

Title: "Beautiful IA Healing and Fruit"

October 27, 2021

Greetings all,

Just a quick note to thank you for your prayers regarding my parents. It has been a HUGE task (I have put in more than 300 hours in the past two months, dealing with various tasks and issues associated with my parents move to the nursing home), but we are approaching the finish line. I helped my dad to close his psychotherapy practice, Mom and Dad are settled into their rooms (a few pieces of their own furniture from home, their own books on the shelves, their pictures on the walls, their clothes in the closets, phones, VCR, & DVD player working, bird feeders outside their windows, etc, etc), and I just got a text from my sister that the house and garage have been completely emptied. She will be hiring some help for the final round of cleaning, and then will be handing over the keys to the owner on the 31st.

As I mentioned in my earlier note, we are profoundly grateful that Mom and Dad could get rooms on the same hall in the same nursing home. (Their rooms are about 30 feet apart.) Again, thank you so much for your prayers.

Also, I wanted to share another fun Immanuel Approach testimony.

Blessings,

Dr. Lehman/Karl

Testimony from Laura F: I learned Immanuel prayer in the late 1990s through Karl and Charlotte Lehman with other friends in my church. When I was struggling with a particular issue, one of these friends offered some prayer-time to me.

Part of this prayer involves opening yourself to the Holy Spirit, to allow her to take you back to any memory to which you need to go. This is how our session started. Suddenly I was back in a memory in Kindergarten in my mind's eye. I was seated at a table with other children and we were doing art. The teacher came by and asked what I had drawn. I was filled with shame and anxiety – what had I drawn? I didn't really know. I tried to cover my picture by pulling the top corners of the paper to the bottom corners, so no one could see it.

As I was re-entering this memory in our prayer time, I looked around in the memory for the Holy Spirit. I sensed her presence at my right, just behind me where I couldn't see. I knew she was there because I felt more peaceful and calm. I felt supported and loved. I felt a nudge to open the paper. I finally found the courage to do so, and as I did, a hundred butterflies flew out and fluttered about the room. Suddenly I was delighted, surprised by the joy of delicate wings dancing around me. I felt my fears and anxiety melt away. I watched as the other children

delighted in the joyous pandemonium created by the release of the butterflies. As I eventually returned my gaze to the page in front of me, the thought came to me, "I have drawn the paths of the butterflies!"

This experience had an amazing impact on me. Even that weekend, I began to see people with new eyes. Instead of feeling judgmental about someone doing something creative, I was able to delight in the endeavor and feel genuine appreciation for the way that person was expressing themselves. Instead of having a self-deprecating attitude towards my own creativity, I found the courage to start new things and venture out of "the box" I had tried so hard to fit into.

I was amazed at how little time the prayer had taken. I was used to this process taking a while, but I think it all took place over about 10-15 minutes. Some of the factors might have been that I already had a trust-relationship with my friend who prayed with me, I already knew the process since we had prayed together often already, and I think the Holy Spirit really wanted to give me this gift at this time.

Eventually this new freedom led me to open up a private practice as a Spiritual Director where I could offer more people accompaniment on their own spiritual journeys of healing, and a deeper discovery of who God is, and who they were made to be. I love including Immanuel Prayer in this practice and watching God at work, healing and encouraging people to grow more deeply and freely into their gifts. I call my practice "Butterfly Journeys" to honour this beautiful healing moment from the Holy Spirit and also to recognize that each person who comes to me is like a beautiful butterfly on a path guided by the winds of Love.