

Title: Beautiful Jesus-Encounter (Pre-Immanuel Approach)

February 17, 2004

Greetings all,

Just a quick note to share a beautiful Jesus-encounter story:

One of my clients had been working on certain lie/negative cognition themes through a number of EMDR/Theophostic® sessions. This client had been working hard to press into difficult memories and to address anything in the way of the healing process. During the final session, while focusing on the painful emotions and lies/negative cognitions, he finally got back to the earliest memory containing these thoughts and feelings. Suddenly he could see that the lies/negative cognitions were not true – that they had been misinterpretations during the original traumatic memory. He could also see that the negative emotions had been produced by these misinterpretations, and were now no longer appropriate. Then he went forward in his life through all of the many memories we had worked on, seeing how this same lie/negative cognition had been affecting his life in all these many situations. He experienced a subjective sense of neurological stimulation during this process, and then tremendous relief. This whole scene would not be unusual in a Theophostic® session, but an EMDR therapist would also say “that is a textbook EMDR resolution.”

At this point, we also specifically invited the Lord to come with His truth and healing. The client immediately received additional truth and healing from the Lord. Jesus spoke clearly into his heart, showing the client how He had been with him through all of these experiences, and also speaking directly to the lies/negative cognitions from the perspective of the Lord always being with him and protecting him. Finally, this client had a profound and intimate encounter with the living Jesus Christ, “like we were good friends, leaning towards each other over a coffee table and sharing about how much we meant to each other.” **At this point in the session, the client spontaneously asked the Lord to come into his life and made an adult decision to commit his life to the Lord.** This was *not* a textbook EMDR resolution.

After reading the draft of this paragraph, he commented “to read about or even explain the experience seems almost trivial compared to the actual and lingering emotion concerning that session....one can't imagine that the truth and honesty of the event could ever be communicated to another.”

As the reader has probably already realized, this session illustrates the special and unique value of explicitly inviting Jesus.

Blessings,

Dr. Lehman/Karl

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