

Title: "Follow-up After Internal Parts "Security Team" Agrees to Work With Jesus"

March 3, 2025

Greetings all,

A participant from one of my mentoring groups recently sent me an email that I thought would also be encouraging for the rest of you. (Shared with permission.)

"Wanted to share some observations regarding fruit from the session where my internal parts "security team" got knighted by Jesus and were delighted to be on His team working with Him. I can't tell you how many new shifts have happened since then. So much cooperation, trust being built, and willingness to look at difficult things (emotions, memories, current circumstances) with Jesus. The whole Trinity enjoying and celebrating with me. Lots of joy & stillness of mind (instead of racing anxiety survival brain mode), even though hard things are still going on and memory anchors for lingering fears are still not all processed."

Blessings,

Dr. Lehman/Karl

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