



Alex: Very First Immanuel Approach Healing Session (Immanuel Approach, Basic)

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This DVD will be encouraging and educational for any viewer, but it will be much more valuable if you have first read *The Immanuel Approach: For Emotional Healing and for Life* (Store page of www.immanuelapproach.com provides links for ordering). If time constraints preclude reading the whole book, I would encourage you to at least read chapters 2, 3, 4, and 14. This session demonstrates basic principles, techniques, and process.

Original session, debriefing immediately following the session, and four month follow-up interview: This DVD presents the original session (October 6, 2018), portions of the debriefing that immediately followed the session, and portions of the follow-up interview that took place one month later (November 10, 2018).

Contents of Video Tape	Location on the tape	Length of the segment
Introductory comments	Minute 0	2 minutes
Opening prayer	Minute 2:19	2 minutes
Initial positive memory, Jesus connection	Minute 4:43	11 minutes
Core of session/emotional healing work	Minute 15:25	55 minutes
Closing prayer	Minute 1:10:33	2 minutes
Debriefing immediately following session	Minute 1:12:48	8 minutes
Follow-up (one month later)	Minute 1:20:04	3 minutes

Chapters:

1. Start/Introductory Comments 0:00
2. Opening Prayer 2:19
3. Initial Positive Memory, Jesus Connection 4:43
4. Jesus' Living Presence 9:23
5. Loneliness 15:25
6. Talking to Jesus 19:46
7. Trauma Memory #1 30:38:00
8. Jesus in Trauma #1 34:39:00
9. Loses Connection, Immanuel Intervention Troubleshooting 36:57:12
10. Reconnection, Healing 41:47:00
11. Trauma Memory #2 57:27:00
12. Immanuel Intervention Troubleshooting 1:00:46:00
13. Jesus in Trauma Memory #2 1:03:42:00
14. Closing Prayer 1:10:33:00
15. Debriefing Post Session 1:12:48:03

16. Check/Watch the Fruit 1:15:10:18
17. One Month Follow-up Interview 1:20:04:27
18. Follow-up for Trauma Memory #2 1:25:27:25
19. Follow-up for General Fruit/Life Changes 1:26:38:18

Session summary: In this 2018 session, we see a recipient who is very new to the Immanuel Approach. He has had only a couple of prior sessions, and these prior sessions only included the first IA components of positive memory recall, appreciation, and connecting with Jesus. This session is *the very first time he has ever worked with traumatic memories*.

After identifying “absence wounds” from the loss of his biological father as the tentative initial target,¹ Alex establishes an interactive connection with Jesus in the context of a positive memory. Jesus then leads Alex to the memory of his step-father’s death, which carried a painful sense of shame for being weak and needy, and also a painful sense of being neglected and left alone as everyone cared for his mother. Alex receives profound, beautiful healing for this trauma, and is especially blessed by Jesus’ reassurance that Jesus will stay with him (as opposed to hurrying off to something else more important). Jesus then leads Alex to a second memory of a rare visit to his biological father, and heals the painful shame Alex felt when his father publically rebuked him for clogging the toilet.

Healing work in each of the trauma memories includes brief, basic troubleshooting. In the memory of his step-father drowning, Alex’s perception of Jesus becomes very faint after an initial good connection, and in the second traumatic memory Alex is initially unable to perceive Jesus with him in the memory. In each of these two traumatic memories, we identify a guardian lie (or blocking belief) along the lines of, “I don’t want Jesus to be here, because His presence will make this shame I feel be even worse.” And both of these blockages provide teaching examples of brief, easy, basic Immanuel Intervention troubleshooting: as soon as we focus the guardian lie, get words for it, and then express it directly to Jesus and ask for help, the blockage resolves and Alex is able to establish a clear, strong interactive connection with the living presence of Jesus. (Time on tape for each of these two Immanuel Intervention troubleshooting blocks: 36:57 to 41:47, and 1:00:46 to 1:03:42)

Once Alex establishes good connections with Jesus in each of the traumatic memories, this session provides nice examples of basic Immanuel Approach healing work: I mostly coach Alex to focus on Jesus, ask Jesus for guidance and help, and then report what comes into his awareness. And then Jesus does most of the work.

Lasting positive changes: At the follow-up interview one month after the session, we first check each of the traumatic memories, and Alex reports that they both continue to feel very different from before the IA session. In the 7 year old memory of his step-father’s death, he continues to feel the absence of shame (in contrast to the previous painful sense of shame for being weak and needy), and he continues to feel Jesus’ presence with him (in contrast to the previous feeling of being painfully “overlooked” and alone). And in the twelve year old memory of clogging the toilet, he continues to feel that Jesus is with him, and that the memory is now “just a funny story,” (in contrast to the previous painful feeling of shame around doing something wrong).

Alex then also describes dramatic positive changes in his day-to-day life in the present. In his own words:

¹ Alex’s parents were divorced when he was very young, and he then had very little contact with his biological father throughout his childhood.

“I would typically find, as a pattern, that there would be days when I would feel more confident, less alone, [days when I would be] more competent, able to do my job, relate with people, collaborate with other people; but then, invariably, something would happen and I would feel alone, unable to collaborate with people, and unable to get help from others. [In the past] I had always followed that cycle....[But now] I’ve noticed, on numerous occasions in the last month, the times where I should have gone into, ‘Oh, wow! I’m all alone, and even Jesus doesn’t want to be with me in this place, or that He has these unidentified feelings about me that make it hard to interact with Him’ – I didn’t go nearly as far down into that as I have in the past. And as a result, my reaction has been ‘Wow! This is great!’ Two or three times a week, [I have noticed this difference, and thought to myself] ‘This is impossible!’”

Notably, Alex, myself, and all the group members could recognize that the previous negative thoughts and emotions exactly matched toxic content from the traumatic memories, and we could recognize that the positive changes exactly corresponded to the specific toxic content that had been resolved.

Deleted material: At the very end of the session, ~90 seconds of comments were deleted. (The deleted comments were not pertinent to this session, and seemed to be an unnecessary distraction.)²

Opening and closing prayers: Many people have asked about the opening and closing prayers I routinely use at the beginning and end of our emotional healing sessions (and that are hard to get from the DVDs because I go through them so quickly). The essays, “Opening Prayers and Commands: Prayer for the Facilitator, Dealing with the Demonic, and General Introductory Prayer,” and “Closing Prayer and Commands” provide explanations regarding a number of specific points, and then also provide both longer and abbreviated “sample” opening and closing prayers.³ If you look at the condensed versions of the sample prayers you will notice that they are very close to the opening and closing prayers I actually use in most of our live ministry sessions.⁴

“I can’t understand (Dr. Lehman talks too fast),” and subtitles: If you haven’t already noticed this, I sometimes talk too fast and am difficult to understand. As one way to help with this problem, I have tried to insert subtitles at the points where I am most difficult to understand. Unfortunately, subtitles are a LOT of work, so I have only placed subtitles at the points at which the problem is most severe. For those of you who have trouble understanding me at places where there are not subtitles, it is helpful to make sure to eliminate as much background noise as possible (for example, air conditioners, fans, TV or radio playing in the background). I know this can make a dramatic difference because when I am going through the sound track looking for the places that require subtitles, I will often initially think, “this piece is terrible – I can’t understand this sentence

²In case you are wondering why I bother to comment on material that has been deleted: When I view live sessions for education/training purposes (as opposed to viewing sessions for inspiration and encouragement), I want to know whether I am seeing the complete, unedited session, or whether material has been removed. If any material has been removed, I find it valuable to have at least summary information regarding what has been deleted.

³Both of these essays are available as free downloads from either the “Getting Started” or “Resources” pages of our Immanuel approach website, www.immanuelapproach.com.

⁴Pastor Patti Velotta’s book, *Immanuel: A Practicum*, also presents discussion of the opening and closing prayers, along with sample prayers.

at all,” but then when I turn off the air conditioner (right next to my desk) the previously unintelligible sentence “miraculously” becomes perfectly understandable.

I would also like to respond to a possible/probable point of confusion. My prediction is that many viewers will have the following thought (or something like it), “Why did he bother to make subtitles for that piece – it’s just fine. I wish he had taken the time to make subtitles for this other piece instead.” Part of the explanation is that I will make some bad judgment calls regarding which places need subtitles, but another part of the explanation has to do with how we process auditory input. Our brains have levels of auditory processing that include analysis, such as figuring out what the garbled words were probably supposed to be based on the context of the statement. And this means that understanding spoken words involves more than just “do our ears work?” or “Is the sound quality good enough?”

Most of this analysis processing happens quickly and invisibly, so that we are not consciously aware of it, and when our unconscious analysis processing comes up with a guess that fits all of the clues (including what the garbled words sort of sounded like), the whole thing clicks into place and we understand what was said. However, an interesting aspect of the subjective experience is that it just feels like we can hear it. Actually, the first time we hear it there is a slight delay – just for a few moments it seems garbled or difficult to understand, and then suddenly we realize, “Oh, *that’s* what he was trying to say – now I can catch it.” But then if we listen to it again we just “hear” it right away – when we know what the speaker is saying, our subjective experience is that our ears work better and/or that the presenter is speaking more clearly. And this works the same with subtitles – if we can read the subtitle and know what is being said, our unconscious analysis auditory processing causes us to feel like the presenter is actually speaking more clearly. And I absolutely know this is true because I have spent many, many hours working on these subtitles, and there are passages I listen to ten times without being able to understand them, but once I finally figure it out, the next time I listen to it I wonder, “why did I make a subtitle for that piece – I can hear it just fine.” And when I go back to earlier teaching DVDs that have subtitles, when I read the subtitles, and therefore know what is being said, I often have the subjective experience that my comment was perfectly understandable – “Why did I bother to make a subtitle for that comment?”