

Title: "Sleep Problems Resolve with Immanuel Healing"

November 3, 2025

Greetings all,

A participant from one of my mentoring groups recently sent me an encouraging story about how a long-standing sleep problem has recently resolved with Immanuel Approach healing. Thought the rest of you would enjoy it. (Shared with permission.)

"I asked Jesus about why I have always had trouble with waking up at night and not being able to go back to sleep, especially in situations where there was a lot of relational connection during the previous day. Like if I have a game night with friends, or if I go to a small group that feels connective -- like real relationships and bonds are being made, I have trouble sleeping. And this has been especially exacerbated since recently starting to date someone for the first time in my life.

It's funny the things that come out of your mouth when you do the describe-everything technique, because I end up saying things I don't even know I think, but once I say them they're very insightful. In this session, when I was describing everything I said that I felt like I had to be responsible to not let go of the connection that was made, because if I ever let go of control and went to sleep, it would disappear. I have to be responsible and stay up and make sure I don't lose it. Something like that.

So then I asked Jesus about that, and he brought me back to this memory of being maybe somewhere around one year old.¹ He wanted to try putting me to sleep with my relational circuits on. He turned this knob on the back of my head so that my relational circuits would be on, and he kept his hand on it to make sure it stayed on, at least whenever it needed it. So first my mom was nursing me. It was really a good feeling to just be nursing and not worrying that soon she was going to be done, and I was going to have to go through the trauma of not having her anymore and supposed to go to sleep. So I just was nursing and really enjoying it and feeling really calm and connected. And when I was done, Jesus made sure to keep the knob on, so now I just felt happy that I had had a good meal and good connection, and like I was content and could go to sleep.

Then my mom put me in the crib, but I wasn't worried. I knew my needs were being met, my relational bonding wasn't going to disappear when I went to sleep, etc., so I just lay in my crib very happy and content and went right to sleep. Then even the next morning when I woke up, I just stood up in the crib and knew my mom would come soon and that we'd still be connected.

It was such a new and such a good experience -- It was really powerful. I realized that maybe I'd never really gone to sleep with my relational circuits on as a kid, because I was always so scared and worried. But it was for sure a good feeling. Jesus talked to me about whether I'd be willing to let go

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": First, hippocampal myelination actually occurs on a bell curve. Autobiographical memories begin for most people between the ages of two and four, with rare individuals describing autobiographical memories from as early as their first year of life, and other rare individuals whose autobiographical memories don't start until their fifth year. And second, Jesus seems to be able to take people to very early mind/spirit memories that break the usual rules of neurological development.

of my felt responsibility to always stay awake and make sure I don't lose connection, and that everything functions as it needs to. Jesus said he could take care of me and my relational connections, and asked if I would be willing to try this?

On the one hand, it sounded really good. And on the other hand, it sounded really scary to give up control—how could I prove it would go well? Jesus asked me if I was totally satisfied with the results of my self-protection plan for the first 40 years of my life. I acknowledged that while there were some things that got done, I obviously wasn't 100% satisfied with the results (especially right now when it was keeping me up for hours at night). Jesus said that he wasn't going to force me, and that if I tried his new way I could revert back to my old way any time. I immediately exclaimed, "Why would I want to revert back to a stupid way of doing things that doesn't work?" So then I knew that probably, deep down, I did think Jesus' way was going to be way more effective.

So ever since then I have slept better. I go to sleep with my relational circuits on, and remember that Jesus can keep them on all night."

I got a follow-up email about a week later:

"I'm still shocked about being able to go back to sleep at night ever since that one Immanuel session. Yesterday I got together with the guy I'm dating, and even though we had a really good time, something confusing to me came up right at the end before we parted ways. But even with that, I went right to sleep, and then when I woke up in the night, I went back to sleep and I could barely believe it. I keep waiting for the good results of the Immanuel Approach to wear off and stop working, but so far they haven't."

And then another follow-up email more than a month after the initial session:

"I'm still amazed about always going back to sleep if I wake up at night."

Blessings,

Dr. Lehman/Karl

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