



MaryBeth: “I’ll Do It with You”
(Immanuel Approach, Basic-Intermediate)
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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 (May 6, 2016), portions of the debriefing that immediately followed the session, and portions of the follow-up interview that took place three years later (July 16, 2019).

| Contents of Video Tape | Location on the tape | Length of the segment |
|---|----------------------|-----------------------|
| Introductory comments | Minute 0 | 10 minutes |
| Opening prayer | Minute 10:28 | 2 minutes |
| Initial positive memory, Jesus connection | Minute 11:55 | 11 minutes |
| Core of session/emotional healing work | Minute 24:17 | 47 minutes |
| Closing prayer | Minute 1:04:49 | 4 minutes |
| Debriefing immediately following session | Minute 1:08:29 | 6 minutes |
| Follow-up (three years later) | Minute 1:14:02 | 14 minutes |

Chapters:

1. Start/Introductory Comments 0:00
2. Opening Prayer 10:28
3. Initial Positive Memory, Connection with Jesus 11:55
4. Friendship Time with Jesus 17:49
5. Revolution Song 24:17
6. He Knows what It’s Like 26:31
7. “I Hate Doing It Alone” 32:41
8. Pictures of Jesus as Carpenter 40:32
9. “What am I Scared of?” 45:31
10. “When I’m Sitting with Jesus...” 52:44
11. “I’m Feeling so NOT Alone” 55:57
12. “I’ll Do It with You” 1:00:29
13. Closing/Blessing Prayer 1:04:49
14. Debriefing Post Session 1:08:29
15. Jesus’ Amazing Skill 1:11:25

16. Three-year Follow-up Interview 1:14:02
17. Disposition of Mom's Art 1:16:35
18. F/u "I'll Do It with You" 1:19:32
19. F/u Re "Do You Like It?" 1:23:11
20. Immanuel Lifestyle 1:24:07
21. "I'm not Alone in My House" 1:27:31

Session summary: Toward the end of Chapter 3 in *The Immanuel Approach*, I comment that Jesus' agenda for an Immanuel Approach session is often to resolve trauma (resolving trauma removes blockages that hinder our connection with Jesus, and he also wants to relieve our suffering); but that sometimes Jesus' agenda is something other than trauma-work -- such as building capacity, building maturity skills, addressing other issues important to optimal living (such as the balance between work and restoration), or just to spend time with us as a friend. This DVD provides an excellent example of one of those sessions in which Jesus' agenda is something other than trauma-work – in this session, Jesus' agenda is a beautiful flowing mixture of spiritual direction, advice and encouragement from an older brother, life coaching, and conversation with a friend.

Mary Beth is in the middle of moving her psychotherapy practice, with many challenging decisions regarding a new vision for the future. She is also in the middle of moving to a new home, with many decisions regarding how to remodel and redecorate. This all feels exciting but also overwhelming, and she comments that the part that especially makes it hard is doing it alone.

I coach Mary Beth to go through the usual Immanuel Approach steps for establishing a connection with Jesus, and then, as just mentioned above, Jesus engages with Mary Beth in a beautiful flowing mixture of spiritual direction, advice & encouragement as from an older brother, life coaching, and fun conversation as with a friend. Some of the highlights include:

After the initial connection is established, Jesus spends time driving through the country side with Mary Beth (exactly as her father had done with her as a child). They just enjoy being together, looking at the scenery and listening to fun music.

As mentioned above, at the beginning of the session Mary Beth comments that the challenges she is facing feel so burdensome because she is facing them alone. In response to this, Jesus shows her parallels from his own experience that powerfully communicate, "I get it – I know about that – I've been there!" And then Jesus offers, "I'll do it with you." Following these interactions, Mary Beth comments repeatedly, "I feel so *not* alone now."

Along these same lines, several minutes after spontaneously, repeatedly noting that she no longer feels alone, Mary Beth comments, "...it all feels easier [now that I'm doing it with Jesus]."

At one point in the session, Mary Beth is stressing about remodeling and decorating decisions, and asking "how will I know if I'm making the right choice?" Jesus responds with, "You're going to say, 'do You think that will work?' and I'm going to smile at you and say, 'do you like it?' Then you're going to say 'Yes,' and I'm going to say 'Then it's perfect!'"

Lasting positive changes: At the three-year follow-up interview, Mary Beth reports that she has continued to experience a new, increased sense of Jesus with her, and especially the profound sense that "He really gets it" with respect to the specific challenges she was facing at the time of the session. During the session Jesus said "I'll do it with you," and Mary Beth reports that this is

exactly what she experienced following the session. She also reports that the interaction with Jesus regarding "Do you like it?" "Yes" "Then it's perfect" was tremendously helpful as she was making decisions following the session. Finally, she reports fun follow-up with respect to the (previously) baffling question of what to do with her mother's art work. After the session, she followed through with the practical steps Jesus encouraged her to take *and the whole situation came to good resolution quickly and easily.*

Deleted material: There are several points at which brief comments have been deleted (total deleted content less than three minutes). My assessment was that the deleted content would have been distracting as opposed to helpful.¹

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.² 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.³

"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 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

¹In 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.

²Both of these essays are available as free downloads from either the "Getting Started" or "Resources" pages of our Immanuel approach website, www.immanuelapproach.com.

³Pastor Patti Velotta's book, *Immanuel: A Practicum*, also presents discussion of the opening and closing prayers, along with sample prayers.

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?"