



## Father – Son Wounds: Explanatory Comments

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

Contents of Video Tape	Location on the tape	Length of the segment
Introductory Comments	Minute 0	1 minute
Prayer Session	Minute 1	60 minutes
16 month follow-up	Minute 1:01	14 minutes
End comments	Minute 1:15	2 minutes

**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<sup>®1</sup>-based<sup>2</sup> 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<sup>®</sup>-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

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<sup>1</sup> Theophostic<sup>®</sup> 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.

<sup>2</sup> “Theophostic<sup>®</sup>-based” therapy/ministry: We use the term “Theophostic<sup>®</sup>-based” to refer to therapies/-ministries that are built around a core of Theophostic<sup>®</sup> principles and techniques, but that are not exactly identical to Theophostic<sup>®</sup> 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<sup>®</sup> principles and techniques, but it sometimes also included material that is not a part of what we understand Dr. Smith to define as Theophostic<sup>®</sup> 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).

but Rocky doesn't state it explicitly. For example:

In the follow-up interview, Rocky summarizes an important core lie that had been resolved as: "I'm on my own. I have to take care of myself." However, he never stated this core lie so clearly or explicitly during the session.

When Jesus shows Rocky "Your Dad really was in a trance, but it was because of him, not because of you" (time on tape: 28-29 minutes), He 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.

At 22 minutes Rocky comments: "What's the big deal...I'm being a baby...This is ridiculous." He doesn't speak the guardian lie explicitly, but there is an implied guardian lie along the lines of: "We shouldn't continue with this because these memories aren't important, this pain isn't significant, this isn't worth doing. I should just stop whining."

At 31:00 minutes, Rocky says: "What if He (Jesus) doesn't like what He sees?...What if He looks right through me – what if I'm invisible to Him too?...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 He might not like what He sees, He might look right through me, He might not stay/it won't last."

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 a number 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." (Time on tape: scattered throughout the session, but stated most clearly in the follow-up interview at 1:04).

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 know that Jesus was with me right along – through all these painful memories," (Time on tape: 53 minutes); 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.*'" (Time on tape: 1:11)

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." (Time on tape: never stated explicitly)

Truth from Jesus: “Your Dad really was in a trance, but it was because of him, not because of you.” (Time on tape: 28-29 minutes)

Core lie/guardian lie: “We shouldn’t continue with this because these memories aren’t important, this pain isn’t significant, this isn’t worth doing. I should just stop whining” (time on tape: 22 minutes).

Truth from Jesus: Exact words: “It really hurt. It did. It hurt. It hurt bad.” Amplified, implied meaning: “Your pain is important – pain is pain – it all needs to be healed. It’s right for you to get healing for these memories.” Note that this truth from Jesus came quietly – Rocky just spoke the words, without saying anything about where they came from (Time on tape: 22 minutes). In fact, in the session I didn’t initially recognize them as truth from Jesus. But then several minutes later (time on tape: 25 minutes), Rocky clarifies this by referring to these comments as Jesus’ presence in the ministry session. Note also that after these words came to him, he was no longer tangled in the guardian lie, and was able to continue with the session.

Guardian lies and core lies: Guardian lies: “*It’s not safe to ask Jesus for help because He will be like my Dad.* Jesus will think I’m not good enough, not worth spending time with. He won’t like what He sees. Jesus will say... ‘You don’t do a good job.’” Associated core lies (not spoken explicitly, but almost certainly present): “I’m not good enough, I’m not worth spending time with, People don’t like what they see in me, I don’t do a good job.” (time on tape: scattered throughout the session. See 24, 31, and 34 minutes for specific examples)

Truth from Jesus: Jesus shows up at different points in the session, and communicates understanding, acceptance, and love. For example: “I see Jesus...kneeling down, and just kind of holding out His arms, holding out His hands – with a very knowing look on His face. It’s like, He really knows how sad, how alone, how hurt, how invisible I felt,” (time on tape: 29 minutes), “He’s just looking at me and He’s smiling....It’s a very inviting smile. Very calm. It’s very much a sense of being known and understood. And it’s really okay. It’s okay to feel all these things, and He understands....” (Time on tape: 32-33 minutes), and “He’s just looking at me...smiling....It’s like He’s happy to be with me.” (time on tape: 39-40 minutes). Note that in the follow-up interview, Rocky reports that he now feels Jesus is close to him, sees him, loves him, and accepts him. (Time on tape: 1:04) Note that these specifics provide more examples of Jesus presenting truth non-verbally.

Core lie and guardian lie: Core lie: “I am invisible,” and associated guardian lie: “*It’s not safe to ask Jesus to come because He will be like my Dad* – He will look right through me, I will be invisible to Him too.” (time on tape: 26 minutes and 31 minutes, respectively)

Truth from Jesus: Jesus shows up and interacts with Rocky, clearly *demonstrating* that Rocky is visible, important, and *seen* (time on tape: every place that Jesus shows up and interacts with Rocky). Even more non-verbal truth from Jesus.

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.” (time on tape: scattered throughout the session. Specific examples at 16 and 31 minutes)

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.” (Time on tape: 28-29 minutes). 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.’” (time on tape: 32-33 minutes). At one point Rocky comments, regarding these defenses: “...when you hold something real long, it’s hard to let it go,” but then reports “He [Jesus] is touching my arms, to relax my muscles a

little bit [to help me let this go].” (Time on tape: 35 minutes). 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.” (time on tape: 56 minutes). Again, much of this truth from Jesus was presented in non-verbal ways.

Core lie: Commenting specifically about his childhood memories, Rocky states: “Part of [these memories being so painful was] that I was alone....[The pain] was hidden inside me. No one knew.” (Time on tape: 52-53 minutes)

Truth from Jesus: immediately after this comment, Rocky reports “As I receive from Jesus on this, I know that wasn’t true. That He really did know. He knew right along” (time on tape: 53)

**“Focus on the physical sensation”**: At 8 minutes on the tape, Rocky reports feeling “a heaviness in my stomach,” and I coach him to focus on this physical sensation. Coaching the person to focus on physical sensations is a simple tool that sometimes will help him connect to negative emotions and/or underlying painful memories.

**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, between 11 and 16 minutes 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 (time on tape: 19 minutes). Rocky’s fear of being disappointed by the Lord provides another example. At several points in the session (e.g., 16 minutes and 31 minutes), 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 (see follow-up interview discussion, time on tape: 1:09-1:12).

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**: At 55 minutes, 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.

**Lying on the floor**: Note that lying on the floor and feeling exhausted corresponded to what was happening in the memory that Rocky was working on at that point in the session.

**Jesus healing type “A”<sup>3</sup> trauma (absence wounds):** Some believe that Theophostic<sup>®</sup>-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<sup>®</sup>-based emotional healing ministry. Towards the end of the session, Rocky reports: “His breath is coming into me, and it’s energizing me. I don’t feel as tired....I feel there’s been such empty places inside, and I feel like Jesus is very gently filling them up.” (time on tape: 42-43 minutes). For additional discussion of type “A” trauma, see “Theophostic<sup>®</sup>-based ministry and type “A” trauma” on the “Articles and FAQs” page of [www.kclehman.com](http://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 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.”<sup>4</sup> As he discusses at some length in the follow-up interview (time on tape: 1:02-1:09), 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.

**Clumsy Dr. Lehman:** At 31 minutes, Rocky is struggling with guardian lie fears (“...What if He doesn’t like what He sees? What if He stares through me, or I’m invisible to Him too?”). Jesus begins to address the guardian lies (Rocky reports “But He’s already come around, so...”), but I missed that Jesus was already addressing the lie, and cut Rocky off, trying to help him fully connect with the lies. I was clumsy on this one, but the Lord was still there, and finished what He had started when I got done with my attempt at helping.

**Removal of *truth-based* sorrow and grief:** People using Theophostic<sup>®</sup>-based emotional healing ministry are most familiar with the Lord removing lies associated with traumatic memories, but the Lord can also remove *truth-based* pain. At 52 minutes, Rocky perceives *truth-based* sorrow and sadness from “all those times of being lonely as a boy.” After lies have been removed, we ask the Lord to come and take the *truth-based* sorrow and grief, and Rocky then reports “I feel the sorrow, the grief lifting.” (time

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<sup>3</sup> 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.

<sup>4</sup> Note that Rocky received this word from the Lord at some point after the ministry session on this video. (For those of you with the first version of this video, where Rocky comments that “You’re free to exercise” came before this session: Rocky and I have thought more carefully about the time line, and our best reconstruction is that this word from Lord actually came to him shortly after the ministry session in this video).

on tape: 53 minutes). See “Bereavement, Grief, and Mourning” on the “Ministry Aids” page of [www.kclehman.com](http://www.kclehman.com) for additional discussion of the Lord healing truth-based pain.

**Fear, grief, and powerlessness regarding his father’s salvation:** Rocky’s exact words are: “I’m really worried about my Dad. I don’t think he even knew who Jesus was,” and “I don’t know if there’s any way I can save him.” (Time on tape: 43 and 45 minutes, respectively). It is clear that Rocky feels fear, grief, and powerlessness regarding his Dad’s salvation, but it’s hard to know what is lie-based and what is truth-based in this situation. Fortunately, truth from Jesus resolves the problem, regardless of this uncertainty: “My sense is that Jesus is saying ‘Just leave your Dad to me. I’ll take care of your Dad....What I feel strongly right now is that He is saying ‘I love your Dad, too. I love him too’....My sense is I can just trust Jesus to take care of that [questions of judgment, etc regarding his Dad].” (Time on tape: 50-51 minutes)

**One step in a larger process:** At the end of the session, Rocky comments “I had a final sense of ‘There are still things I’m holding behind my back.’” (time on tape: 57 minutes). 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. As Rocky reports, immediately following the above comment: “Jesus said ‘It’s enough. This is okay....This is a good next step.’ Almost like He’s sensitive to timing, pacing.”

**Prior sessions:** Another way to put this session in perspective is to remember that Rocky had received a number of sessions prior to this. In the follow-up interview, Rocky comments that this session was especially significant, but it is still important to remember that he had received 30+ sessions over the five years prior to the session recorded on this video.

**Deleted material:** There were several sections of the session that contained information that we felt best to not include on the tape released to the public, and edits deleting this information are indicated by brief “Personal Details Deleted” messages. There are also other very small edits to delete things like coughs and other distractions. No significant content related to working with the father-son wounds has been deleted.<sup>5</sup>

**Subtitles:** We are experimenting with subtitles for the parts of the tape that are difficult to understand. We find the subtitles somewhat distracting, so are trying to limit them only to places where they are needed to help understand what was said. Give us feedback: too distracting and unnecessary? Other places where they are needed?

**Version 1.2:** Version 1.2 includes a few small edits to the session, several edits to the follow-up interview correcting an error in the first tape about the timing of “You’re free to exercise,” and also includes subtitles at a few points.

**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

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<sup>5</sup> In case you are wondering why I bother to comment on material that has been deleted: When I view live sessions for education/training purposes (as opposed to viewing sessions for inspiration and encouragement), I want to know whether I am seeing the complete, unedited session, or whether material has been removed. If any material has been removed, I find it valuable to have at least summary information regarding what has been deleted.

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](http://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](http://www.kclehman.com).