

Title: New Live Ministry Series (LMS) Session -- *Sharon: Dread, Avoidance, & Resistance from Guardian Lies*

January 6, 2020

Greetings all,

Just a quick note to let you know about another new Live Ministry Series session, LMS #35, *Sharon: Dread, Avoidance, & Resistance from Guardian Lies*. People often ask me, "What do we do if the recipient can't connect with Jesus, right at the beginning of the session – it's kind of a show-stopper?" I am working on a longer, more detailed response to this question, but a big part of the answer is to be familiar with the kind of troubleshooting tools that are demonstrated in this session. Sharon has trouble perceiving and connecting with Jesus right from the beginning of the session, and for much of the session we work to identify and resolve a number of blockages, especially including guardian lies that are anchored in specific traumatic memories. The good news part of the session is that you can see Sharon's connection with Jesus improve dramatically as the blockages are resolved. (The additional comments from the session commentary below provide a much more detailed description.)

This is one of the new LMS DVDs that are now available through Humble Shack: <https://humble-shack.myshopify.com/collections/immanuel-approach-dr-karl-lehman>. Also, the 18 minute condensed versions of two different parts of this session are included in the 8th and 9th sets of condensed sessions (LMS #36 and #39), and the very short "movie trailer" versions are available on the Getting Started page of the Immanuel Approach website <https://www.immanuelapproach.com/live-session-preview-clips/>.

Blessings,

Dr. Lehman/Karl

Session summary: Most of this session focuses on dealing with guardian lies/blocking beliefs. At the beginning of the session, Sharon describes dread, avoidance, and resistance with respect to participating in an Immanuel Approach session; and we then identify a large pile of guardian lies/blocking beliefs that were producing this dread, avoidance, and resistance. For example:

- "It will be shameful and painful to look at memories where I did bad stuff, as opposed to memories where I was just the innocent victim."
- "If we go to older memories where I'm more responsible, there won't be as much grace."
- "If I surrender to Jesus and/or fully cooperate with this process, some part of me, some part of my past won't be remembered or valued."
- "It's not safe to surrender to Jesus, depend on Jesus (or anyone) because people aren't reliable and you will just get hurt/disappointed/let down."
- "If I cooperate with Jesus and acknowledge what He's showing me, there will be no more excuses – there's a part of me that will have to grow up."

- “Jesus is a man. He will be like other men – like my father and the boys in high school -- who just saw my physical attractiveness, but didn’t see (or care about) my heart, me.”

For each of these guardian lies, I help Sharon focus and get words for what feels true, and then I coach her to talk to Jesus and ask Him for help. As Jesus cares for each of her guardian lies, she is able to keep moving forward with an increasingly better connection and increasingly less avoidance/resistance. By the end of the session she is enjoying a beautiful, dramatically improved connection with Jesus.

Lasting positive changes: At the four-month follow-up interview, Sharon reports that all of the guardian lies identified in the session continue to feel completely resolved, that distorted perceptions about Jesus’ character and heart continue to feel resolved, that the dread, avoidance, and resistance toward the Immanuel Approach continue to feel resolved, that the resistance to depending on Jesus continues to feel resolved, and that the improved connection with Jesus has remained. She also describes an unexpected, spontaneous, effortless increase in both capacity and maturity -- she describes thoughts, emotions, and behaviors that are now adult maturity instead of child/adolescent, and comments, “It’s not burdensome.”

Intermediate-advanced approach to complex/confusing details: This session provides a good example of an intermediate-advanced approach for dealing with complex and/or confusing details.

First, the session is somewhat complicated. There are many different issues being addressed through the course of the session (including at least six different guardian lies), and Sharon bounces around between them. Second, there are a number of pieces that are just plain confusing. Finally, there are a number of places where I misunderstood her intended meaning.

My intermediate-advanced strategy regarding all of this complexity and confusion was that I kept my eyes on the big picture and didn’t try to be in control with respect to the details. I didn’t slow things down every five minutes and ask a lot of questions, so that I could understand exactly what was going on. The key is that I was focusing on the big picture of helping her get back to Jesus and engage with Jesus, as opposed to trying to be in the driver’s seat with some clever plan of my own. It didn’t matter that a third of the session was unclear/confusing – I just kept helping her get back to Jesus and kept helping her engage directly with Jesus.

Even after the session was finished, and even after I watched through the whole session multiple times for analysis and editing, there are still parts that are unclear/confusing to me. And this doesn’t bother me because it is clear that Sharon spent much (half? two thirds?) of the session interacting with the genuine presence of Jesus. Again, this is the big picture when Jesus is driving and I’m just trying to help the recipient keep going back to Jesus and engage directly with Jesus. It’s okay that there are some pieces that I don’t understand, as long as it’s clear, *overall*, that the recipient is engaging with the genuine presence of Jesus. (This was my discernment during the session, and there is enough clear, lasting fruit to confirm that Sharon was, indeed, interacting with Jesus for much of the session.)

Another way to say this is that the complexity and confusion would have been a big problem *if I was trying to drive, and execute some clever plan* – there was too much confusion and lack

of clarity at many points *for me to be driving with respect to content*. However, since Jesus was driving with respect to content, and my role was just to keep helping her get back to Jesus and engage directly with Jesus, the many pieces that were confusing/unclear *to me* were not a problem.