

Appendix A

Experiences And Testimonies

I would like to thank all those who agreed to let me share their personal experiences. It is a blessing to have people willing to be transparent about the intimate struggles and victories in their own lives in order to encourage others.

This appendix is divided into two sections:

- 1. Inner Child encounters with Jesus.**
- 2. Other experiences and testimonies.**

Inner Child Encounters With Jesus

I again need to emphasize that in this sort of prayer, God alone is directing the imagery. It is imperative that neither the one doing the ministering nor the one being ministered to decide what will happen, or not happen. Otherwise there is a danger of opening the door to Satan and to deception. Refer to Chapter 15, "A New And Living Way," and Appendix D, "New Age Visualization" for more dialogue on this.

You will see that each person's experience is unique. The Lord ministers to a person in exactly the way they need it.

These examples are condensations of the experiences, because sometimes the experiences lasted a couple of hours.

My Experience

The first example of Inner Child Prayer is one that happened to me while I was a prayer counselor at Elijah House. Teresa Joy, who at that time was also a prayer counselor there, prayed with me in this way. What happened to me was some sort of a vision, but I could tell that it was a real event that was happening. I did not orchestrate it or cause it to happen. I just waited and was available.

As I closed my eyes and listened for the Lord, in my mind's eye I saw myself in the entry of a very beautiful place. There was a curving stairway off to my right. The walls were paneled with beautiful wood,

and the railings and the appointments were all of polished brass. I realized that I was supposed to walk up the stairs, so I began to do so. Although I couldn't see Him, I sensed that the Lord was walking with me on my right side. When we reached the top of the stairs, the area opened up into a concert hall.

This was also a beautiful place with polished wood and bright brass. Above and in front of me were some balconies, like those one sees in an opera house. I couldn't see anybody in them, but I sensed that I was being watched. In the center of this hall was a beautiful, shiny grand piano. I heard another person, not the Lord, tell me to sit down on the piano bench. I knew I was supposed to do that, and so I obeyed. The Lord sat next to me, on my right.

Then this same other person (who I could not see) told me to play the piano. I was distraught. I felt that I needed to do it, but I was undone: I don't know how to play the piano, and that's not something that one can fake. So I sat there, not knowing what to do. The Lord, knowing my quandary, placed His hands on the keys of the piano, and He instructed me to put my hands on top of His hands. He then played the piano beautifully!

That was the end of the vision, but I knew exactly what the Lord was healing. It was a surprise to me, because the specific issue that the Lord dealt with was not one about which I had previously been thinking. This was a new revelation.

As I grew up, my parents were very neglectful. I was left alone, to raise myself and make all of my own decisions. My parents were physically present, but not emotionally. They were not proactive in my life. I had therefore developed the view that I needed to do whatever life placed in front of me, because if I didn't do it, nobody was going to. As I grew up, I encountered challenges that I didn't handle very well. Because I was immature and ill prepared to do them, I made many mistakes and poor choices. Even though I realized I wasn't doing very well, it was just an assumption within me that I had to do whatever life placed in front of me.

In this prayer time, the Lord showed me that was not true. He showed me that there are some things that I just cannot do; and when I encounter one of these challenges, He will do it.

I came out of this experience knowing that what He did was real, and knowing that the message was true. I now know that when Jesus speaks to my heart, it is true. I know this in the depth of my being.

Experience of Matthew Manning, Founder, Lighthouse World Evangelism, Inc., Rohnert Park, California

For many years Matthew had lived a homosexual lifestyle, and he almost died of AIDS. In the process of redeeming his life, the Lord had miraculously healed him of HIV infection, which is a physical impossibility. Though the Lord had delivered him from the bondage to homosexuality prior to our counseling time, there were still basic self-esteem issues with which he struggled.

As we prayed and waited for the Lord to come, Matthew saw a strange scene. He saw Father God standing with something in the palm of His hand. At first he couldn't identify what it was, but all of a sudden, he saw it! He realized that it was himself that God was forming. God showed him that He created him, and He created him to be a man.

Then he saw another scene. It was the moment of his conception, and his earthly father said, "This had better be a girl!" From this vision, Matthew knew that in his spirit he had been aware when his dad uttered that statement. This meant that from the very beginning of his existence, he was convinced that he should be a girl! So his problem with his masculinity had always been with him.

At the moment that he saw God forming him in the vision, he knew God had made him to be a man, and God was happy that he was a man. There was an enormous and powerful healing that happened inside of him; because now he knew, to the depths of his being, that he was the right sex. Through this encounter with the living God, his identity was healed.

Matthew later wrote, "Your ability to ask questions, listen, and most importantly, hear from the Holy Spirit and be guided by the Lord Jesus Christ during each counseling session makes your ministry unique and needed in these last days.¹ I came to you for direction and my life changed drastically. Your ability to focus me on my inner-self, a part of me that I did not know existed, brought a new dimension of healing in my life that I never knew possible!"

¹ "These last days" refers to the end of this age, as discussed in "The Revelation of John."

Experience of Rolf Numme, Wasilla, Alaska

Rolf had almost died in childbirth, and had a very difficult childhood. From his parents he received ridicule rather than support and The Blessing. He was bullied, by other children, but his parents didn't protect him.

Rolf had been a Christian for many years, and had been a very devoted believer. Yet he had suffered from bouts of depression for years, and had received many hours of counseling from a variety of practitioners. He had tried many psychotropic drugs, but he was either allergic to them, or they didn't help. And yet, after all these attempts at healing, he was still suffering desperately.

As Rolf and I listened to the Lord, Rolf saw a rickety bridge over a gorge. The gorge wasn't very wide, but it was very deep and dark inside. The Lord was standing on the other side of the gorge, beckoning for him to come across the bridge, and to not look back.

Rolf hesitated, because he was afraid. The bridge looked so fragile that he was afraid it would break if he stepped onto it. Finally, he decided to trust the Lord and to step out. As he walked across the bridge it broke, and he fell into the dark gorge.

As he lay in the darkness at the bottom of the pit, he felt so alone. "Nobody is here for me. I am always abandoned. In my time of greatest need, I will be alone."

Then he cried out to Jesus, "Where were you all these years?" All Rolf saw was a big black hole!

In that moment he realized he had a huge rage in him towards God.

"I am screaming at God", Rolf exclaimed, with amazement and some fear.

Then he said with astonishment, "He says He loves me!"

Rolf asked God to forgive him for judging Him.

He realized that he had always tried to be his own God, because he didn't trust God to be his protector.

I (Ed) sensed a darkness present. So I commanded it to leave, in the name of Jesus, and it left. It had been inhabiting this terrible, deep root of bitterness that Rolf had towards God. But now it had to go, because God had redeemed that place of bitterness in Rolf. The demonic presence no longer had a legal right to be in that place.

Then Rolf said, "Ed, I have never seen this before. For an instant I was in touch with the severity of God. You don't want to mess with this dude!"

Rolf was feeling afraid, and in awe. He said, "Lord, I want You to be my God."

The Lord gave me (Ed) the right question to ask. I asked Rolf, "Is the severity aimed towards you, or towards that evil spirit?"

Rolf was still for a moment. Suddenly he began to cry very, very hard.

After some moments he said, "You showed up. I have been waiting all these years for you to show up. And I thank you."

"You took care of the bully inside."

"You loved me that much!"

And then the Lord held him!

Rolf realized that the spirit of fear that had inhabited him came in at birth when he almost died.

This whole encounter with the Lord probably lasted no more than twenty minutes.

He felt good for the first time in his life.

The next day Rolf said, "Yesterday was the happiest day of my life."

Rolf's life was changed by this brief encounter with the Lord!

Experience of Miikka Paananen, Turku, Finland

Miikka had problems in his marriage. When he had a conflict with his wife, he felt worthless. He would contain his temper for awhile, but eventually he would explode. He hated that, but couldn't stop it. These outbursts of anger occurred frequently.

As we prayed, Miikka had several dramatic encounters with the Lord. The first thing he prayed about was trying to be his own protector.

He prayed to open the door to the Lord, and Jesus came in!

Jesus asked him "What are you afraid of?"

Miikka told Jesus, "I am always looking around for something bad to happen to me. That is why I shut the door."

Then Miikka said, "When I look at Jesus, I see I need not fear Him. He is different.

"Jesus says to me, 'I will be with you. I am not leaving you,'

I can hear Him saying, 'Yes, I am your protector. Leave it to Me. Trust Me. I will be there for you.'

I can see I don't want to come out of the womb.

There is that sense of worthlessness.

Jesus is there. He says, 'I was there to welcome you.'

He carries me out of the womb!

He is holding me, and says, 'I am not leaving you, and I am holding you.'

I can see my mother coming to see me, and then disappearing like all the others who left me.

Yeah, I can recognize I have judged myself as worthless, from the very beginning!"

Then Miikka asked Jesus to forgive him, and he apologized to his Treasure Inside for judging him as worthless. .

The next day the following happened in prayer:

Miikka saw a throne.

"Jesus is next to me, and I see there is someone sitting on that throne. And he is very angry.

Now I can see. It is my father.

Now Jesus is talking. He says to me, 'This throne is not my throne.'

Then Jesus is saying, 'Come here to see My throne.'

We are coming to a place. There are three chairs. There is a simple chair.

Jesus says, 'This is My throne.'

He says, 'This second one is for My Father. The third one is for you.'

Then Jesus says, 'Now the Father is coming!'

And I look at my Father. So safe. I don't fear to look at Him. The fear goes away

He is asking me, 'Would you like to come here and sit on My lap?'

I say, 'Yes.'. He stretches His arms, and I walk to Him, and He lifts me up to His lap.

So My Father talks to me. He is saying, 'I am your Father. This is your place. I will take care of you.'

I see the first throne. It is not God or Jesus' throne, but another throne. I can realize that I have judged my earthly father, and that I have judged God, my heavenly Father."

So Miikka prayed about his judgments on his earthly father and his heavenly Father.

Then he reconciled with his own Treasure Inside.
 "Now there is peace," he said.

Miikka's Testimony Since This Experience

"Dear Ed,

Thank you for the counseling session in Helsinki in September! The days we spent together were of ultimate importance to me. We have been going through your book in our Living Waters group in Turku during this autumn. The group will continue until the end of February.

We have 5 men and 4 women and all of us are excited about the message of your book! There is a treasure buried in your book that we are eagerly digging and taking hold on. And that is the treasure of THE GOOD NEWS, THE GOSPEL to those who suffer of brokenness.

During your visit to Finland in September God put especially one verse in my heart:

Isaiah 52:7 How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, "Your God reigns!"

I felt like you came far from behind the mountains (or sea) to Finland to bring this good news to us. And that God is preparing the same beautiful shoes for us to walk with.

God bless you.

Miikka"

Testimony of C.C., Idaho

This letter written to me is unique in that it illustrates the powerful way the Lord can manifest Himself directly to an individual, and bring His healing.

"Dear Ed,

I wanted to let you know there are wonderful things happening in our lives since we saw you last Friday.

First, there was a continuation of what God did with me while I was with you. He continued to speak to me and helped me realize I had been living my life actually believing when something bad happened or when I sinned God disappeared and I was on my own. I'm sure you can

see from my Life History lots of bad things happened and I sinned badly. Oh Brother Ed, I'm so glad He was there! He never leaves His children and beauty of all, He was there before I knew He was. He chose me before the foundation of the world. And He showed me He was there in my first known dark hour.

Then He showed me He was not only there, but was active. He showed me He uses His people to protect us (you could say, "well of course", but Ed **He showed me all the people in every situation, sometimes it was even me**). The beauty of this is all the people were imperfect (imagine that), but they did exactly what was needed, including me (He used me to protect others and myself at times). He also showed me how at least once there had been something else prepared for me (by the Devil) and even though I was sinning (by trying to meet my own need for love without God), the Lord protected me from the other thing. Actually I know this has happened more than once. Do you know what a comfort that is to me? He was in control and even though I was doing what I should not, He was loving me. **What I was missing when I sought to meet my own needs for love was NOT His presence (He never forsakes His children), but the sense of His presence. I did not feel His presence and for me that is deadly.** I think you know exactly what I mean.

Also, the Lord has done so much for me since the one visit to you, I wanted to tell you I believe one more visit with you is all I believe is necessary. However this morning, I read chapter's 10 and 11. Chapter 11 prompted another miracle Ed. I understand why I did what I did and since I have many times asked for forgiveness from God I didn't need to ask forgiveness, but I did need to see and know what the Lord Jesus had known all along and know I was forgiven. He knew I was drinking dirty water, because I was dying from thirst. He also knew I didn't know what clean water was. And He was never ashamed of me. Oh Ed, this is good, beautiful, healing news to me. I forgave myself and stopped judging myself. I am not ashamed, I understand and am thankful for a beautiful Savior who took my shame and made me clean. I thank Him also for being a righteous, just Judge (He paid the price and He is the only one who has the right to judge what He bought).

I wanted you to rejoice with me and know how God has used you and your book."

Other Experiences And Testimonies

Testimony of Wisti Rosenthal, Emmett, Idaho, and her husband Ron.

"Since I came to see you in June 2001, my life has changed drastically. I feel like I was blind before that time and that God has opened up my eyes and now I can see. I lived the first 20 years of my walk with the Lord blaming everyone else for my unhappiness. I knew that intimacy with the Lord was possible for other people, but I didn't know intimacy with Him personally. He is now opening the door to that intimacy and I am experiencing a new life filled with His peace. You taught me how to get to the root of things and pray through to healing" (January 2002).

"I guess I feel like freedom in the Lord is worth any amount of money or any sacrifice. I don't think people realize how different their life can be when they are free to be intimate with the Holy Spirit.

It's about being continually filled with the Holy Spirit, filling us up, more and more. Him moving into those places in our heart that used to be dark and filled with wounding (sin). Allowing Him to completely change our thinking, our heart and everything we've ever believed about Him, ourselves and/or the Bible.

Ron has crossed some sort of threshold or something into freedom. When he called you this summer and you helped him to understand that nothing is too small to pray about (even an inanimate object), it changed something in his heart. It's been amazing to see the transformation in him into freedom.

Ron continues to grow and gain freedom. It just brings tears to my eyes whenever I think about it. I have the real Ron, finally. God's miracles are amazing.

One of the huge things that Ron and I believe is that what you're teaching is not about 'inner healing.' It's the gateway to the Holy Spirit in the life of every Christian. When He resides in all of those places that used to be filled with wounding/sin, EVERYTHING changes. Scripture no longer means what it used to. You begin to see the very things Jesus was talking about. It all begins to make sense. Freedom comes and resides with you. Forgiveness is the key to EVERYTHING. We make the choice, He does the miracle in our hearts" (October 2004).

"I don't think people realize how different their life can be when they are free to be intimate with the Holy Spirit. Anyway, things are good here with the Rosenthals. Ron and I are able to work through things now and he continues to amaze me with his new ability to forgive and reconcile. WOW!

When we share our stories and our hearts with people we don't leave anything out. We are just so happy to be free and living the abundant life in Jesus that always eluded us before. The neatest thing of all is that we know this is just the beginning. The Holy Spirit has so much more love for us than we can even comprehend. We're just living the tip of the ice berg" (November 2004).

Testimony of Marilyn Rowsome, Missionary to Papua New Guinea

I was disappointed that I couldn't attend the last eight hours of instruction in Ed Kurath's seminar because of another commitment. I had already read Ed's book through so was familiar with the teaching. But I found that each time I went over it, the truth penetrated deeper into my understanding and heart.

Right at this time I was exposed to an extra large dose of rejection. As this happened, I began to notice the bad fruit emerging - negative thinking, being critical of others and getting on others, being easily irritated, but more importantly negative thinking about myself. Just when I felt like giving up saying "It doesn't work for me!" a revelation came to my heart. As I cried out "Why, Lord?" a thought dropped into my head as if from the Lord. "When you feel rejected by others, you reject yourself. When you fail to accept and love yourself, in no time the bad fruit begins to take over."

This is what I had been learning in Ed's teaching and now I could see it in myself. I quickly reread the relevant chapters of his book again. It all made such sense. For how many years had I been turning the slightest sense of rejection into rejection of myself? Oh so long! It had become a natural response. I certainly didn't need to think it through - the path down that track was well worn by 50 years of constant use. No matter how much I had filled my mind with the statements of truth about who I was in Christ, there was another louder message from my very own heart.

Recognizing the problem is the first step to healing. Then comes agreeing with God about it (confession) and desiring to live a different way. That certainly was easy because I have longed to walk in newness of life for so long! The next step is the difficult one. It involves saying sorry - something that we all find hard to do. I needed to say sorry to God for the judgments I had made. In particular the judgments I had made against myself. In straight talk this really is self-hatred. Then there were judgments against God for making me like I was. This was my sin, no one else's. And so I needed to say sorry to God and myself. Then I needed to recognize God's gracious forgiveness and embrace that with all my heart.

Yes, there were others whose actions had triggered this pathway to self-hatred in me, so I needed to forgive them too. So often they had done this unintentionally. But still it had caused me such pain and so I consciously acknowledged that pain and said "I forgive you" as one by one different instances of rejection came to my mind.

The negative emotions I was experiencing had in fact been an alarm system telling me that there was still a bitter root deep in there that had not yet been transformed and invaded by Christ. So as I listened to those emotions and tracked with God's help to the root there was healing rather than the usual condemnation. Thank you Lord that my feelings can be my friend.

I thank you, God, for this opportunity to learn through experience, to grow through real life and I look forward to more times ahead because healing is a process that you are totally committed to for me.

Marilyn Rowsome, 12 June, 2004, Papua New Guinea

Testimony of B.O, Dublin, Ireland

"In June last year I undertook a week of intensive counseling with Ed. Having struggled with depression, phobia, and shame, I am now experiencing lasting hope, freedom and peace in my heart. Through listening prayer I have experienced His forgiveness again and again."

Testimony of Ken and Donna Gift, Wailea, Hawaii

I appreciate Ed's sensitivity in allowing the Holy Spirit to reveal things to people in His way and His time. Through Ed's ministry, my life, my family, and our ministry was un-jammed. We praise God for him. Inner healing was the most profound experience, outside of salvation, that either one of us have ever experienced.

Experience of Mikko Laakkonen, Helsinki, Finland

This is an example of walking out one's healing by immediately pulling out new bitter roots as they occur:

Mikko had a major tendency to judge himself. He had a great fear, the fear of "I'm not OK" (the Big Hurt). He was afraid of his customers criticizing him, and it was very hard for him to admit he doesn't know something, because that would trigger his self-rejection.

In our counseling appointments he prayed about the root of this self-rejection. Then one evening he went to his saxophone lesson. He had forgotten that he had placed a spare reed inside the saxophone. When he began to play for his teacher, the instrument made a very strange sound. His teacher called his attention to it, and Mikko got red in the face and felt ashamed. At that instant he realized he had just judged himself. He immediately prayed about this new bitter root, and the embarrassment left completely.

When he came to his counseling appointment the next day he said, "Ed, it is so easy!"

He said that in the past he would have wrestled with the feeling of inadequacy for days. It was "easy" because he had let Jesus bear his sin of judgment.

Experience Demonstrating A Prophetic Word

Several years ago I and several other people were praying for a lady. Joanne (not her real name) was in her late thirties, and had been married once to an alcoholic man who beat her. Since then she had been in a

series of relationships, all with men who were abusive to her. She wanted to be happily married, but was very discouraged.

As we prayed, I saw a picture in my mind of an old dairy farm, with the cows lined up in head stocks, eating hay and being milked. I had no idea what this meant, so I asked Joanne if a dairy farm meant anything to her. She said that when she was little her grandparents had a dairy farm, and she would spend the summers there. There was a moment of silence, and suddenly Joanne began to wail and sob hysterically. The rest of us just sat in silence, having no idea of what was going on.

Finally she calmed down. She said she had suddenly recovered a memory. In it she was about seven years old, was laying under a tree, and the hired hand was sexually abusing her. The Lord knew about this and used this prophetic word to bring the memory to the surface. We prayed with her about this incident.

I didn't see Joanne again for about five years. Then one day I was visiting another very large church, and I saw her across the room. I went over and said hello.

She gave me a big hug and said, "Ed, do you remember that night?"

I told her that I certainly did.

"That night changed my life," she exclaimed.

The lesson in this is that the Lord used the picture of the dairy farm to set in motion what He had been wanting to do in her. I had no idea what the picture meant, so I just gave it as I saw it. The Lord knew, and buried inside her was the meaning. If I had tried to interpret the "picture," I would very likely have interfered with what the Lord was doing.