



Rocky: Father – Son Wounds (Condensed Version), Explanatory Comments

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These notes provide explanatory comments for the video tape of the “Rocky: Father – Son Wounds” prayer for emotional healing session (condensed version). Note: This session demonstrates **basic** principles, techniques, and process.

Session summary: This session begins with Rocky expressing a variety of negative thoughts and emotions that all *feel true in the present with respect to the Lord*. With the Lord’s help and guidance, he is able to go back to the true source and origin of these negative thoughts and emotions – a number of painful memories with his father. We go through several rounds of resolving blockages and then receiving healing from the Lord, and the session ends with the negative thoughts and emotions no longer feeling true with respect to God. In the 16-month follow-up interview, Rocky describes sustained benefit regarding his relationship with the Lord, decreased eating for emotional reasons, and also other aspects of self-care that were greatly improved (a 50 to 60 pound weight loss is quite noticeable).

Multiple cycles through the process: The basic Theophostic^{®1}-based² process is to 1) start with focusing on negative emotions in the present, 2) go from the negative emotions to the underlying painful memories that are the true source and origin of the negative emotions, 3) identify and resolve any blockages, so that the person can “stand straight” in the pain associated with the memories, 4) and then receive healing from the Lord. Note that this session does not go through only one simple sequence of this process, but rather goes through several cycles of painful emotions – underlying memories – removal of defenses/clutter – healing from Jesus. Even though this overall pattern is not the simplest possible, not a “textbook” example of only one simple trail of “painful emotion – underlying memory – removing clutter – healing from Jesus,” we still consider this a “basic” session because, in our experience, *almost all* Theophostic[®]-based emotional healing sessions include multiple cycles as seen in this video.

Core lies/guardian lies not always stated explicitly: At several points in this session, a lie is present but Rocky doesn’t state it explicitly. For example:

When Jesus shows Rocky “Your Dad really was in a trance, but it was because of him, not because of you,” Jesus is obviously addressing a core lie along the lines of “It’s my fault that my Dad doesn’t want to be with me – there’s something wrong with me.” Children almost always believe that it’s their fault if their parents don’t want to be with them, so I have no problem believing this lie was there, but Rocky never said anything to directly indicate this lie was present.

¹ Theophostic[®] Ministry is a trademark of Dr. Ed Smith and Alathia, Inc. Neither this video and commentary, nor the Lehman’s ministry is endorsed by the trademark holder.

² “Theophostic[®]-based” therapy/ministry: We use the term “Theophostic[®]-based” to refer to therapies/-ministries that are built around a core of Theophostic[®] principles and techniques, but that are not exactly identical to Theophostic[®] Prayer Ministry as taught by Dr. Ed Smith. Our own therapy/ministry at the time of this session would be a good example– it was built around a core of Theophostic[®] principles and techniques, but it sometimes also included material that is not a part of what we understand Dr. Smith to define as Theophostic[®] Prayer Ministry (such as our material on dealing with curses, spiritual strongholds, generational problems, and suicide-related phenomena, and our material on journaling, spiritual disciplines, community, and medical psychiatry).

When Rocky says “What if it doesn’t last?” He doesn’t speak the guardian lie explicitly, but there is an implied guardian lie along the lines of: “It’s not safe to ask Jesus to come and help because I might get hurt by disappointment – He might not stay/it might not last.”

Several additional examples are present in the complete version of the session, and noted in the complete version of the commentary.

Often, if the person connects with a traumatic memory and/or guardian lie, releases self-protecting defenses, and stands straight in the associated emotional pain, Jesus comes with healing even though the person never identifies the lies explicitly. If Jesus comes with healing quickly after the person connects with painful emotions and the underlying memories, as He did in this session, I don’t take time to focus the lies as explicit verbal statements. However, if Jesus doesn’t come with healing quickly, one of the first things I do is to help the person focus the lies more clearly.

Truth from Jesus not always presented in words: Jesus brings truth in many ways – not always in verbal statements and/or thoughts. This is a very common phenomena and a very basic principle, and several of the “truths from Jesus” in the summary below provide good examples.

Summary of core lies/guardian lies, and truths from Jesus:

Core lie: “I’m on my own. I have to take care of myself.”

Truth from Jesus: Note that Jesus does not use words to “speak” to this lie, but rather *demonstrates* the truth throughout the session by showing up in the memories where Rocky felt alone, and by coming with healing at the many points where Rocky needed help. This nonverbal presentation of truth was obviously effective, because at the end of the session, Rocky states (my paraphrase): “I feel the Lord’s presence with me in all of the memories where I suffered from not having a Dad;” and in the follow-up interview, Rocky comments: “[In the past], when things would go wrong in my life, my first knee-jerk, heart response was ‘Why are You allowing this? Why aren’t You helping me? Lord, where are You? Are You out golfing?’ And now, when things go wrong, my initial response is ‘This really stinks, I really don’t like this, *but I know that You’re with me.*”

Core lie: “*It’s my fault* that my Dad doesn’t want to be with me – my Dad doesn’t want to be with me *because there’s something wrong with me.*”

Truth from Jesus: “Your Dad really was in a trance, but it was because of him, not because of you.”

Core lie: “I am invisible,” “I’m not important enough to be seen or attended to.”

Truth from Jesus: Jesus shows up and interacts with Rocky, clearly *demonstrating* that Rocky is visible, important, and *seen*. This provides another example of Jesus presenting truth non-verbally.

Core lie: “It’s not safe to open my heart to Jesus, it’s not safe to let down my defenses, it’s not safe to let go of my self protective position of ‘I’ll take care of myself.’ Jesus will disappoint and hurt me just like my father did.”

Truth from Jesus: Jesus addresses these fears at a number of points in the session. For example, at one point when Rocky is afraid to ask for help, Jesus just shows up “with a very knowing look on His face. It’s like, He really knows how sad, how alone, how hurt, how invisible I felt.” At one point when Rocky was afraid to look at Jesus, Jesus moves into his line of sight: “It’s like Jesus, rather than waiting for me to turn, He has slipped in, and He’s sitting between me and the cupboard...He said ‘Look, I’ll sit where you can see me. I’ll come to you.’” At the end of the session, Rocky comments “...I feel like there is a very *open* ness between Jesus and I. I really do feel lowering of the barrier, the self protection.” Again, much of this truth from Jesus was presented in non-verbal ways.

Parent–God connection: This video provides powerful examples of how wounds in our relationships with our parents can affect our relationships with the Lord. If you study the tape carefully you can see a number of clear parallels between the painful memories with his father, and the lie-based thoughts and feelings that were hindering his relationship with the Lord. For example, early in the session Rocky makes comments about being “alone” and “doing it on my own” *as things that feel true, in the present, regarding his relationship with the Lord*. Then he connects with a painful memory with his father, and describes “I just felt so alone” as one of the most painful aspects of this memory. Rocky’s fear of being disappointed by the Lord provides another example. At several points in the session, Rocky expresses fear that Jesus will lure his heart out, and then disappoint him. This is lie-based thinking regarding the Lord, but does fit the painful disappointment memories with his father. As he describes one of these memories, Rocky even makes comments along the lines of “Why’d you bring this gift for me, to lure my heart out and get my hopes up that you wanted to be with me, and then ignore me?” And then after the session, Rocky experienced dramatic changes in his relationship with the Lord – changes that corresponded to the healing he received in the ministry session.

I would summarize the overall process as follows: Rocky started with lie-based thoughts and emotions, that *felt true, regarding his relationship with the Lord, in the present*. He then went to painful memories with his father, with content that matched the thoughts and emotions regarding the Lord, and the Lord brought healing in these painful memories. When Rocky returned to the present, he found that the lie-based thoughts and emotions that had originally felt true regarding the Lord were now resolved.

Multiple memories resolved rapidly: Towards the end of the session, Rocky says “There was a series of other things that came through. Times, memories, particular times from my childhood when I really suffered from not having a Dad. (Pause) I feel the Lord’s presence there [in these memories].” Rocky is referring to a phenomena we sometimes see with Theophostic®-based emotional healing ministry, where the defensive barriers and other clutter are removed, and then the Lord goes through many memories very rapidly, resolving them as a group.

Jesus healing type “A”³ trauma (absence wounds): Some believe that Theophostic®-based emotional healing ministry can only heal type “B” trauma (wounds from the presence of bad things that shouldn’t happen), and that type “A” trauma (wounds from the absence of good things that should have happened) can only be healed by slower processes in the context of relationships in the present. We perceive that the Lord *sometimes* heals type “A” trauma in the context of relationships in the present, but this session seems to provide an example of the Lord rapidly healing type “A” trauma in the context of Theophostic®-based emotional healing ministry. Towards the end of the session, Rocky reports: “I feel there’s been such empty places inside, and I feel like Jesus is very gently filling them up.” For additional discussion of type “A” trauma, see “Theophostic®-based ministry and type “A” trauma” on the “Articles and FAQs” page of www.kclehman.com.

Weight loss, self care: One of the most dramatic changes following this session is that Rocky started taking better care of himself. A very concrete, observable change is that Rocky lost between 50 and 60 pounds in the year following the ministry session recorded on this video, and has remained stable at this healthy weight (stable at the new weight for 12 months as of July 2004). Maybe 5-6 months after the session, Rocky commented to me that he was exercising, eating well, and generally taking better care of himself. I clearly remember one comment along the lines of “I feel better than at any time in my life

³ The expressions “type A” and “type B” traumas come from *The Life Model: Living From the Heart Jesus Gave You*, by James Friesen, E. James, Wilder, and others (Shepherd’s House, Inc: Van Nuys, CA), 2000. See p.42 and following for their definitions and commentary.

since high school.” When I asked him what had happened, he reported that the Lord had told him “You’re free to exercise/you’re free to take care of yourself.” As he discusses at some length in the follow-up interview, the ministry session recorded in this video also contributed. He perceives that the healing in this ministry session enabled him “to experience myself as being worthy, as having value,” *as being worth taking care of*. He also noticed a dramatic decrease in “comfort eating” immediately following this ministry session, and perceives that an increase in “life energy” following this ministry session helped with both being able to engage in regular exercise and with eating in a more balanced way. As he mentions specifically, the healing in this ministry session was an important piece of a larger work the Lord has brought together regarding improved self care in his life.

One step in a larger process: Rocky worked with the Lord to accomplish important work in this session, with significant and lasting fruit, but it is important to remember that this session was only one step in a larger process. This is often the case for Theophostic®-based emotional healing ministry sessions. The Lord will help the person take the *next step* in his healing process (this point is discussed at more length in the complete version of the session and in the complete commentary).

Deleted material: To put the “Condensed Version” in perspective: In order to make the 15 minute condensed version, 62 minutes of material have been deleted from the 1 hour and 17 minute complete version. The condensed version is valuable for providing an *overview* of what a Theophostic-based therapy/ministry session looks like, but if you are actually trying to learn how to facilitate Theophostic-based sessions, you will definitely want to view the complete version.

Dr. Ed Smith, Theophostic® Prayer Ministry: We strongly recommend that anyone involved in the field of emotional healing study the Theophostic® Prayer Ministry approach as developed by Dr. Ed Smith. We have greatly benefitted, both personally and vocationally, from studying Dr. Smith’s training materials, and from watching Dr. Smith work at his apprenticeship training seminars. For further information on Theophostic® Prayer Ministry, and to buy Theophostic® training materials, go to www.theophostic.com.

Please note that we respect Dr. Smith tremendously, and value our friendship with him, however, neither we nor this tape are in any way officially connected with or endorsed by Dr. Smith or Theophostic® Prayer Ministries.

“Theophostic®-based” therapy/ministry: To describe the healing approach demonstrated in this session with Rocky, we have developed the term “Theophostic®-based” therapy/ministry. We use the term “Theophostic®-based” to refer to therapies/ ministries, such as ours at the time of this session, that are built around a core of Theophostic® principles and techniques, but that are not exactly identical to, or limited to, Theophostic® Prayer Ministry as taught by Dr. Ed Smith. For example, a “Theophostic®-based” therapy/ministry might include dealing with curses, spiritual strongholds, generational problems, and suicide-related phenomena, and/or incorporate journaling, spiritual disciplines, community, and medical psychiatry – and these issues and techniques are not a part of what we understand Dr. Smith to define as Theophostic® Prayer Ministry.

More information: For more information from Karl Lehman M.D. and Charlotte Lehman M.Div, including our teaching about the Immanuel approach to emotional healing, our assessment and recommendations about Theophostic® Ministry, our teaching about how Christian emotional healing can fit into professional mental health care, and much more, please help yourself to the free information on our website, www.kclehman.com.