

Title: Physical Behavior, Phenomena, and Manifestations: Summary & Practical Applications

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Greetings all,

Just posted another essay.

Blessings,

Dr. Lehman/Karl

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**Physical Behavior, Phenomena, and Manifestations:
Summary & Practical Applications**

(Revised 7/2/2001)

Summary:

It is important to be aware of the significance of physical phenomena. Physical behavior/manifestations/phenomena can provide memory information, drain off emotional energy, distract, be an indicator of some other interference (internal parts and/or demonic), or indicate the healing work of the Holy Spirit. I was amazed at how often I noticed each of these once I was aware of the possibility and began watching for them.

I. Interference

- A. Pressure leaks: Negative emotions provide the trail that leads to the underlying trauma and lies, but the emotional intensity often has to get to a certain point before important connections are made. Physical behavior, phenomena, and manifestations can drain emotional energy and thereby actually hinder the healing process. We have found that if the person chooses not to use any of their "coping" tools (including obsessive behaviors), suppresses nervous habits, and suppresses any manifestations/phenomena that are under their control, the emotional intensity builds more quickly and the healing work is enhanced. Likewise, if we address involuntary manifestations/phenomena by binding demonic spirits and/or working with internal dissociated parts, the emotional intensity builds more quickly and the healing work is enhanced.
- B. Distraction: internal parts and demonic spirits seem to know how to use this

simple trick. If they can get you to focus on interesting physical phenomena you may lose your focus on the painful memories and/or strategic targets you were working on. The physical phenomena can also confuse and/or upset the person receiving ministry, which is especially distracting.

- C. Indication of underlying opposition (internal parts and/or demonic spirits): The session described in “Prayer for Emotional Healing, Spiritual Opposition, and Physical Manifestations” provides a good example. Our client experienced twitching and jerking during prayer at charismatic prayer meetings and also during our EMDR and/or Theophostic sessions. The twitching and jerking did not seem to be under her voluntary control, but did stop immediately when we prayed to bind demonic interference. Her perception was that internal emotional healing had stopped when the manifestations began, and had resumed with our binding prayer and the cessation of the physical manifestations. My perception was that the physical phenomena were not blocking the healing directly, but rather were external evidence of the demonic opposition that was blocking the process – “side effects” produced in the physical body as demonic spirits opposed the Holy Spirit’s healing work.
- II. Physical memories: Physical memories occur when the brain plays the memory track that stores the movements or sensations of the person’s body from the traumatic memory. The physical movements will replay aspects of the traumatic event, and can provide valuable clues and/or confirmation regarding the traumatic memories being addressed.
- III. Physical manifestations of the Holy Spirit’s presence and healing work. I think of these as being physical “side effects” produced directly by the Holy Spirit’s presence and healing work. They do not appear to interfere with the healing process in any way.

Practical Applications/Tips

Simply being aware of the importance of physical phenomena is helpful. Keep your eyes open, with the awareness that physical phenomena can provide memory information, drain off emotional energy, distract, or be an indicator of some other interference (internal parts and/or demonic). I was amazed at how often I discovered these different patterns once I began watching for them.

Whenever you observe physical behavior/manifestations/phenomena, it is important to consider all the possibilities as you discern what to do. I keep the following outline in my mind:

- I. Interference
 - A. Pressure leaks
 - 1. Learned, voluntary coping behavior

2. "Nervous habits"
 3. Obsessive compulsive behavior
 4. Spontaneous phenomena that can be suppressed (parts and/or demonic)
 5. Spontaneous phenomena that cannot be suppressed (parts and/or demonic)
- B. Distraction
- C. Other: Indications that other interference/opposition is present

II. Physical memories

III. Physical manifestations of the Holy Spirit's presence and healing work

I don't worry about the physical phenomena as long as the person is consistently moving through the Theophostic process to healing (the initial lies no longer feel true, the initial traumatic memories become peaceful and calm). I observe, especially for clues that physical memory can provide, but I don't intervene in any way. Whenever I see physical phenomena that don't seem to hinder the healing process I assume that they are manifestations of the Holy Spirit's healing work.

Be especially careful to watch for and eliminate "pressure leak" behavior and phenomena when the person "can't get a hold of anything" and/or when the process keeps bogging down for lack of emotional intensity.

Suspect that a physical phenomena is providing a pressure leak when the physical phenomena is brief (seconds to a couple minutes) and the person experiences relief/decreased intensity immediately after the phenomena.¹

Look carefully for internal parts and/or demonic interference when there are a lot of physical manifestations but the person does not move through to healing.

Consider especially underlying opposition when physical manifestations are prolonged. Before we learned to discern and bind underlying demonic interference, clients would frequently experience physical manifestations for extended periods during EMDR and/or ministry time.

Nervous habits and obsessive behaviors: Clients usually understand the concept and agree to do anything that will turbo-charge the process, but they usually forget during the session. They are busy being stirred up so you will need to gently remind them to keep letting go of the pressure leak behavior.

¹Of course this does not include relief indicating completed Theophostic healing.