

Title: "Dreams and Emotional Healing"

August 3, 2026

Greetings all,

Just a quick note to let you know about another essay that I have just updated and re-posted from our kclehman.com website: "Dreams and Emotional Healing" (Available as free download from the "Kclehman Website Archives" section of the Resources page:

<https://www.immanuelapproach.com/kclehman-com-website-archives/>).

As appetizers, I have included the first section here and the outline below.

Defenses out of the way: My perception, from psychiatric and psychological literature, clinical observation, and from my own personal experience, is that our usual psychological defenses are significantly weakened when we fall asleep.¹ Dreams therefore provide a regular opportunity to gather clues about memories, emotions, and internal parts that are more heavily guarded when all of our defenses are "wide awake" and fully in place.

Blessings,

Dr. Lehman/Karl

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Outline for "Dreams and Emotional Healing"

I. Defenses out of the way

II. Dream interpretation

III. Focus on the emotions

IV. Implicit memory emotions

V. Internal parts

¹ "Truth serum," or amobarbital interview, is simply adjusting the dose of intravenous barbiturate until the person is on the very edge of sleep – so he can still talk, but his usual "awake" psychological defenses are dramatically weakened. In this "almost asleep" state, the person can often access memories that are otherwise completely repressed and/or dissociated. See, for example, Kaplan, Sadock, and Grebb, *Kaplan and Sadock's Synopsis of Psychiatry, Seventh Edition* (Williams and Wilkins, Baltimore, MD: 1994), p. 287, 293.

VI. My personal experience with dreams and emotional healing

VII. Increased dreaming, remembering dreams

VIII. Ask for the Lord's guidance in dreams

IX. Another special memory access tool

X. Sample prayer