

Title: "Beautiful Interaction Between Jesus and Someone Who Is Hypersensitive to Physical Stimuli"

August 15, 2023

Greetings all,

Thought you would appreciate another fun Immanuel story.

Blessings,

Dr. Lehman/Karl

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Beautiful Immanuel interaction between Jesus and someone who is hypersensitive to physical stimuli:

After briefly describing a recent triggering situation, she reports, "I realized not only was the situation sad in the present, but it was also triggering a whole reservoir of my own unresolved trauma of feeling rejected and excluded; and just like this situation, I usually couldn't even figure out the reasons for why I was being rejected and excluded, let alone know how to change.

So I was trying to connect with Jesus so He could help me resolve some of the triggers. The first memory that came to mind was a memory of me at a birthday party. There were maybe 10 girls there, only 2 of whom I remember really knowing at all. We did activities, had supper, then were watching a movie. I was maybe 10 or so. I remember that I had a cup in my hand. I was feeling uncomfortable about watching the movie, so I was staring into my cup, pretending to drink, and so glad that I had this excuse of the cup so no one would notice I was not watching the movie.

Looking back, I'm sure anyone paying any attention to me would have noticed.

So I invited Jesus into the memory with me. I expected maybe He'd come in and give me some type of lecture about how even though I didn't watch that many movies at home, there was nothing wrong about this movie and it was fine to watch it, and telling me to stop being so awkward and staring into my cup.

But that's not what actually happened. As soon as Jesus came into the scene, he motioned to me, asking me if I wanted to come out of the movie room for a bit to chat with him. I was so glad to go out. When I got out into the hall, he told me that I was really overwhelmed with all

the sensory input, of all the social expectations, the lights of the movie, the sounds of the movie. He offered me noise cancelling headphones and sunglasses, and said he'd help my body relax. I had never in my life thought of being sensorily overwhelmed in this memory, but it felt so true, and so relieving when Jesus offered all these helpful tools and especially when he said he'd help my body relax.

I felt much more calm about my triggers (even though I'm sure there is a lot more depth to the reservoir), after Jesus helped me out -- not lecturing me for my awkward behavior, but rather understanding how stressed out my body was."