

Title: "Sleep Trouble Splinter"

November 17, 2025

Greetings all,

The person who's story we shared a couple of weeks ago (Immanuel Approach healing for a long-standing sleep problem) recently sent me a note about bumping into, and then resolving, a splinter. She has graciously given permission for us to share this piece as well, which I greatly appreciate since it illustrates a really important teaching point.

It is common for people to experience a big, important, strategic piece of healing, and to observe dramatic positive changes immediately afterwards. Yeah!! Everybody celebrates!! But then it is also common for the recipient to bump into splinters during the weeks, months, and years following the initial big healing. When Jesus resolves a big, important, strategic piece of trauma, it is common that splinters get left behind, and the recipient will find these splinters when she is especially depleted and/or when she bumps into especially intense triggers.

Especially when the recipient first bumps into splinters, the enemy would love for the recipient to misinterpret the meaning of the return of earlier problems: "Oh no, the Immanuel Approach doesn't really work after all – I didn't really get healed! How could I have been so stupid as to have gotten my hopes up?" The worst possible outcome is that the person spirals into discouragement and walks away from the Immanuel Approach. In contrast, the best possible outcome is that the recipient quickly recognizes, "Oh, this is probably a splinter," and then makes arrangements for more healing. This additional follow-up, in which our friend describes how she dealt with a splinter regarding her sleep trouble, provides a beautiful example of the best possible scenario.

"...I was trying to process the splinter that still seemed to be there regarding being worried at night (not enough to cause major sleep disruption, but enough to wake me up an hour early and prevent me from going back to sleep)...When I asked Jesus about what to process, I remembered that the thought of a baby throwing up had come to mind when I had woken up early the night before. So I shared that with the facilitator, and then Jesus took me back to a memory of me throwing up as a small baby--so small that I couldn't really roll over or do anything to get away from the discomfort.¹

I was initially a bit stuck – I was thinking there was nothing that Jesus could possibly do that would be one bit satisfying, because what I really wanted was for Jesus to have literally picked me up and comforted me as an infant, and this was not what had happened. So I said, "Jesus, I'm stuck because nothing I think you're going to do is going to help. What are you going to do? Pick me up? Fix it? Tell me it doesn't matter when I'm a little frustrated?"

He just looked me in the eyes, very kindly, and said, "You're a little frustrated. Actually, you're a lot frustrated. You're really uncomfortable." I said, "Yes, Jesus, I'm really frustrated and really uncomfortable and there's nothing I can do about it to fix it." He said, "What if I turn your relational circuits on and you feel relationally connected even if none of the discomfort changes?" I guess I must have assented, because he proceeded to do this experiment on me. I

¹ For any readers that might be thinking, "But wait a minute – autobiographical memory doesn't come online until the hippocampus myelinates at three years old": Jesus seems to be able to take people to *very* early mind/spirit memories that break the usual rules of neurological development.

started feeling relationally connected even though none of the discomfort had changed at all. I actually felt fine and happy, even though I was still laying there with my wet sheet that I could do nothing about and he also wasn't fixing.² Pretty soon in the memory, my parents noticed and came and put something dry under my head or something, but I could see that when they came, I was not in distress -- I was laying there contentedly and looking around the room like nothing was wrong.

Then he brought to mind what I had been frustrated about the last few nights, which was the denominational missions board's recent decision that seems so wrong and hurtful. I said out loud to the person facilitating for me, "There's really nothing I can do about it." And Jesus said, "What if I just turn on your relational circuits even though there's nothing you can do about it?" I did not like his suggestion at all. I said, "That's just not right. What they're doing is just not right. I need to stand up for the people that are being hurt." Jesus laughed at me in his connective type of way and said, "So let's say that you're *not* totally helpless, and you could stand up for those who are being hurt in some way -- would it be better to do it with your relational circuits off?" I could see his point there really clearly, but I was still not happy, because I said, "How am I going to punish those people properly if I have my relational circuits on?"

But by this point, I could see the absolute absurdity of the point of view I was trying to argue for -- that it would be more advantageous to have my relational circuits off, regardless of what was or wasn't actually possible. And I also realized I still don't know anything about being angry with my relational circuits on. So I asked Jesus how to learn that, and he said the first step was letting him turn my relational circuits on like he was proposing to do and we could go from there.

So this morning when I woke up an hour before I wanted to get up, I just remembered that whole thing I'd learned the day before about letting Jesus turn my relational circuits on even if I was mad at people/organizations, and I went right back to sleep."

Blessings,

Dr. Lehman/Karl

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² If he had tried to "fix" it, I would have discounted it as not possible so therefore not valid.