

Title: New video: Our Brains Work Best in Community

March 29, 2021

Greetings all,

In the new video just posted on our website, I teach briefly about how our brains are designed to work best in community. Our brains are designed so that describing our mental content, out loud, to another person helps us to *feel the importance* and *recognize the meaning* of our mental content. When I am the recipient in an Immanuel Approach session, this helps me to perceive God's presence because it helps me to feel the importance and recognize the meaning of *subtle* manifestations of the Lord's presence *that I might otherwise miss*; and this helps me to connect with God because it helps me to feel the importance and recognize the meaning of *subtle* content coming from God *that I might otherwise miss*. Therefore, it is very important that we learn the skill of describing everything that comes into our awareness. (Note: this teaching to describe everything that comes into your awareness is referring to mental content that doesn't initially make sense or feel important. This teaching is *not* encouraging you to force yourself to share vulnerable content that you are not yet ready to share. See Chapter 16, page 199, in the big lion book for a much more detailed discussion of this point.)

After the brief teaching segment, Pastor Charlotte and I demonstrate the Immanuel Approach process, with Charlotte demonstrating the coaching that applies this particular piece of brain science: "Describe everything that comes into your awareness, *regardless of whether it makes sense, feels important, or is neatly packaged.*"

This training segment provides a condensed version of another one of the sessions from our Basic Training seminar.

The title for this new video is "Immanuel Approach Training Segment #3: Our Brains Work Best in Community (Describe Everything that Comes into Your Awareness)," and this clip is now posted as another "Teaching Nuggets" video (located at the very bottom of the "Resources" page of www.immanuelapproach.com). NOTE: the "Teaching Nuggets" section does not show up on the drop down menu when you click on "Resources" from the menu bar at the top of the Home page. You have to actually **go to the Resources page**, and then scroll to the very bottom of the page. Also, on some devices the nuggets at the bottom will be out of view when the first screen opens – you have to scroll "below the fold" – that is, beneath the content initially visible.)

Blessings,

Dr. Lehman/Karl

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<https://www.immanuelapproach.com/supporting-lehmans-immanuel-approach-work/>