



## **Emotional Healing and Physical Phenomena/Manifestations, Introduction**

(©Copyright 2001 K.D.Lehman MD, Initial post 10/13/2001, Last Revised 1/16/2026)

As many of you are probably aware, there is a lot of disagreement within the church regarding charismatic renewal and especially the physical manifestations/phenomena often associated with it. Charlotte and I welcome charismatic renewal, we believe in the present day release of the gifts of the Holy Spirit, and we have been blessed by various renewal ministries.<sup>1</sup> However, we also want to be discerning about counterfeit and deception from the enemy. And we want to dialogue and discern with our brothers and sisters in the wider church. In the essays below, we have tried to describe some of our own experiences and observations with respect to physical manifestations/phenomena. We are hoping that these descriptions will provide data that will be helpful as we all continue to dialogue and discern regarding physical phenomena/manifestations. We are hoping these essays will provide useful information for others who are trying to learn and understand more about the connections between our physical, emotional, and spiritual components. And we are hoping these essays will provide practical insights regarding how to address physical phenomena as they occur in the context of emotional healing ministry.

- **Emotional Healing, Spiritual Opposition, and Physical Manifestations** (Initial post 2001, Last revised 1/15/2026) (5 pages).
- **EMDR, Traumatic Memories, and Physical Phenomena** (Initial post 2000, Last revised 12/16/2000)  
During my first several years of working with EMDR and Theophostic-based<sup>2</sup> tools, I frequently observed visible physical manifestations associated with emotional healing and/or demonic opposition/interference. In this essay I try to summarize these observations, and also share some of our thoughts regarding possible connections between our physical, emotional, and spiritual components. (4 pages)
- **Physical Behavior, Phenomena, and Manifestations: “Pressure Leaks” that can Hinder Prayer for Emotional Healing** (Initial post 2001, Last revised 1/21/2026)  
This essay share my observations and thoughts regarding physical behavior, phenomena, and manifestations that hinder the healing process by draining off emotional energy. (2 pgs)
- **Deceiving Spirits and Counterfeit Manifestations: How Wounds, Lies, Internal Parts, Repression, and Denial can Give Them a Place** (Initial post 2001, Last revised 1/16/26)

---

<sup>1</sup> We realize that there is sometimes a lot of counterfeit, confusion, and dysfunction associated with charismatic ministries and charismatic phenomena, but we believe that there is actually a baby in the bathwater.

<sup>2</sup> We use the term “Theophostic-based” to refer to emotional healing ministries that are built around a core of Theophostic principles and techniques, but that are not identical to Theophostic Prayer Ministry as taught by Dr. Ed Smith. Our own ministry between 1998 and 2003 would be a good example – it was built around a core of Theophostic principles and techniques, but it sometimes also included material that was not a part of what we understand Dr. Smith to define as Theophostic Prayer Ministry (such as our material on dealing with curses, spiritual strongholds, generational problems, and suicide-related phenomena, and our material on journaling, spiritual disciplines, and medical psychiatry).

This essay describes Dr. Lehman's personal experiences with physical phenomena/-manifestations, and also offers some of our thoughts and interpretations regarding these experiences. The format is some combination of case-study description, personal journaling, and discussion/commentary. (9 pages)

• **Physical Behavior, Phenomena, and Manifestations: Summary, Practical Applications and Sample Prayers** (Initial post 2001, last revised 1/22/2026)

Physical behavior/manifestations/phenomena can provide memory information, drain off emotional energy, distract, be an indicator of some other interference (internal parts and/or demonic), or indicate the healing work of the Holy Spirit. This essay includes brief summary comments about each of these points, practical tips regarding how to deal with physical behavior, phenomena, and manifestations during ministry sessions, and also sample prayers regarding physical phenomena. (8 pgs)

**Addendum January 2026:** During my first several years of working with EMDR combined with prayer and then EMDR combined with Theophostic-based<sup>3</sup> tools, I observed physical phenomena that I perceived to be caused by demonic opposition/interference at least every week, and sometimes almost everyday. Curiously, this has become less and less common over the past twenty-five years. Now I rarely see any physical phenomena that I perceive to be caused by demonic opposition/interference. And observable indicators of clinical improvement indicate that my emotional healing work has become increasingly more effective during these same years, as opposed to less effective. For my and Charlotte's thoughts regarding this progressive decline with respect to physical manifestations see, "Our changing experience in dealing with the demonic," Section VII of the essay "Dealing With Demonic Interference/Opposition During the Session, Prayers and Commands to Neutralize Demonic Interference," available as free download from the "Kclehman Website Archives" section of the Resources page of [www.immanuelapproach.com](http://www.immanuelapproach.com).

---

<sup>3</sup> We use the term "Theophostic-based" to refer to emotional healing ministries that are built around a core of Theophostic principles and techniques, but that are not identical to Theophostic Prayer Ministry as taught by Dr. Ed Smith. Our own ministry between 1998 and 2003 would be a good example – it was built around a core of Theophostic principles and techniques, but it sometimes also included material that was not a part of what we understand Dr. Smith to define as Theophostic Prayer Ministry (such as our material on dealing with curses, spiritual strongholds, generational problems, and suicide-related phenomena, and our material on journaling, spiritual disciplines, and medical psychiatry).