

Title: New LMS DVD – “*Ian: I’m Not Enough*”

October 28, 2012

Greetings all,

Just a quick note to let you know that we have just finished another Live Ministry Series (LMS) DVD – *Ian: “I’m not enough.”* <https://www.immanuelapproach.com/products-page/>. I have included the session summary to give you a sense of what the session is about. It also makes a decent testimony (it’s not quite as engaging as a story written explicitly as a testimony, but it still makes an okay Immanuel story).

Blessings,

Dr. Lehman/Karl

Ian: “I’m not enough” session summary (excerpted from the written commentary): In this 2012 session, Ian starts with recalling and reentering a positive memory with Jesus (enjoying a worship service together with his two youngest daughters, and perceiving Jesus’ presence with him in this context). Ian spontaneously experiences intense appreciation as he recalls and reenters this memory, and then moves smoothly from positive memory recall and appreciation to reestablishing a living, interactive connection with Jesus. Once the interactive connection with Jesus is in place we ask Him for guidance regarding where to go with the session. The Lord directs Ian to focus on doubts/insecurities he had been struggling with regarding his ability to use the Immanuel approach in his own professional work, and Ian eventually identifies negative thoughts along the lines of “I won’t do it right,” “I’ll screw it up,” and “I’m inadequate/I’m not enough.” Ian is still able to perceive the Lord’s presence and is still experiencing an interactive connection, so Dr. Lehman coaches him to keep focusing on Jesus and ask for more guidance. Quickly after this request, Ian reports that a six year old memory comes forward, in which his father is hovering over him with a stern, critical expression. It turns out that Ian’s father is supervising six-year-old Ian as he does remedial homework, required by his teacher because he had not been “coloring within the lines” in his classroom at school. Strikingly, Ian realizes that the negative thoughts and emotions in the childhood memory exactly match the doubts and insecurities he had been experiencing regarding whether or not he could adequately facilitate Immanuel approach sessions.

Initially Ian is not able to perceive the Lord’s presence in the childhood memory, even after an explicit invitation; but then brief, simple troubleshooting helps Ian realize that Jesus is standing right beside him. It turns out that Jesus had been standing there the whole time, but Ian had been so focused on his father and the negative content that he hadn’t noticed Jesus. Jesus then initiates several beautiful, healing interactions with Ian, including putting His arm around Ian’s shoulders, reassuring Ian, and correcting his conclusions regarding the meaning of the experience. Ian reports, “I’m getting the sense that the Lord knows, and knew, that I

[interpreted the meaning of this experience to be that I am bad or inadequate because I can't color in the lines]. And He's saying, 'No, that's not it....coloring outside the lines doesn't mean that you're bad.'" Jesus also took Ian to a second memory with similar themes, and initiated similar healing interactions in that context. By the end of the session, "I won't do it right, "I'll screw it up," "I'm inadequate," and "I'm not enough" no longer feel true – neither in the memory, regarding his school work, nor in the present, regarding his ability to use the Immanuel approach in the context of his professional work.

During the four months following the session Ian observed a number of lasting changes. Every time Ian went back to the childhood memories from the session, he perceived Jesus' presence, he felt connected to the Lord, and the negative thoughts continued to feel not true. Ian was able to perceive the Lord's presence with him through the Immanuel approach seminar he did a couple weeks after the session, and he did not have any trouble with the negative thoughts ("I won't do it right, I'll mess it up, I'm not enough," etc) or the negative emotions of feeling inadequate or insecure. These negative thoughts and emotions no longer bothered him when he used the Immanuel approach with his clients. And Ian also noticed persistent increased compassion for, and connection with, his father following the session. Furthermore, in the follow up interview Dr. Lehman coaches Ian to try using one of the memories from the original session as the context for connecting with Jesus, and Ian has another powerful, beautiful experience of feeling the Lord's tangible presence. Ian reports experiencing a physical sensation of pressure on his shoulders, that wasn't there before going back to the memory, "...and it completely matches the image of the Lord having His arm around my shoulders, at the table, amongst the crayons and coloring sheets....There's a literal feeling of pressure, on my shoulders, and I can feel it, right now."