

Title: Immanuel Approach Training and Healing in Sri Lanka

May 27, 2010,

Greetings all,

I have been working on a section for our upcoming book that includes a brief summary of testimonies regarding the work the Lord is doing through the Immanuel approach, and I thought it would be encouraging to send these pieces out to you. Pieces of some of these stories have gone out in earlier e-mails, but these are the most updated and complete accounts. This Third installment is a story about Immanuel Approach training and healing in Sri Lanka.

Blessings,

Dr. Lehman/Karl

Want to support the Lehman's Immanuel Approach work? Click here for more information:  
<https://www.immanuelapproach.com/supporting-lehmans-immanuel-approach-work/>

### **Immanuel Approach training and healing in Sri Lanka:**

Dr. E. James Wilder is another colleague who has been using the Immanuel approach and seeing dramatically positive results. As I write this (still March 2010), it has been less than a month since Dr. Wilder returned from a country in Asia that is recovering from 25 years of civil war and from massive trauma from the 2008 tsunami. Charlotte and I had the privilege of spending an evening with him to hear about the trip, and his report was *very* encouraging. Jim spent a week with a team of 45 ministers, mental health professionals, and lay people, training them in the use of the Immanuel approach, and one of the most exciting aspects of his training was that he was able to teach the participants how to use the Immanuel approach in group settings. The core of Jim's teaching program was to repeatedly take the trainees through the group exercises themselves, and from the first day the participants began receiving healing in their own lives as they "practiced." By the middle of the week every single person was connecting with Jesus and receiving healing each time the group went through the exercises, and by the end of the week every participant had received healing for a number of different traumatic memories.

Here are a few examples:

There was a group of participants from the war zone who had trouble trusting the rest of the trainees. At the beginning of the week they tried to avoid anybody from the larger group and they would not participate in activities with the larger group. However, after receiving healing these people were able to participate joyfully with the

rest of the group.

One of the pastors attending the training had been “executed” by militants, who thought he was dead and then buried him. Amazingly, he revived from the initial shock of being “executed,” dug himself out of his shallow grave, made it back to his home, and eventually recovered from the physical injuries; but, not surprisingly, he had also been psychologically traumatized, and displayed dysfunctional reactions to reminders of the trauma. By the end of the week these traumatic memories had been healed, and he appeared to be free of the PTSD symptoms associated with these events.

Another pastor attending the training reported that he had been anxious for as long as he could remember, but that after the healing exercises he was feeling peace for the first time in his life.

Furthermore, by the end of Jim’s visit the participants were confident that they would be able to take the Immanuel approach home with them – they were planning to go home and start using the Immanuel approach with their spouses, children, extended families, friends, neighbors, colleagues, parishioners, and clients.

And then there are our young friends, Andy and Kristin Ross, who attend our church and live in our neighborhood here in Evanston IL. Neither Andy nor Kristin have any mental health training, but they have done a lot of reading about Christian emotional healing, they have watched a bunch of our videos, we helped them get started by facilitating a few Immanuel sessions for each of them, and Charlotte and I have given them an evening of coaching/mentoring on a handful of occasions over the last two years. They now do Immanuel healing with each other as a routine part of their ongoing personal growth, and using the Immanuel approach to deal with underlying trauma is a standard part of how they resolve conflict in their marriage (footnote 3). They also volunteer some of their time each week to provide free Immanuel approach healing for any in our community who wish to receive it, and they have seen many people blessed by the resolution of traumatic memories.

In addition to all these ways in which they weave the Immanuel approach into their daily lives here in Evanston, they had more adventurous experiences during a trip to Kenya. Andy grew up in Kenya as the child of missionaries, and his whole family returned for an extended visit this past summer (2009). As plans were being made, Andy had the thought “why not do some teaching about the Immanuel approach while we are in Kenya?,” and to make a long story short, Andy and Kristin ended up presenting five different seminars during the six week trip. The seminars were from one to three days in length, and all of the seminars included “lab” time where Andy and Kristin lead the participants through Immanuel approach group exercises. Participants included missionaries, teachers, pastors, and social workers, many of whom work in urban slums, and many of them experienced healing during the exercises.

For example, one woman’s pain included anger towards her son. Her group helped her to invite Jesus into the memories associated with this anger, and then to interact directly with

Jesus regarding the painful aspects of these experiences that still upset her. At the end of the exercise she reported feeling peaceful, and noted that the physical pain in her neck had decreased since Jesus had resolved the pain in the memories. In another group, one of the men had been very angry about being put in jail unfairly by corrupt police, but after inviting Jesus into the memory and interacting with Him regarding the pain he reported that his anger was gone and that he no longer harbored judgment or bitterness towards the officers who had wronged him. In yet another group, a number of leaders from the same church did the exercise together. They had been angry with a neighboring pastor who had been “stealing sheep,” or luring members from their congregation to his, but during the exercise Jesus spoke to them and told them that they needed to forgive this man. By the end of the exercise they had all agreed to meet with him and forgive him upon their return home. In several other groups people went to memories of conflicts with various family members, and all of these people reported that the negative emotions from the conflict memories resolved as they went through the exercises. A woman from one of these groups later commented that certain especially hurtful words her daughter had spoken had been circling in her head for days, but that these hurtful words were completely gone by the end of the exercise.

Andy and Kristin also facilitated individual Immanuel sessions with children in an orphanage and in a boarding school, and they saw the Lord’s healing work in these settings as well.

One of the most exciting things we have observed with the Immanuel approach is that it sometimes works with non-Christians, and when it does they usually decided to follow Jesus after experiencing His living, loving presence and receiving healing from Him. For example, two of the people attending Dr. Wilder’s recent training seminar in Asia started the week as non-Christians. However, even though they were not Christians they were still willing to try the exercises, and by the end of the week both of them had experienced the Lord’s living, personal, Immanuel presence, received healing from Him, and decided to follow Him. A similar scenario during our May 2009 seminar in Panama provides another example. Several of the mental health professionals attending the seminar had invited a non-Christian colleague, who probably decided to come because she perceived that my lectures on psychological trauma and implicit memory would be valuable. She decided to participate in the Immanuel approach group exercise that we included in the seminar, and was astonished by the results – she experienced God as a loving Father for the first time in her life, she went to several traumatic memories and received profound healing in each of them, and then she ended the exercise by deciding to follow the Lord.

Footnote 1: One of the most exciting things about the Immanuel approach is that several of the new components make it possible to design *group* Immanuel exercises that are both safe and effective. For a detailed discussion of these new components, and how they make it possible to use the Immanuel approach in group settings, see Part V of the “Brain Science, Psychological Trauma, and The God Who is With Us” essay series.

Footnote 2: With both the house church and the youth group, participants must now bring their own chairs and sit in the street in front of the house.

Footnote 3: When one or both marriage partner(s) is/are being triggered by something the other is doing, it is extremely difficult to facilitate emotional healing for each other. Andy and Kristin therefore have other prayer partners to help with Immanuel healing for these situations (Charlotte and I have this same arrangement).