



Alex: Very First Immanuel Approach Healing Session Case Study from Live Ministry Series (LMS) Commentary

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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.

1 month follow-up -- 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

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.

something wrong).

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

“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.