

Title: Physical Behavior, Phenomena, and Manifestations: “Pressure Leaks” that can Hinder Prayer for Emotional Healing

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Greetings all,

Just posted another essay.

Blessings,

Dr. Lehman/Karl

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**Physical Behavior, Phenomena, and Manifestations:
“Pressure Leaks” that can Hinder Prayer for Emotional Healing**

(Revised 7/2/2001)

Over the last several years we have observed in many clients that physical behavior, phenomena, and manifestations would begin and/or increase as we got closer to an important target and as the intensity of their emotions increased. We eventually noticed that the physical behavior, manifestations, and phenomena often appeared to drain off emotional energy. The person would feel relief, but at the expense of lost momentum in the healing session. A basic principle in prayer for emotional healing is that negative emotions provide the trail that leads to the underlying trauma and lies. Our observation is that the emotional intensity often has to get to a certain point before important connections are made. We realized that the physical behavior, phenomena, and manifestations that were bringing relief were also draining emotional energy, and were thereby actually hindering the healing process¹.

Our observation is that these “pressure leak” physical behavior/manifestations/phenomena are usually one of the following: 1) things the person has learned to do to relax, “cope,” release tension when they are upset; 2) “nervous habits” that the person performs “without thinking about it” whenever they are anxious; 3) obsessive compulsive behaviors: these can look a lot like nervous habits, but have a specific meaning and are used in some specific way as the person tries to cope with their anxiety; 4) involuntary, “spontaneous”

¹Not all physical manifestations are “pressure leaks.” They can also be distractions, indicators of other underlying interference, physical memory, and direct manifestations of the Holy Spirit. See “Physical Behavior, Phenomena, and Manifestations: Summary and Practical Application” for additional comments.

manifestations/phenomena that the person can suppress as long as they concentrate on doing so; 5) involuntary manifestations/phenomena that seem much more difficult to suppress. Our experience is that the partially voluntary/involuntary manifestations/phenomena are often caused by internal parts that are trying to control painful emotions and avoid going to painful memories and/or demonic infection trying to prevent going to the root memories and lies.

As mentioned above, our observation is that these behaviors/manifestations bleed off emotional energy and often hinder/block 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. We have recently had several experiences where people who have been “stuck” with certain Theophostic targets for months experienced important breakthroughs when “pressure leak” manifestations/phenomena were neutralized in one way or another. Most of these people experienced increasingly intense negative emotions for 5 to 15 minutes after the “pressure leak” was stopped, and then began to perceive the images, thoughts, memories, etc. that lead to the breakthrough.

Examples

Deep breathing: One person had learned that deep breathing would help him calm down if he was in a situation where he felt intensely stressed. During a recent Theophostic session he realized that he was experiencing increasing internal tension and that he wanted to start breathing deeply in order to relax. When he chose not to breathe deeply, the emotional intensity increased quickly and he started crying within seconds. After crying intensely for 5 to 10 minutes, vague images and thoughts started coming into his mind. When he spoke these, we quickly realized they were important memories that were connected to the intense emotions he was experiencing. This connection led to a breakthrough with a Theophostic target we had been working on for months.

Obsessive compulsive habits: One woman came with the request that we help her with her “nervous obsessive compulsive habits.” She was aware that she would experience increasing internal tension before performing the nervous habit behaviors, and that the tension would decrease promptly when she would perform the behaviors. During the session we asked her to choose to stop the habit behaviors and let the internal tension increase. We also asked her to observe and report all thoughts, feelings, and internal images as she did this. Within 20 to 30 minutes the images, thoughts, and memories that began coming to her led us to the unresolved trauma that was the root of her obsessive compulsive habits.

Involuntary, spontaneous laughter²: Another person experienced sudden laughter during

²We are not saying that all spontaneous/involuntary laughter is demonic. I have

prayer to expose spiritual opposition. She experienced that it was difficult to stop/control the laughter, and commented: "I don't even know what I am laughing about." With further prayer and discernment we were able to determine that demonic spirits were causing the laughter. When we dealt with the demonic interference, the laughter stopped suddenly, tears began to flow, and she quickly identified the underlying trauma and core lie that was at the root of the problem we had been addressing when the laughter began. On another occasion we determined that an internal part was using similar sudden involuntary laughter to interfere with the session (this part got special satisfaction out of leading me to believe the laughter was again demonic, and then watching me try to deal with demons that weren't there).

Screaming: Many people scream at some point in their Theophostic work – in frustration, rage, fear, pain, etc. In some situations the screaming seems appropriate and even helpful, especially while they are "stirring up the darkness." In other situations screaming seems to be a pressure leak. We have worked with people who will scream during times of intense emotion in the Theophostic work, but the scream comes before they connect with the underlying memories and lies. They report experiencing short term relief in their negative emotions immediately following the screaming, but they don't get *through* the underlying memories and lies to permanent healing.

**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

observed situations where laughter seemed to be a part of legitimate healing and/or a healthy release of emotions after legitimate healing.

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.³

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.

³Of course this does not include relief indicating completed Theophostic healing.

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.