

Title: New Live Ministry Series (LMS) DVD -- *Charlie: "See, This Works!"*

February 14, 2013

Greetings all,

Just a quick note to let you know that *another* new Live Ministry Series (LMS) DVD is now available <https://www.immanuelapproach.com/products-page/>. I am also including the detailed session summary, below, which provides a more complete description than the short summary on the DVD package.

Blessings,

Dr. Lehman/Karl

P.S. Happy Valentine's Day!

Charlie: "See, This Works!" detailed session summary: This 2012 session begins with Charlie describing how he has been waking from dreams in the act of speaking the words, "Will you please *listen* to me!" with intense, demanding frustration. My thought at this point is that Charlie should establish an interactive connection with Jesus, and then once this is in place he could submit his tentative initial target to the Lord and ask for both guidance and help. So I coach him to do this, beginning with the usual Immanuel approach initial steps of asking God to bring forward a memory for a previous time of positive connection, and then deliberately stirring up appreciation in this context. What happens next is both interesting and a bit atypical, but it works. After asking the Lord to bring forward a positive memory, Charlie describes how he has become increasingly aware of God's abiding, constant availability as an interactive presence: "I'm becoming more aware...if I have a question, or difficulty...if I ask [the Lord for help],...I get an answer....There's somebody there, responding....[I have] the sense of not being alone....[I have the sense that] God is there, available." And as he talks about this, he realizes that it also feels true in the present. That is, thinking about God's abiding availability as an interactive presence, remembering recent interactive connections, and feeling grateful for all of this transitions smoothly and spontaneously into an interactive connection in the present.

Once an interactive connection has been established, Charlie asks the Lord for guidance and help regarding the session in general, and specifically regarding the tentative focus for the session. Immediately after this request, painful memories from Charlie's early childhood started coming forward into his awareness, and these memories all carry the same emotional package of Charlie feeling bewildered, alone, *not* seen, *not* heard, *not* understood, and *not* helped. In the context of each of these memories, Charlie invites God to be with him, asks for help in perceiving the Lord's interactive presence, and asks for guidance and help with respect to processing the unresolved trauma. In some of these situations, Charlie experiences a phenomena that is actually fairly common (see additional discussion below): when we ask for

interactive connection and/or guidance and/or help, the Lord responds by bringing more memories forward. However, it always feels like the new memories are part of moving the session forward, and eventually Charlie experiences the Lord's interactive presence, and receives help with healing, in the context of each of the painful childhood experiences he has remembered. After engaging with the Lord's living, healing presence in each of the memories, Charlie specifically reports that He no longer feels like he is alone (since he can perceive God's presence with him), and that it feels true that God sees him, is listening to him, understands him, and is helping him. Jesus also provides a bit of humor for us in the context of the first painful memory that comes forward. Shortly after perceiving Jesus' presence with him in this memory, Charlie bursts out laughing, and reports that Jesus just said, "See, this works!"

At the beginning of the session, Charlie states, "I need somebody to show me – to walk around with me in this whole area here, where I'm living, and tell me what's going on...What's going on and what's coming up. What can I expect. Because I never know what's gonna happen. And I don't know what to do with it when it happens." And then at the end of the session, Charlie spontaneously comments, "What I am experiencing is...just what I asked for [at the beginning of the session....The Lord is] going through these things, like a trip...." He reports feeling as if Jesus is giving him a "guided tour" through the time in his life during which he had previously felt so alone and bewildered.

During the seven months following the session, Charlie observes a number of lasting changes. He can still perceive God's presence in the memories we worked with during the session, the intensity of his energy when his "Listen to me" issue gets triggered has decreased, he is more able to recognize and take responsibility for his triggering, the positive thoughts and emotions from the end of the session still feel true in the specific memories in which we worked, and now, when he thinks about that whole period of his life, it feels true that the Lord is with him and is helping him understand everything around him (giving him the "guided tour"), as opposed to his previous experience of feeling bewildered and that he is alone.