



How You Can Heal from the Trauma of Life

Doug Addison with Joan Hunter [Episode 29]

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Hey, everybody! Welcome to another *Spirit Connection Podcast*. Many of you might know that I went through a very difficult 4-year period of affliction and health trouble. And right now, as we are speaking, I am almost 100 percent healed. Not quite, but I tell you I am way further along than I was before. I was on the brink of death more than once, and I had a lot of different chronic illnesses. I would get healed of one thing, and then something else would pop up. And then multiple chemical sensitivity. I'm telling you, I had such an acute case. I was allergic to everything including my clothes, my house, my car. It was a horrible time. Lyme disease, very intense anxiety, just to name a few.

The Lord has healed me, I would say 85 percent. I'm almost there. I am so far. I'm way beyond where I was before, but I'm almost there to where I can fully be restored. But, you know, I have had to walk this out, as opposed to one big supernatural blast. I would get those. I would get a prayer time or something would happen, but then it would come back on me in some way. I know, people would tell me all kinds of things, you know, and give me all kinds of healing remedies and faith talking-to's.

I want to tell you something: I have been walking with the Lord a long time, and I have learned a lot about healing. I was proclaiming in the Courts of Heaven every day. I was doing everything I knew, but a major part of my healing came when I got healed of the root of love in my own life. I had to overcome fear because, you know, fear is actually a tormentor according to 1 John 4:18, and I had some traumatic things happen to me.

You know, as I went through this, I have had some friends who have walked along side of me and helped me out. But I just want to say this right now: First of all, if you need to get healed, this is your time. This is going to be an exciting podcast for you because I have a special guest with me who specializes in this. Her name is Joan Hunter. She has been a friend of mine for a

number of years. She has an amazing gift and ministry. She is a healing evangelist. She has written books, she has been on TV, and she has her own TV show right now. But she has also walked along side of me during this time. There were times when I would call Joan and she would pray for me on the phone. I would go to her meetings. I remember calling off; I couldn't go. I was so sick once, I couldn't do a healing meeting. Wow! How many ministers call off sick from a healing meeting, you know? Anyway, I'm just kidding.

But let me just say, we have everything we need in Jesus. God raised Jesus from the dead. He gave us the power. You know, the enemy is over-attacking people right now because we're on the verge of something big. God doesn't want us to be sick. He wants to heal us, and we have to step into this time.

So, Joan Hunter and I have been friends for a long time. I know that she stands alone on her own, but maybe you recognize her name. She is the daughter of legendary Charles and Frances Hunter, the Happy Hunters, who were the cornerstones of the charismatic healing movement back in the 60s and 70s. Joan has written over 12 books. Like I said before, she has been on TV. But right now, I want to welcome Joan to the show.

Joan: Well, thank you so much. I just love you, Doug, and I am just so excited to be a part of your life and your ministry, and all that God is doing in and through you.

Doug: Yes. We have known each other for quite some time.

Joan: We have.

Doug: We've walked together through thick and thin—mostly thick.

Joan: Yes, indeed. We have cried together, laughed together and stayed up all night together. All kinds of crazy fun stuff.

Doug: Well, just tell our listeners a little bit about yourself and your ministry.

Joan: Okay. Well, I have been in healing ministry approximately 45 years, which is a long time, but it just seems like a couple. I have seen a lot of things in my life that I have seen ... lifetimes-worth of miracles traveling with my parents, Charles and Frances Hunter, for about 35 years, traveling the world—over 30 countries with them. So, it has been really, really awesome to see the miracles, and to see 100 people at a time getting out of wheelchairs that the world had never given them any hope. So, we had a large offering of wheelchairs that day. That was awesome.

Doug: Wow! Yes. That was when you were growing up, right?

Joan: Well, Mom and Dad got married when I was 16. We got the baptism when I was, like, 18. I personally got it when I was 19, and that's when the power of God really hit, which is like really, really, really awesome. You know, I was like, "We're going to have a miracle service. What's a miracle service?" You know? It is a time when you actually pray for people in the service and they get healed, which is awesome.

But I have seen a lot with them. You know, I started traveling with them when I was approximately 20-21 years old. You know, I had done the college, and so I was doing that and saw so many things. It was just really awesome. You know, I remember the first time. You are listening to me, you may know who I am or you may not know who I am. But I remember the first time I was praying for somebody. I was probably about 21, maybe 22 years old, and there were so many people to pray for, Mom just says, "Go over and you take that line of people." I'm like, "Ahhhh!" You know?

So, I prayed for the first person, and she got slain in the Spirit. Then I prayed for the next one, and they got slain in the Spirit, and down the row. Then all of a sudden, the first person is getting up off the floor screaming, like screaming her guts out. So, I said, "What's going on? What happened? Are you okay?" "I can see. I can see!" Because she was blind, you know, and she is like, "I can see!" I'm like, "Are you kidding?"

Doug: Are you sure?

Joan: Are you sure you can see? I remember that so plainly.

Doug: Wow! What a DNA though. I mean, this is your DNA and, you know, it flows from you. You get around Joan, I'm telling you, this stuff flows from her. That's why I'm so excited, because there is something that is going to happen on the show. She has a word, she has got to release something over us.

But your ministry, though, tell us a little bit about where you are and what you do.

Joan: Well, the headquarters is in Tomball, Texas, which is northwest Houston. And we have a building here which is 18,000 square feet on 14 acres of land, and it is housing right now over 50 of the Hurricane Harvey responders that are here doing a lot of the cleanup here in the area. They sleep here, they go out in the morning and pray for people, do their houses, and then come back and meet and take a shower and eat and go back out the next morning. It is so awesome how many of them, because it is a turnover of people that can give 3 days or 3 weeks, you know. But they are coming in, they are getting healed, and this is so cool.

When you were here the first time, you prophesied this would be an oasis of love, and they are calling the people ... they are saying, "I'd like to come and, you know,

donate my time. Is there a place to stay?" And they say, "Yes, there is this place in Houston. They have opened it up for us. It's so amazing. You can feel the power of God. You can just feel the love. You walk in, and you just feel warm and fuzzy all over." And they walk in the room and they go, "They're right. They're right." This is an oasis of love, more so than ever in the history of this building, and we have been here for about 5 years.

As you prophesied that this would be a place, a place of refuge where people would come to for love, they are coming in ... I mean they're sleeping on the floor, sleeping in sleeping bags, you know, throughout the sanctuary and stuff. So, it is a good thing we have chairs, that we can move them out of the way. But how they have come in and they are experiencing the love, God's love, which I know is your heart and my heart. They are experiencing God's love and peace, and then when they go out, literally into the world of hell, of devastation, and they come back and they get rejuvenated every night, even just when they walk in the door.

Doug: Wow!

Joan: Because this is a place of refuge, which is exactly what you prophesied.

Doug: I remember that.

Joan: You know, probably 4 years ago or something.

Doug: Yes.

Joan: And it was just so much fun. It's kind of a neat thing. A little background where I'm concerned is that 17 or 18 years ago, I was faced with divorce after 25 years of marriage. Long story short, my husband was living an alternative lifestyle, and we were pastoring a church, and kinds of stuff like that. After standing, praying and believing for many, many years, God released me to get a divorce. I get divorced and, 2 days after the divorce, I'm diagnosed with breast cancer.

Doug: Oh, no.

Joan: So, my life was over, my finances were over. I was a wreck emotionally ... and, and, and ... We lost our home, we lost the church. You know, literally we lost everything, and, like, I'm a crying mess. And that is just really an understatement. I'm sitting there and I'm like, "You know, God, You'll never use me again. Number 1, I'm divorced. Number 2, It's okay because I'm going to die anyway." Because we get that sentence of cancer, and we tend to just die. But as I'm lying there I'm like, "You know, I've got four really, really good reasons to live, and that's Charity, Spice, Melody and Abigail, my four daughters.

Doug: Wow!

Joan: So, at that point I'm like, "No, I'm going to live and not die, and declare the works of the Lord." But in the natural, there was no way I could make it in any of those ways. So, I went after God and I said, "God, I can live without a breast, but I can't live with a broken heart." And I went after getting my heart, you know, completely healed—and God healed it. You know, and these are some of the different things where I have ministered to you about is really, really getting our heart healed, getting our soul wounds healed. Not just scarred over, but gone—and only God can do that, which is, like, really awesome.

So, I went and I was, you know, getting all that, working on my heart and getting rid of the worry, the bitterness, resentment, betrayal, abandonment, and the list goes on. So, I thought, "I need to go back to the oncologist. I just can't forget this," you know? So, I go back and they go ... Two hours later they are going, "We can't find it. We don't know what happened to it."

Doug: Oh, my goodness.

Joan: And it's gone. No chemo, no radiation, no surgery, no nothing. It was just completely gone, and I'm like, "This is like so awesome!" Number 1, I'm healed. I confessed, I declared that I was healed, and that I was going to live and not die, and declare the works of the Lord. I did not ... I spoke that I was healed, but I did not speak without medication, without surgery, without anything. I just need to back and kind of see what's going on. So, through that process, because we all go through processes, but through that process I'm able to teach others how to get rid of any magnets to sickness.

What opens the door for sickness? Worry, betrayal, stress, trauma. Things like that. I wrote a book called *Power to Heal*, which talks about getting rid of all of those what I call "roots." If you're from the northwest, it's "ruts" But anyway, so all roots of sickness, anything that may be magnetism to get sick. Once we lose that, you know, that magnetism, we don't have to get sick anymore because, like, I don't get sick and I'm 64-years old.

Sixty-four-year-old women, they will diagnose you with PMS or, you know, the different things that are going on in life, and menopause, and all the hell that goes with that. And I'm like, "Thank you very much. I appreciate your opinion." I say, "Goodbye," and I walk out, put my hand over my head and wave it and say, "I cut those words off, in Jesus' Name. I'm going to skip menopause." Well, I've skipped it.

Doug: Wow.

Joan: And we do not have to succumb to the sicknesses that the world says is expected of us.

Doug: That's right.

Joan: Well, you know, it's allergy season. "Ah-choo, ah-choo." You know, that type of thing, and you expect it every year. In that process, you know, I'm going to do three segments really briefly here. What happened in my life is I knew, I really knew, that I could never be used of God again. I really knew in my heart that I could never, you know, write a book. I was told that I was dumb, stupid, ignorant, retarded, and never be able to read or write. I have books number 19, 20 and 21 coming out next year, which is, like, awesome in itself. And that truly is a miracle.

Then we have—literally—I lost everything: I lost hope, I lost energy (probably chronic fatigue syndrome), unbelievable trauma in my life. Knowing I would never make it without him, codependency, and knowing I could not ever come back. The same thing is going on right now here in the Houston, South Texas area, and then again also in Florida. And it's like, "Let's just pack up and leave. Let's just flat get out of here," and, you know, and "Just leave everything behind or just quit."

You know, there are a lot of emotional situations going on right now with the trauma, with devastation, with ... You know, like, we went and saw one guy. He said, "I never thought I would see my entire life outside on my sidewalk." I mean, heart-wrenching stories that they know they will never recover from. So, we're there sending people out, praying for them, praying for restoration and things like that.

Fairly recently I was in New York, and I went to the site of where the World Trade Center, the three buildings, used to be. September 11, 2001, at that point they knew there's no way we could rebuild, that this is going to totally destroy America. This was the major entrance for terrorism into America, and the list goes on. So recently there, how they have this fountain, absolutely gorgeous. If you have not gone, you need to do that. Buildings that are back in its place, even more beautiful than the other ones were.

And the actual main block of the main building that came down is this inverted fountain, meaning that the water actually goes into, like, an abyss. I have no idea how far down it goes, but I would say probably several hundred feet into the ground. And then there are, of course, peoples' names who passed away during that day. I'm looking at that and I'm like, "They never ever thought they would recover but, you know, Wall Street is back, the World Trade Center is there, etc., etc.

I'm doing better than I ever thought I would ever, ever do. And Houston, as we say, "Texas strong." And it is the love of God that has caused people to come together for healing—for healing in New York, for healing of my own personal life, for healing of what is happening here in the Houston area, South Texas area, and in Florida. It's so neat because some of the different sayings that people are having, is that there is more love in Texas than water—and there were like 750 trillion gallons of water dropped in approximately 24 hours here.

Doug: That's a lot of love.

Joan: Yes. We had about 60 inches at our house and ministry.

Doug: Wow!

Joan: In about a 24- to 36-hour time period. That's, like, unheard of.

Doug: Yes.

Joan: But I just want to encourage the people that are listening, that even though you might feel that you're in that abyss, you're in absolutely complete devastation, that today is the day for God to resurrect you. Today is the day for God to touch your heart and heal you of all the trauma and the loss, and so many people have lost so much.

Am I referring to the hurricane victims? Am I referring to 9-11? Yes, but not exclusively. I'm referring to you, and the things that we have all lost in our lives; you know, time and different things like that. It's been amazing how God is restoring every single one to all of us. I just want to take a moment and pray that over you.

Father, right now, in the Name of Jesus, I just ask that every single person that is within the sound of my voice whenever this is aired, Father, touch their heart, heal their heart, heal them of any trauma, of lack, of betrayal and abandonment and just incredible, incredible loneliness. Father, right now, in the Name of Jesus, I just speak peace over each one. Father, I thank You that You are the God that restores. And right now, Father, I thank You for completely restoring, everything multiplied back to them, everything that the enemy has stolen, in Jesus' Name. Amen.

Doug: Amen. Wow! Your story is amazing, first of all, and I really love the way you just ooze with hope. Now, you said that you have a few things that you wanted to cover, because I really feel like you have something that is going to take this to the next level for people.

Joan: Well, somebody, one of the guys who came in here the other day, he said ... He saw the sign out on the marquee outside and it says, you know, that we're going to do a healing school. He goes, "So you really think you can teach healing?" And I'm like, "Um, I actually know that I can, because I've been doing it for 45 years, along with my parents." He says, "So you really think you can teach this healing stuff," not in a smart aleck way, but he has never heard of that before.

He said, "I pray for a whole bunch of people, and they don't get healed." I said, "Let me tell you, I pray for a whole bunch of people, and they all get healed." He goes, "Really?" And I said, "Yes. The difference is knowledge." He goes, "Knowledge?" I said, "Yes. You have all the anointing you need because Jesus is in the inside of you and," I said, "you just need the knowledge, and to feed your spirit-man on, for lack of better terms, knowing what to say."

I said, "You're going to see, as a result of what I'm going to tell you here in the next 3 minutes, you're going to see the number of people who get healed when you go out increase to a whole new level. Whether it is, you know, here in Houston or wherever you're from" (because I don't remember where he was from, actually). So, I said, "For example, do you have pain in your body?" He says, "Yes." I said, "Where?" He says, "I need a rotator cuff" (which I thought was kind of cute because you use your shoulders a lot when you're doing tear-outs of all these homes down here). He says, "Yes, I wrecked my shoulder and, you know, need a new rotator cuff." I said, "Okay."

So, I said, "Now watch this." So, I put my hand on his shoulder and I cursed the trauma from when he originally hurt it, any cellular memory, because our bodies remember the pain. Even though there may not be any reason for it to hurt, it will remember the pain. I just said, "I speak a new shoulder, in Jesus' Name." So, I said, "Now say, thank You, Jesus." He goes, "Thank You, Jesus." I said, "Now," (and I raised my hand). I said, "Now say, Thank You, Jesus." So, he raised his arm up, and then he kept looking at his shoulder. He couldn't figure out how come his shoulder didn't hurt.

Doug: Wow!

Joan: And I said, "See how simple that was?" And I said, "Not to take away from the healing power of God, but what God wants you to do, is He wants you to come in, know that you walk in that authority, and curse any kind of trauma that it might be because you have the power to curse. You have the power to curse or bless. Then at that point, command in the Name of Jesus a new a new shoulder, because we have the authority. Not, 'Well, maybe God, it might be, I hope so, may it kind of be Your will.' No, get in there because you have the authority of Jesus Christ, that we in turn are going to be made strong, that we have the authority that we can cast out devils,

we can lay hands on the sick. See, and one of the Scriptures is that, as a believer, we're going to go to the highways and the byways and compel them to come, okay, and lead them unto Jesus.

"Number 2, that we're going to lay hands on the sick. And it doesn't end there. We're going to lay hands on the sick, and they shall recover. Then it says you're going to cast out demons in His Name, and then the fourth one is that you can eat any deadly thing and it shall not harm you."

So, you're called to the mission field too. See? So, it works out all the areas. But this is the elementary stuff. This is not when you have been a Christian for 30 years, you might start praying. No, this starts now. Once you get saved, you can do this. So, I just want to encourage everybody that, you know what? Everybody within the sound of my voice is called to lay hands on the sick and see them recover. If you're worried about the healing, you're worried about, "What if they don't get healed?" and things like that, you're taking on the responsibility of the healing. Your job is to pray for the sick, lay hands on the sick, and watch them get healed as Jesus heals them right in front of you. Hallelujah!

Doug: Yes!

Joan: I'm ready to go out and have a miracle service!

Doug: My hands are getting warm. I can feel the anointing. The presence of God is here and, you know, when you talk about this ... Now, I've been in meeting after meeting with you, where I've seen you do this, and you bring the lineup and you see people literally get healed of these things. I watched, actually, the last meeting we were in, you did something with my wife's back, and she even got taller.

Joan: Yes, she got her height restored.

Doug: Yes. It was amazing.

Joan: Yes. Two or three inches of wear and tear. By the time you get, like, 50-years old, you will put a lot of wear and tear on your neck and your back area. And she did have a little bit of pain, so I put my hands around her neck and commanded complete restoration of her spine, and her whole spine just straightened up and she got taller. It was just, like, better than a massage, better than a back replacement, but God just totally healed her.

You know, we'll see that, you know, 50 or 100 times in a service, because rare is the person who is, say, 50-years old who doesn't slouch, who doesn't need their discs to be pumped up again. So, it is just very fun.

Doug: Yes.

Joan: I love it. Everybody goes, “Woooo!”

Doug: And so that first part, now, you talk about cursing that trauma, right, and going back to that area.

Joan: Uh-huh.

Doug: So, most people have something. Is that what you’re saying, that there is probably a root issue?

Joan: We’ve all gone through trauma, period, number 1. Number 2 is, for example, this guy, I was fairly recently ministering to him. He had fallen 38 years ago on his head, split his head open, had his head surgically, you know, put back together, etc. Thirty-eight years of excruciating pain around the clock. So, I come up there and he goes, “Thirty-eight years is ...” You know? I mean, and it just became a part of his life. He just has learned to live with it his entire life. So, I said, “Okay, well let’s get rid of it.” He was like, “Yes, okay, whatever.”

So, I laid my hands on him, cursed the trauma from when it originally started—because the trauma, once again, will hold onto the pain—cellular memory. Because our bodies are so amazing that it remembers every bad thing that has happened and every good thing that has happened to our bodies. So, I commanded that to go, and all the pain to go in Jesus’ Name. And I said, “Say thank You, Jesus.” So, he said ... He started smiling, and he started saying, “Thank You, Jesus.” He started knocking his head like an older brother did to me. Knock, knock, knock, knock, knock, knock, knock on his head.

And he’s like, “It doesn’t hurt. It doesn’t hurt.” I said, “It’s not supposed to.” “But my face is still numb.” I said, “You didn’t tell me about your face, because I believe very much in praying very, very specifically.” He says, “I haven’t had feeling in my face in 38 years either.” I said, “Okay.” So, I took my fingers and I touched about from outside ear area and took it down to the chin. And I said, “In the Name of Jesus, I command all the paralysis to go, pain to go, and the feeling to be restored.” As I got halfway, he grinned so big because all the feeling came back instantly.

Doug: That’s amazing.

Joan: Did I have any doubt that he was going to get healed? Absolutely none. “Well, that’s because you’ve been doing it so long.” Yes, that has something to do with it but, do

you know what? When you go in *knowing* that God, through Jesus Christ, is going to heal them, it is going to make it a whole lot easier on you.

Doug: Yes, absolutely.

Joan: I am so excited because this, as Doug was saying earlier, that he feels the anointing even through the airwaves right now as we are recording this. And I believe that, as you listen, you're going to feel the anointing go through. You're going to feel the power go through. You're going to feel the knowledge and wisdom and the desire. The Word says to stir up the gifts that are within you by the laying on of hands. So, I'm laying my hands on you in the Spirit realm right now, in Jesus' Name, to stir up the gifts that are within you as you lay your hands on yourself, and as you lay hands on others, stirring up the gifts that are within you by the laying on of hands.

So, Father, I thank You for the revelation that they are receiving. I thank You, Father, that they are getting a greater impartation of Your love, of Your power, of Your wisdom. Father, I just thank You. I thank You that what they have heard today will resonate within their spirit, that You are going to use them in a mighty way. That they are going to see so many people healed through the revelations that they have received today in regard, just, if nothing else, to the spirit of trauma and dealing with that. So, Father, I thank You for multiplying Your anointing through every single listener in Jesus' Name. Amen. Hallelujah!

Doug: Amen. Yes.

Joan: Another incredible area is the revelation of stress and the amount of stress, and what stress can do to you. Stress produces hormones that kill, actually they call them stress hormones that destroy the immune system. So, 85 percent of the people in America have a compromised immune system brought on because of so much stress. Well, you had a hurricane, you had all that stuff, you know, and just life, or car accident, or life and death, and all that adds a lot of stress and stress hormones. The only way to destroy stress hormones is through laughter, and you get the endorphins, or you can pray and ask God to remove the damage that stress has caused on your body.

I personally believe that stress, worry, and things like that are the Number 1 cause of breast cancer. And that is what mainly opened up the door for the breast cancer for me. I have never known anybody with breast cancer who was not, like, what I would call a "worry wart." So, when you get this revelation, and some of you have had stressful times in your job, different situations that can happen, traumatic or whatever. It can bring on fibromyalgia, all kinds of emotional problems, hormonal problems, and different things like that. But when you understand ... The purpose of

stress, I believe, is to annihilate the body. And that is basically what it does, lack of sleep, different things like that.

We need to go after the stress in our life and our body, meaning that, "Father, I can't fix my husband. God, you know I've done all I can to fix him, but I can't fix him. So, I lay him on Your altar. I release him to You. Show me how to be a better wife." The same thing works with, you know, with putting your wife on the altar. We've all tried to fix our children, especially our adult children.

And the more you try, the more they will rebel, and they did, when I tried to fix them right after the divorce. I tried to heal them, I tried to do all that kind of stuff. But my job is not to lead them to Jesus when they're 35. My job is to love them to Jesus. The Word says, "Train up a child when he is young, and then when he is old he shall not depart from it."

It's, like, even when my children have done something wrong and they go, "Mom, I know this is wrong, I know you don't approve of this but ..." Okay. So, I don't need to tell them what they're doing is wrong, what they're doing is sin. They knew that. They know that. When you say, "Father, You remember? He's yours. I put him on Your altar. I gave him to You."

You know, there was a situation, and this is actually a miracle that happened today. I will leave out the fine details, but there was a really horrific situation getting ready to happen next month with my friend's son, and a decision that he's made for to do, and it was making her sick. I said, "Don't let it make you sick. Don't. Don't. Don't. Don't. Don't. Ugh. Stop it!" You know? Granted, I would have the same problem. I would have a really hard time dealing with it. So, I just led her in the prayer. I had to remind her of the prayer a few times. "I can't fix him, I lay him on Your altar," you know, and the target date, officially of two hours ago, was completely canceled.

Doug: Wow!

Joan: And we're all running around doing a happy dance because God did it. God did it!

Doug: Yes.

Joan: Not because of a "mommy finger." God did it. And the thing is, it is like we can allow the stress to destroy us, or we can give it to God. "Father, I can't fix my finances. I've done all I know to do. Father, show me how to handle my finances better and, Father, I lay them on Your altar and release them to You. I lay all the debt on the altar and release it to you." When you do start doing these things, you're going to see incredible things turn around. I can't even begin to tell you. It has just been amazing.

Doug: Yes. So, I really love the way you've kind of tied these things together. And the Lord spoke to me that there would be three waves, and you even said something about it when we were talking ahead of time. There would be, like, three waves that were going to come. Your first one was, like, the restoration of hope with 9-11. And then you went into the equipping and the trauma, and to what to look for. And then, now you're dealing with the real root issue here: stress. Have you seen anything, specific things, that can help with this?

Joan: To help get rid of it?

Doug: Yes. Go ahead.

Joan: Number 1, prayer. Number 2, lay it on the altar, the different situations, because people get really stressed out about their finances. People get really stressed out about relationships. And the more you think about that, the harder it is going to be, and the more it will affect your body. People ... like side effects are acid reflux, strokes, heart attacks, all those kinds of things because of stress. You know, eating in a hurry, not taking time to eat, you know? Different things like that.

When you understand that our bodies are not made to handle the stress as you give things to God ... You know, even if you're upset about your health or worried about your health, "Father, I can't fix myself. I can't heal myself. I can't heal my child. So, Father, I lay it on Your altar and I release that to You. I'm going to quit worrying. I'm going to keep praying, but I'm going to quit worrying." And that will actually extend your life, and it will make food taste better, in addition to a lot of other things like that.

Doug: Yes. You know, I think it's part of what the Lord led me into and my recovery process. You know, I've been walking out my healing for sure, and the Lord said I needed to enter into His rest. Well, my last name starts with an A. I'm a Type A and it really, it wasn't easy to enter into that place of not doing anything. I'm not talking about not doing anything at all. It's like I was still working, but I had no expectation of it. I don't know, it was some kind of stress that got relief from me once I realized it's not mine, it's God's. Even my healing, it was God's and it was something about entering into the Lord's rest. I don't know if you're referring to the Lord's rest in here or not, but I know that that is what's happened to me.

Joan: Absolutely, and you can enter into the Lord's rest by not worrying about the different things anymore. You can still be busy, and I understand there are two avenues here. You can still be busy, but you can be in the rest of the Lord and be restored, and not be sidetracked with all the other stuff. When you really, truly, rest in the Lord, God will turn the situations around as only He can.

Doug: Yes. Yes, do you know what? It was really weird because last May, I think, 4 months ago, the Lord spoke to me to really take time. If you want to get healed, take time and, you know, in the last 6 months I've been on a big recovery. I had lost 30, more than 30 pounds. I have gone down to 130 and, you know, I've gained 20, over 20 back now.

Joan: Woo-hoo!!!

Doug: And it was part of that ... I know! My clothes don't fit now. Most people have to throw out their fat clothes or donate them. I actually have to donate my skinny clothes now.

Joan: See, now you can get new clothes and keep them.

Doug: Yes. It is amazing.

Joan: And keep them.

Doug: Right.

Joan: That's so awesome!

Doug: Because I went through that chemical sensitivity time where I couldn't, I really couldn't wear clothes. It was such a difficult time, but it came ... When I did this, I entered into the Lord's rest and I got rid of stress, and I said, "Lord, I can't do this, you know? We'll go bankrupt." I don't know what's happened, but I haven't really done anything. I haven't traveled or anything for 4 months, I haven't done anything major, but do you know what? We're making it. We're making it. We're not only making it, God is making it *for* us. He's gone ahead of us.

So, I just want to encourage everybody right now. Because we're facing, we're facing turmoil, we're facing wars, rumors of wars, floods, fires, earthquakes. We're facing cancers, we're facing trauma and terrorism everywhere. This is the time, friends, to enter into that rest.

What Joan has been sharing is that our sicknesses ... Now, you'll see this. The medical industry, you know, God bless them, but they're creating drugs really to try to fix the things that can be healed by rest, and less stress, and getting rid of the traumas and getting rid of those demons.

Joan: And eating better.

Doug: And eating better, taking care of yourself. Yes. It's just amazing. Joan has such an amazing ... I don't know. You have, like, an entire smorgasbord, especially with your books, you know, and everything. Tell us a little bit more about how to get in touch with you and what you have to offer.

Joan: Well, I have lots of books to choose from. Healing, teaching on healing of body, mind, soul, spirit, and finances, and JoanHunter.org. Nice and easy. I have a Joan Hunter public page [on Facebook], I also have a *Miracles Happen* public page on Facebook, and I have a Joan Hunter app.

I'm getting all caught up with all this exciting stuff going on now, but lots and lots of really awesome things are happening. We do a lot of our meetings through streaming. I just thank God for streaming, whether audio or audio-video, and different things like that. So, it's pretty amazing what God's doing.

Doug: Now, do you have any kind of schools or anything like that, that people can come to and get trained?

Joan: Yes, I do. Twice a year in the Houston area we have our Healing School Certification, along with the option if you would like to be ordained. You can get information on that through the website, once again JoanHunter.org. Our next one will be April, and then after that September.

Doug: All right. Now, are you on social media?

Joan: Yes. I'm on Twitter and Instagram: joanhunter153. And then once again, [Facebook] public page of Joan Hunter and Miracles Happen, and love it! I just think it's awesome.

Doug: I love you. You have been such a blessing to me and my family, and you have just really been part of my healing.

Joan: Well, you're part of my family.

Doug: I know. Hey. It's amazing. So, glad you could be on *Spirit Connection Podcast*. Okay, everybody, check out Joan Hunter's stuff, and I just want to say thanks to Joan for joining us.

Joan: Well, thanks for having me. Any time.

Doug: Yes. All right. God bless you guys! See you next time.