Formulate and Tell an Immanuel Story

Chapter 18 of Dr Lehman’s book *The Immanuel Approach for Emotional Healing and for Life* addresses the topic of formulating and telling an Immanuel story.

Why? It appears doing the work of formulating a coherent story of what happened when Immanuel was encountered and what difference it makes is an integral component of receiving healing in the Immanuel approach. Formulating and telling such a story helps the changes experienced in the right brain go through into the left brain and helps the person remember the relevance of what just happened for future experiences.

How? The very simplest way is:

* Describe what happened, then
* Put into words what difference this makes

You can see the second component refers to how things were before the session. However, if you ask people to describe how they were before the session they can go into great detail which is not needed. Aside from that such detail may trigger others listening. Better to focus on what God did then on what difference that makes. And for these components the more detail the better.

This can be prefaced by a simple phrase with no reference to pain in it. To set the context, “Just *one* phrase with *no* pain” is Dr Karl’s recommendation.

So the three components become:

1. Describe how things were regarding the particular issue and/or memory before you experienced God’s presence.
2. Describe (in as much detail as possible) what happened and changed as you became able to perceive God’s living, interactive presence, and then as you engaged with him regarding the particular issue and/or memory. And,
3. Describe how things have been different since engaging with God’s Immanuel presence regarding the issue and/or memory.

Telling Immanuel stories also benefits those who hear them. For the person who formulates the story the “this-is-how-we-handle-things” part of the brain is being updated and learning from the experience.