



Emotional Healing and Physical Phenomena/Manifestations, Introduction

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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.¹ 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.

Addendum January 2026: During my first several years of working with EMDR and Theophostic-based² tools, I observed visible physical manifestations associated with emotional healing and/or 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/manifestations associated with emotional healing or demonic opposition/interference. For our 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 www.immanuelapproach.com.

¹ 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.

² 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).