs, just notice where you feel the air entering your body. Continue breathing in and out just noticing the air. As you start to feel yourself relax, shift your attention to creating a room. This room is comfortable, peaceful, and safe. Do what you need to in order to create this room in such a way that it brings comfort, peace, and safety. Texture it, paint it, design it with specific furniture, lighting, and smells. When you feel like your room is ready nod your head.

Now we are going to invite Jesus into this room with you. We know from scripture that Jesus sat with people no one else would sit with, he ate with people, walked with people, sought out people, healed people, cared for people, and genuinely loved people. As Jesus enters this room and sits down, look at Him and tell me what you notice about Him. (pause)

What is He wearing? What color is His hair? What color is His eyes? Look at his face, do you notice any distinguishing marks? What about his hands? Feet?

Now turn your attention to Jesus' eyes....what color are they? What do you see in His eyes as he looks at you?

(start adding bilateral (slow) as the client reports positive things in the message in Jesus eyes)



Look deep into Jesus eyes and tell me what message is there for you.  
(add bilateral as it is positive)

Look away and notice that Jesus is holding His hand out to you. As you feel comfortable get closer to Jesus. Tell me where you are in relation to Jesus in the room right now.

(add bilateral as client reports closer connection or even touch)

How does it feel to be this close to Jesus? (add bilateral as positive)  
Look back in Jesus eyes as you are this close to Him, what do you see? (add bilateral as positive)

As Jesus Hand is extended, touch his Hand and feel the scar that is there for you.  
What are you experiencing? (add bilateral as positive)  
Look into his eyes as you are experiencing this and what do you see? (add bilateral as positive)

Jesus has a message for you today. As you listen to His message look into his eyes and tell me what you see and hear. (add bilateral as it is positive)

Step away from Jesus for a moment. Tell me what you notice. (add bilateral)

Step back towards Him and tell me what you notice (add bilateral)

How would you describe your relationship with Jesus right now in this moment?  
(add bilateral as positive)

Is there anything that you need from Jesus right now in this moment? Could you ask him for that need?



(Continue following this model of look into eyes, touch, see messages as time allows. Add bilateral as things are positive)

*When ready to close:*

As we finish today, how would you like to thank Jesus for all you experienced?

See and hear Jesus' promise that He will never Leave you nor Forsake You. When you are ready, you can return to the room by opening your eyes.