

Title: Podcast with Dr. Barbara Lowe

March 23, 2026

Greetings all,

Just a quick note to let you know about a new podcast that has just been release: *Jesus Heals the Brokenhearted with Dr. Karl Lehman*, from an interview I did with Dr. Barbara Lowe (Heart Journey Podcast).

- We discussed how distressing experiences can become stuck in our emotional system and how bringing those memories into a space of connection with God can open the door for healing.
- We also explored how people can learn to recognize the difference between striving to fix themselves and learning to experience relational connection with God in the middle of their pain.
- This conversation offers practical insight into how prayer, emotional awareness, and relational connection can work together in the healing process

Access links:

[YouTube](#)

[Apple Podcasts](#)

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Blessings,

Dr. Lehman/Karl

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