The Immanuel Approach for Healing & Intimacy

A Catholic Critique
The Elephant in the Room
What is Immanuel?

Dr Karl Lehman - It's About Intimacy!

Immanuel Practicum Teaching
Pain = Selfishness
“We have been created to be relational beings, and the Lord has actually designed specific circuits in our biological brains to serve our longing and need for connection.”

-- Dr. Karl Lehman
“Man’s faculties make him CAPABLE [i.e, “to have a capacity”] of coming to a knowledge of the existence of a personal God. But for man to be able to enter into real intimacy with him, God willed both to reveal himself to man, and to give him the grace of being able to welcome this revelation in faith (CCC #35)
How Did the Immanuel Practicum Come About?

1. Remember
2. Appreciate
3. Locate
4. Connect
APOPHATIC
(Imageless, negation of sense and emotion)

KATAPHATIC
(Image-based, Incarnational)
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We Proceed in FAITH

“For where two or three are gathered in my name, there am I in the midst of them.” (Matt 18:20)

Behold, I am with you always, even to the end of the age.” (Matt 28:20)

“Jesus answered him, ‘If a man loves me, he will keep my word, and my Father will love him, and we will come to him and make our home with him.”’ (John 28:20)
Remember Jesus
Appreciate/Honor

Audibly!!
Locate Jesus
The Sanctified Imagination
Modes of Christ’s Presence

1. in creation that images some attributes of the Creator
2. in the individual baptized Christian through the Holy Spirit
3. (by implication) in our brothers and sisters, particularly in “the least” and poorest of them
4. in the praying church and her works of mercy
5. (by implication) in the “co-incidence” of events and signs that the Lord orchestrates through Providence in the lives of His faithful
Modes of Christ’s Presence

6. in the priest
7. in the apostolic hierarchy
8. in the Word of God
9. in the sacraments (called “the highest kind of presence”)
10. in the *Real* Presence of the Eucharist (the highest of the highest)
11. “Non-Present Presence:” In the abandonment and suffering of the soul united to Jesus
Connect
PRAY!

Print by Akiane Kramarik
Heresy and Humility
Points of Discernment

1. Don’t let fear of deception stop you from starting this prayer.
2. Don’t present what happens to you as infallible divine revelation.
3. Be ready for some contamination or deception – but this can be dealt with.

HOW?
Points of Discernment

1. ORTHODOXY: Is it consistent with Scripture & Tradition?

2. FRUITS: Check the fruits of the sessions – there should be observable positive changes in attitudes, emotions and behaviors.

3. INSPIRATION: Look for an element of surprise in the sessions (we know how our minds work and we are never surprised by what our own “hand puppets” tell us, but we ARE often surprised by what happens in an Immanuel Session)

4. CONFIRMATION: Look for confirmations
“The primary most important purpose of emotional healing is to remove the blockages that are between our hearts and him.”

-- Dr. Karl Lehman, p. 58