

## Positive Memory Card Selection

*Now that you have completed learning the meditation process you are ready to combine meditation with memory work. Initially we will work on positive memories. Eventually we will work on negative memories. We work on positive memories first for two reasons. First we want you to be comfortable combining your meditation work with your memories. This again is a new or more advanced process. Second we want you to develop meditative trust. It is one thing to say we trust God and or Jesus it is something more to share with Him our deepest memories or thoughts.*

- 1. Take out your memory list that you have been working on since we started the meditative and or moral development process. You should have both good and bad memories on your list by now.*
- 2. Ignore or disregard for now any negative memories. Remember negative memories are either those memories that make you feel bad or are memories you believe you should not have had as in an addiction memory.*
- 3. Focus only on the positive memories. Make sure each positive memory you focus on is positive and has no associated negative memory or feelings.*
- 4. Initially identify three positive memories that you would like to work on. We are not going to change these memories in any way; we just want to share them with God meditatively.*
- 5. Prepare each of these memories on a 3 by 5 index card for our next session. Record the memory and the associated emotions. How does it make you feel when you look at it?*
- 6. Bring these three index cards with you to our next session.*
- 7. We do not have to work on any memories you do not wish to work on. Remember it is always your choice.*

*Sincerely,*

*Dan L. Boen, Ph.D.  
September 17, 2001*