



## Hope for Healing Depression with the Spirit and Medicine

Doug Addison with Connie Strasheim [Episode 79]

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Hey, friends. Welcome to another [Spirit Connection podcast](#). You know, this week I want to talk about something that's affecting people all over the world. Maybe not you, but I'm sure you know someone who may have been affected by depression. And I tell you it's going to be an encouraging message. It's going to be an encouraging time. I'm going to talk to you a little bit right now, at the beginning here. I'm bringing on a special guest who has some insight into getting through this.

Lord, we thank You that Your Holy Spirit is moving all the time and speaking right now. Lord, we ask for the new revelation, mysteries and understanding—things hidden from the beginning of time, but now revealed to us. So, Lord, we ask that You would open up the heavens now, in Jesus' name. Amen.

Well, at one time in my life I suffered from depression, actually for a long time. I went through some trauma. When I was 10 years old, my father was tragically electrocuted and died, and I went through a period of time that I used drugs, I used different things and alcohol. It worked. I mean—basically, I did it all. I was a workaholic and I tried to avoid the pain inside, but I still had that pain of depression. Mine was basically triggered because of grief, but there are other things that can affect you.

Now, I've been healed of some major things in my life. I'm talking major. It should be in a book. I've talked about it, but I got healed of Huntington's disease. This is a genetic, incurable disease and the level that I had—that I have—but I've been healed of all the symptoms. It killed my mom, my aunt, my uncles, my sister, my brother ... are all in Heaven now. I tell you, I have a CAG count of 42 and, based on my family and based on others who have that, I should not be in the condition I am for almost being 60 years old. I don't have any symptoms. Now, I started down that road, but I got healed and I pressed in.

One of the things that affects people with genetic diseases and especially terminal diseases can be depression. And some people say, you know, that, "Oh, you know, I'm clinically depressed," or "I have this genetic thing," or "My blood test says this," or, you know, "My doctor says that."

I want to tell you, I'm standing here a man, right now in front of you, who is defying all the odds because God healed, but it wasn't automatic. I tell you, I had to press in to get this. I also got healed of Lyme disease and multiple chemical sensitivity. I mean, I was sick for 4 years and it was a difficult, difficult time.

Now, what I learned in the midst of all this is that sickness and disease are not God's will. God might use it in your life, but it is not from Him—definitely. I tell you, I'd rather learn the lessons a different way than to have a sickness to teach me a lesson, but sickness does not come from the Lord—in any case of sickness, any shape or form. I don't care if it's, you know, minor things, you know, disorders that we might have and different balances being off in our body or even like depression or it goes on to cancer or whatever. It doesn't matter. It is not from the Lord; it's from the enemy. And disorders in your body can create a dis-order of things and sometimes its caused because we get out of order or out of align with the perfect flow from God.

Now, I've determined that after all these years and my recent healings—I'm now almost 60 and I'm walking now free from all those sicknesses—and I want to tell you it's because I stepped into that perfect order or the perfect love of the Lord. I had to break things off generationally. I had to work through things. I tell you, I went through so much to get here, but I want to now give it to you so that you don't have to suffer. You don't have to go through these things.

Now, so some people can say, "Well, I'm clinically depressed," and at one time I was clinically depressed, but I want to tell you that's a lie from the enemy. Even though your serotonin levels might be low and all these things and, yes, you can be on medication and I don't recommend getting off medication unless, you know, that you work with a doctor or you get some confirmation. Don't just up and do something radical because of what I'm saying here.

I had to get off of the drugs that I was on slowly when God began to heal me, because there were side effects and things like that. I don't want to, you know, I don't want you to go through that. But I do want you to understand this: When Jesus prayed for people, He seldom prayed the same way twice. Notice one time He used laying on of hands. The next time He's anointing. The next time He actually did something like—He made mud and put it into a guy's eyes. Another time He didn't say anything. He just said, "Go." He didn't lay hands on anyone. So, what that tells us is that we don't want to put healing in a box to think that it's the same way every time. I think that's one of the mistakes today, is that each time that we get a healing or each time that we get something that we need to pray for, we need to get a strategy from the Lord if you're not getting healed. Now, if the blood of Jesus, the name of Jesus, if that's not enough, if it's not bringing results, then you want to consider getting a healing strategy. Here's what I found out.

I became clinically depressed, because there were levels in my body that became off, because there were things out of align. I was overworking, I had some generational ties and curses to different things, I was going through a season of terrible grief after having

7 deaths maybe, I think it was 8 deaths, all in one year and it put me into a tailspin. It made me clinically depressed and I had to get out of that.

I begin to decree verses, I began to pray the Lord to realign me, to reconnect me to the true vine. Jesus is the vine. I have some different materials out there on this and I have a webinar that you can purchase online. It's [Accelerating Your Time To Heal](#), where I talk about that this and help bring balance to it.

But right now, I want to invite a guest on who has a new book. Her name is Connie Strasheim. I've known Connie for a number of years. When I was suffering from Lyme disease a number of years ago, she came to one of my events. I found Connie had amazing resources, because she had overcome it in her own life and Connie and I have become friends. Over the years, we have stayed in touch and I've been amazed at the spirit of tenacity that's in her. When things have been thrown at her one after another after another, she finds a way through. She is also an amazing writer and speaker. Now, Connie has a new book that just came out called [Healthy, Happy & Free: Spirit-Soul-Body Solutions for the Healing of Depression](#).

Over the years, Connie has collaborated with over 100 of the world's most renown integrative doctors, healers in her books and her podcasts. She believes that prayer offered in faith will make the sick person well and raise him up, according to James 5:15. So, that's her basis.

Now, she's going to talk about some things here where she brings it all together. So, if you or someone you know is suffering from depression, you want to get them on this podcast right now, because there's going to be a breakthrough happen and an anointing and she's going to release this prayer at the end over you. So, I'm really excited to have Connie.

Doug: Connie, welcome to the broadcast.

Connie: Thank you so much, Doug. I'm so honored to be here and so excited to talk to you and the listeners.

Doug: Yes. We've been excited about it, too. Connie and I go way back. Well, I'm not even sure but I know we met somewhere in Denver ...

Connie: Yes.

Doug: ... a long time ago. I was starting to talk about your, a little bit about your story on the intro because it's been so interesting. The Lord has really been moving in your life. So, just for our listeners, just tell us about yourself.

Connie: Sure. Yes. Well, Doug, I am a prophetic healing minister, I'm a medical writer, and I'm an author or co-author of 13 wellness books, which I have written in conjunction with what are called functional medicine doctors. So my background is kind of interesting in that God has had me both in divine

healing and in the field of medicine. And over the years He's really just shown me, you know, how you combine those things. And I have to just preface this by saying I got into medical writing because I got sick 14 years ago with chronic Lyme disease.

Doug: Wow.

Connie: I don't know how much you want me to go into that story, it's pretty interesting. But your listeners might find it interesting to have a little bit of background ...

Doug: Yes, sure.

Connie: ... on me in order to understand where I am today. Basically, I have a deep passion to help people who have suffered from chronic illness, depression, anxiety, neurological conditions because of what I've gone through. And, I have to tell you, I've had a really colorful life. It started out when I was born and I didn't have a heartbeat and my umbilical cord was choking me, and it was kind of downhill from there actually ...

Doug: Wow.

Connie: You know, just to make light of it, but God was faithful and He brought me back. And although the doctors thought I was going to have learning disabilities growing up, I got through my upbringing just fine. But there was a lot of abuse in my household, you know, a lot of physical, verbal, emotional abuse. So, I dealt with all that by traveling the world in my twenties. That was kind of the way I decided to handle trauma, but it was really neat because I had a job with the airlines and I could see the whole world. I actually saw 50 countries by the time I was 28 years old.

Doug: Come on.

Connie: Yes, and it was really neat. I mean, I went to the Middle East, Africa, Asia, and all kinds of places and saw a lot of cultures. I also saw a lot of suffering which, you know, put ... God put a love in my heart of people of other cultures because of what I had seen and ... So, it wasn't all just to escape pain. I think God ... He gave me an intrepid nature because I have a calling to the nations and to impact people in the nations, but I wasn't really following Him at the time. Around the age of 28, I just realized ... I was like, "Wow, this travel isn't filling the void in my life. It's not getting rid of all this pain." So I basically went to God and I said, "If You'll just reveal Yourself to me and give me peace, I'd give You my life." So, that was my salvation prayer. It wasn't, you know ... I didn't walk through the sinner's prayer or anything like that, but God accepted it.

It was really interesting, Doug, because in the days that followed, I began to

experience His presence really strongly. And I wasn't the happiest person because I still had all these soul wounds and stuff but I, I just really had a strong longing for the Lord and over time I came to understand more and more what the blood of Jesus had purchased for me, but it was kind of a process.

But I began to serve Him really fervently after when I gave my life to Him at 28. I would organize mission trips to other countries with my buddies in the airlines. There would be like 5 or 6 of us and we'd pack a plane full of donations and we'd go down to Latin America and we'd minister in the orphanages and the hospitals and lots of places there and that was just so much fun. I didn't even ask God if that's what He wanted me to do, but that's where my heart was. It was neat because I had a buddy that worked in the cargo for American Airlines and he had an in with the president of American and the president of American would allow him to fill airplanes full of donations that we could take down to Latin America.

Doug: Wow! That's amazing.

Connie: It was so cool, because he'd be like, "Yeah, you just pay for the gas." You know, like, this guy he took a trip to Haiti once the president said, "Yes, you can take the whole airplane if you want, just pay for the gas and expenses." So, he raised the money and so he helped us out when we went on these trips and stuff, but I don't think the enemy liked what I was doing, because I got really sick at the age of 30. So, this is like 2 years after I gave my life to the Lord. So, at that time I was diagnosed with chronic Lyme disease, which I guess I got running through the park in Queens. I got bit by a tick. I used to be based in New York with the airlines.

In hindsight, Doug, I realized that the reason why I got sick is because of all this trauma from my upbringing. What happens is that when you've been in trauma for a really long time, it puts your body in a state of fight or flight and your brain can literally become hardwired to fear. And that, in turn, weakens your immune system, it weakens your nervous system, your endocrine system or your hormones, and I realized almost immediately that I had to start getting that stuff sorted out.

So, I went from being this intrepid woman who was a world traveler, to a lady who was suddenly housebound and I was like, "Well, God, what do You want me to do now?" because I was too sick to work. He said to me, "I want you to write." At first I was like, "Well, write what?" I had written a Christian fiction novel and I had a publisher who was interested in that, but I no longer had the mental capacity to finish it, because the Lyme had really affected my brain. But over time as I found some brain nutrients my brain began to function better. I ended up moving to Costa Rica, Doug, because I could no

longer afford to live in the United States, because I wasn't working and I had ...

So, I had this Disability paycheck and it \$1,000 a month and I thought, "Well, okay, I can live on this for a really short period of time," and God gave me the idea to write a doctor interview book on Lyme disease, because there wasn't a good information on Lyme at the time when I got sick and that book actually ended up being quite successful and it opened the door to more writing possibilities for me. So, I could write other books, you know, with other medical doctors and such, and it was really the first life preserver that God threw me to get me out of the situation.

Writing books ... it's actually pretty difficult to make a living writing books. You know, less than 1 percent of all authors are able to actually do that and so I really saw it as a sign from God that He was with me and He was helping me out of the situation that I was in. But at the same time, Doug, He was revealing to me that He also heals through His Word, that healing was actually given to us through, you know, though Jesus' sacrifice on the cross. So, in other words, when He died, He was made an atoning sacrifice not just for sin, but also sickness, because Isaiah 53:4-5 states that, "By His stripes we have been healed and made whole." The original language of that means, you know, full restoration, not just in the spirit, but in the soul and the body, which makes total sense if you think about it, because our spirit man is head over our soul and our bodies. So, in other words, we are not a body with a spirit but, as you know, we are a spirit with a soul and a body. So, as such, our spirit communes with the Spirit of God and the stronger we are in Him, the more we know who we are in Him, the more we know His love, the more that we can be healed in our soul and our body as a byproduct of that relationship.

So, as you know, we have healing on a supernatural level. You know, you can get prayer, you can be healed by the faith of another person, by the anointing of another person, but you can also be healed through your relationship with Him and through His divine life living in you. And that's really what He's been teaching me in the last, I just want to say, like 7 or 8 years but especially in recent years, and I think He really wants to get us all to this place, Doug.

I want to kind of go off into that a little bit more in just a minute, but just to kind of finish where I'm at here with, with my story. After I moved back to the U.S. after living in Costa Rica, I began a prayer conference call group for those who were chronically ill, especially those that had Lyme disease. So, this was for ... mostly it was people that couldn't go to church, people that had been shunned by the church, or who had been rejected by their friends and family which is, unfortunately, quite common when you get a chronic

illness. So, I would get people that were homeless, you know, I'd get people that were bedridden, I'd get people that were suicidal. But it was really neat because it was like a little community online where we could pray for each other and I saw God do healing miracles. I saw God restore people. And a lot of times I didn't see things happen quickly, but sometimes I did. And it really encouraged me to continue pressing in for God's healing and just to press in for people to get to know him. I also did ministry at the church where I was attending at that time, The Rock church in Castle Rock, Colorado, as part of the healing ministry.

It was really funny, Doug, because I went to Bethel Church to get healing prayer for myself and God actually downloaded an anointing to me while I was there. So, I went there looking for healing and I came back with an anointing. I was still sick, but I had an anointing and it was so strong that the healing came at The Rock. They asked me to pray an anointing over all of them. I think it kind of confused some people, because it's like here I was this, you know, kind of grumpy sick lady. I was grumpy because I was so sick and yet I had this really powerful anointing to see people healed. And it just really showed me that God can use anybody and He can use all of us, no matter where we're at. Anyway, I did that ministry for several years.

It was interesting because I did medicine for a lot of years and I improved to a certain extent, but it wasn't until I finally learned how to take my thoughts captive and have the mind of Christ that I really started to see change. I want to explain that to you and the listeners just a little bit, but before I do that I should probably take a breath and ask you if you want to comment on anything I've said. I just kind of gone here.

Doug: Well, I do remember this. I remember your story. I remember your group. When I met you, you had a group and I think I got on it. It was a conference call or something?

Connie: Yes.

Doug: I got on and prayed and prophesied over people back then. I do remember this. I was following your journey as well. This is before I got sick with Lyme disease.

Connie: Um-hum.

Doug: And that's how we connected up after this. I remember when you went to Redding and you came back and you were ministering. When you would start to minister, I felt the heat of the Lord come on you.

Connie: Umm.

Doug: I mean, there was a powerful, powerful heat of the Lord and I think that's people would step back because they would go, "Wow," you know, "who is this?"

Connie: Yes.

Doug: You know, and I guess that's one of those spiritual principles you have to give to receive.

Connie: Yes.

Doug: So, you had to go give to others before you get yours and, also, one thing that I noticed is your story is similar to mine. I had a really rough background.

Connie: Um-hum.

Doug: So fear, unhealed soul wounds can actually bring down your immune system.

Connie: Yes.

Doug: And that's what was going on with me. Then you get these medical diagnoses. You know, some people get on drugs and the side effects throw them off—that's a whole other podcast.

Connie: Um-hum.

Doug: But I'm just saying, what you just described so far is the closest to my journey that I've found with anybody and then we walked part of our journeys together ...

Connie: Yes.

Doug: ... and, you know, where what you're saying here is to bring hope for those who are chronically ill ... For anybody who is suffering from soul wounds, and things from the past ... For anyone who hasn't been getting healed ... This will apply to all of these.

Connie: Yes.

Doug: So, what was intended for evil is now being used for good. In Connie's life, she was able to write these books and the Lord is doing something amazing. So, yes, that's what I wanted to say.

Connie: Yes, thank you. Yes. Well, I was just going to say, yes, and I know you've really been through it, too, and it's interesting because suffering does give you a level of compassion, you know, that I think enables. At least, I think it enables me to minister better to others. Randy Clark once actually said to me, "You have the gift of compassion," and he had said that it's the second most important gift when you're doing healing ministry after the gift of faith.



So, I'm really, really grateful for that.

But the one thing that I really want to share just to give hope to anyone who is listening who may be battling a neurological condition—whether it's a neurodegenerative disease like Lyme, anxiety, depression, you know, anything along those lines. I want you guys to know I had a really horrific lifelong battle with my thoughts, because of things that had been done, because of the soul wounds. When people used to tell me, "You know, you just need to learn to take your thoughts captive or just be more positive," it would really frustrate me, because I'd be like, "I'm trying but my brain is on fire from this illness." And I would question and I would feel like there's something wrong with me, there's something wrong with my faith and I must not really know the Lord.

While it's true that I did have some contentiousness in my relationship with God, I loved Him. My spirit loved Him. There were parts of my soul that were kind of kicking up a fuss, but my spirit loved Him. So, those of you who pursue God, who pray, who want more of Him ... If you've received Jesus as your Lord and Savior, you have to know that you love Him and He loves you. You may have parts of your soul that kick up a fuss at times and say, "No, you don't love God," and you may even think, "I hate God," but you have to know this isn't who you are and that you can change your thoughts.

Here's the thing that's kind of sad, Doug. I studied neuroplasticity which is basically the study of how our brains can rewire themselves and change. And once I began applying mind renewal within the context of a brain retraining program, I realized, "Wow, the Word of God is true—we can have the mind of Christ." But it took me having to study neuroplasticity to actually get a revelation of how much I could change my mind through His Word, if that makes sense.

Doug: Yes, it does.

Connie: Yes, and so, you know, I don't think that God needs tools in the natural realm necessarily, but He does use them for people like me who have had struggles learning how to take our thoughts captive. So, basically, what this involved with me was a structured framework for learning to not only think His thoughts but walk them out. So, what I mean by that is ... For instance, He would give me a scripture about my identity in Him and I would not only speak that over myself, but I would do what my Hebrew and chiropractor and mentor calls, "doing the Word." So, that would mean not just meditating on it, but actually incorporating it into my soul and my body by imagining it and stepping into it. Because here's the thing, Doug. We're outside of time and space, our spirits are, so you can actually step into any part of the Word and you can be in that place and time. Does that make sense?

Doug: It absolutely makes sense and I always say that God's outside of time, which means that you can grab hold of a prophecy or a word from the Lord and apply it to your everyday life right now.

Connie: Um-hum, um-hum. And what He was showing me is that when He tells us something about yourself, when you see yourself in that place ... Like, you close your eyes and you just visualize yourself in that place or you can even ask Him if you haven't heard anything yet and just say, "Lord, how do You see me? Where do You see me in the near future?" And when you picture that and you speak His Word, what He is saying to you over yourself you actually create, you actually change the chemistry of your brain. And if you do that often enough that chemistry can override the old chemistry. It's really, really interesting, but ...

Doug: That's neuroplasticity, right?

Connie: Yes.

Doug: When you mentioned that before, I was going to ask you then I forgot to. But, in case you don't know, it's that your brain is hardwired. Neuroplasticity says that we can change this. So, science proves that we can do it through the Word and that we can actually find that we can do it through the Word, is what she's saying.

Connie: Right, right. Exactly. And one thing I think that, as part of that, we really need to get a revelation of who we are in the Lord because, as you know, I know a lot about medicine. I've been studying it for 15 years, and I think it can be really important for helping you to get to where you need to go. You know, let's say that you have brain fog or you're anxious, too anxious to pray. Medicine can help you get your thoughts centered so that you can more effectively pray and so forth. But in the end I think it's when we really know who we are in Him, when we get a revelation of how much He loves us that we can really start operating out of the mind of Christ and then, when you have the mind of Christ, you can also have the body of Christ, because the mind controls the body, the physical body.

Doug: That's good.

Connie: You know? So, like, the more we know who we are, the more those effects are going to manifest and that is something that science has proven, too. So when people say, "Well, you know, God gave us salvation and we can be renewed in our spirits," but, you know, they kind of question whether healing is for everyone. I just have to say, "Well, the atonement says it is." But even if, you know, you don't believe based on what the Word says or you're not sure about the Word, you have to know that the spirit, the soul and the body are all interconnected. So, when the spirit is thriving in relationship with God,

these two lower parts of us are meant to come under, into alignment with that.

Doug: Yes, that's exactly right. That's why, you know, we can get this diagnosis and things like that, but once we get our spirit in line, it will absolutely be diagnosed by the Word of God, which is healing and wholeness.

Connie: Yes. Yes, and it's just ... I just have to tell you just kind of as an example. God always sees us as much better than we see ourselves. You heard it said that He sees us as Jesus, which I think is absolutely true, but He also likes who we are individually. You know, He likes the personality He gave us.

Doug: Yes.

Connie: I got a vision recently from a mentor friend in Colorado whose name is Rick Roberts. He's been a mentor of mine for a number of years, and he actually gave me a vision recently and it was like at 1:30 in the morning. And he showed me that I was ... well, I won't tell you the whole vision. But in one part of the vision, I'm wearing an Air Force uniform and I have 12 medals on my chest. I was like, "Well, what are the medals for?" And he said, "These are rewards for your suffering."

Doug: Wow.

Connie: And I felt like that was just a word not only for me, but maybe to a lot of people who are listening to this, because I kind of thought, "Well, what do I deserve rewards for? I haven't fulfilled many, many things that I've wanted to do that I feel like God's put on my heart." You know, it's like sometimes we tend to focus on the wrong turns and the things that we've missed and I felt like God was saying, "You know, just the fact that you've persevered through so much stuff and you still follow Me and you still love Me. There are rewards for that."

Doug: Umm.

Connie: And I was like, wow. And then after He put the medals on my chest I turned into a lion. And it was so cool because it's like He was showing me, "This is who you are in Heaven. This is how I see you." Our chiropractor, Joel ... I keep calling him my chiropractor, but he's our Messianic teacher who lives in Heaven. Did I mention him already? I don't know if I did.

Doug: No. Uh-huh.

Connie: No. Okay, sorry.

Doug: He didn't die, by the way. He lives in Heaven. I mean, he's like me. He spends more time in Heaven than Earth.

Connie: Yes, exactly. And so the last couple of years I've been mentored by a guy who has been reading the Bible in Hebrew since he was 5 years old because Hebrew is his native language. So, so this guy has a revelation on the Word like few people I've ever heard, and he will teach us and say, "When you go into Heaven, you'll see yourself differently than you do on Earth. You're actually much bigger, you're much more powerful. You're really scary to the enemy." But, see, the enemy wants to make us afraid of him and make us think he's so huge and that he can just destroy us, but he has no power. So, the biggest lie he tries to put into our minds is that we're weak. But Joel said, "Get a revelation of who you are in Heaven."

So, when I began to do that, Doug, it's like I went to Heaven and I saw myself wearing a crown and carrying a scepter, and I was like, "I'm wearing a crown in Heaven. Oh, my gosh." You know, what does that tell you about what we can do on Earth if this is who we are in Heaven? I realize it's different for everybody, but I guess the point I'm just trying to make is that we are much more powerful, amazing, wonderful and beautiful than we tend to see ourselves in the natural realm.

Doug: That's exactly right and, you know, Jesus said, "On Earth as it is in Heaven."

Connie: Yes.

Doug: Interestingly it is the first ... Really the first prophetic word that He gives anybody was in John 1 with Nathaniel. He says, "You're going to see Heaven open and angels ascending and descending on the Son of Man." That is on Earth as it is in Heaven, is seeing this, you know?

Connie: Yes.

Doug: Once you get this revelation of who you are, like Jesus said ...

Connie: Um-hum.

Doug: ... you then will change. Now, we're talking here like it's easy.

Connie: Yes.

Doug: You know, it's not easy when you're sick, of course, ...

Connie: No.

Doug: ... and when you're battling with this stuff but, I tell you, things will turn around. I've watched it in your life and in my own life.

Connie: Absolutely, Doug. I mean, I tell people I was one of the most broken, negative people that I knew and I feel like ... And look, I'm still a work in progress. I'm not going to sound like I'm perfect or anything, but I used to

have the kind of depression where I would cry. The Lyme had so affected my brain that I would cry sometimes the entire day and for days and months and years. And now it's like depression is an occasional thing. It's just ... it's like not a part of my daily life anymore. I just say that, I just share that with people to give them hope. Like you're saying, you know, it's not an easy thing, but here's an easy place where you can start if you haven't tried this before.

So, our spirits are bi-locational, meaning we can be, our spirits can be, in Heaven as well as on Earth at the same time. And all you have to do is say, "Lord, by faith I'm going to step into Heaven right now through Jesus." So, you just close your eyes and whatever images come up that's fine. You know, just let it be okay and even if you don't see anything, let it be okay. And one of the things you can do that can be really powerful for your healing is to take communion in the Communion Room of Heaven. So, this is something that we do with Joel and his classes all the time and it's so empowering. You know, Joel, who has been doing this for many years, says he believes that things happen much faster when you do them when you're in Heaven as opposed to on Earth. By the way, this is a guy who helped write the *Bible Code*. I forgot to mention that about him.

Doug: Wow. Yes.

Connie: Yes, and he's been on *Sid Roth* and stuff like that. So, it's really cool to get to learn from him directly but, yes, so you can just by faith go into Heaven and take communion and as you're taking communion you can say, "Lord, Jesus, thank You for Your body that was broken for me. Thank You for Your DNA and the record of Your life and everything that You said and did while You were on Earth, which is contained within Your body." And then you receive that body, you receive His DNA and the record of everything that He said and did while He was on Earth into you in that moment. Because when we're taking His body, we're taking the entirety of who He is into us and so by doing that in Heaven it's really, really powerful.

Or you can just say, "Lord, by faith I just want to come and commune with You. I want to pray with You in Heaven," and you can take a step to just say, "I'm going to do that right now." And if you get an image that's great, if you don't that's okay, but God will honor your step of faith. So, you know, it's really a faith thing. It's not how you feel or whether you get a big open vision or something like that in the beginning. It's just saying, "Lord, you have told us You've given us access to Heaven and we can go there now," and over time I think you start to see more about, like what goes on up there. You know, I say up there, but it's really everywhere.

Doug: Yes. Yes, this is powerful. Now, this was a key to my healing. Connie asked me before we started the broadcast, you know, what was the turning point for me? I didn't mention that I started taking communion every day. I started

doing it as I'm entering Heaven or, you know in ... Heaven—it's just a place, you know, that you can go and pray and it's just a place you commune with the Lord.

Connie: Yes.

Doug: And I started, I noticed that my healing really started to—I had lots of different things to healed of—but it started to increase when I started taking communion every day and then decreeing the Word of God, these verses that line you up with the heavenly qualities that you need. Then sooner or later they will catch up.

Connie: Um-hum. Yes, exactly, and it says, you know, in 2 Peter 1:3 I believe that He's given all things that pertain to life and godliness through Jesus. So, that means that we have the potential, you know, to do everything that Jesus did. And when He says, "Do it on Earth as it is in Heaven," you know, how do you know what to do if you're not in Heaven? Do you know what I'm saying? Like, we have to know what's in Heaven in order to do that on Earth.

Doug: Yes, exactly. For people who don't quite understand this, think of it when you start to worship God or you pray. You close your eyes, you start in your body and then you get your mind, you know, focused on the Lord or you may picture Him. That's your soul and then the spirit comes.

Connie: Um-hum.

Doug: So, it's as simple as what you do when you worship or what you do when you pray. This is actually connecting with Heaven, is what we're talking about right now. And it will, actually, because Connie just said it ... If you wanted to start right now, you're suffering from anything ...

Connie: Yes.

Doug: ... you can start by seeing who you are in Heaven ...

Connie: Right.

Doug: ... and that's powerful.

Connie: Right. Yes, and I apologize if I kind of jumped in a lot of directions without really clarifying that.

Doug: No, actually. No.

Connie: It's something I'm still learning a lot about too, you know, because there's a lot to Heaven and there are lots of realms in Heaven. But I want to go back to Earth just a little bit for a second and just share that ... When, you know, when you're sick or you battle depression or anxiety, your brain can be stuck

in a perpetual fight or flight response. And so, what that means is that, you know, prolonged trauma or illness can literally hardwire your brain to fear and so you'll tend to look at the world through the lens of fear and survival mode and things will tend to feel overwhelming and scary on a pretty ongoing basis. So, when I learned about that for myself, it was an eye opener for me because it helped me not to feel condemned for not having more peace or joy or faith. I think we have to deal with the spiritual side of fear, but it's also one way that ... You know, the mind works with the spirit, so if you can also work on the physical level to disable the fear pathways in your brain through like, you know, a brain training program or just the relationship with God, then that can enable your mind to work more effectively with your spirit to overcome fear or depression, whatever it is that you're battling.

Doug: Yes. This is powerful. What I love about you is we're talking about Heaven and then, hey, we're back to just medical proof of what we're talking about here and you just described, once again, how to renew your mind, you know, and how it will line up your healing. Yes, it's powerful.

Connie: Yes. Yes, and for anyone who is interested in looking into that, the two most well-known programs are ... One's called [Amygdala Retraining](#), the other is [Dynamic Neural Retraining](#). And I always say this with the caveat that any tools that we use in the natural realm to heal our brains and our bodies need to be submitted to the Spirit, not the other way around, you know? Because sometimes we'll try to fit the things of the Spirit into something that we know or use in the natural. And everything you do, I think, I just encourage you to let it be Spirit-guided. So, you know, here's a great program but, you know, let the Lord show you what aspects of that He wants you to use or how He wants you to use it.

Doug: Yes. That's good.

Connie: Yes. Thanks. And another thing I just want to share, too, is that ... And I'm talking a lot about anxiety depression here, but it could really be anything that you're dealing with. I have found that there are so many tools in the natural realm that we can use to heal our brains and the rest of our bodies outside of pharmaceutical medications and I think there is a time and a place for those. I don't have any judgment for anyone who takes them, because I took them for a long time and you just, sometimes just do what you gotta do. But I want to encourage anyone who battles a mental condition that you can actually heal your brain, even if it is a genetic issue. These days there is a lot of depression and anxiety from toxicity issues from the environment, spiritual issues. But I have a book that, well, it will be out by the time this podcast is released and it's called [Healthy, Happy & Free: Spirit-Soul-Body Solutions for the Healing of Depression](#), and that's going to be available on my website which is [ConnieStrasheim.org](#) as well as [Amazon](#). And in that book, I talk about how to heal the mind, how to heal the body from depression from the

ground up with relationship with God being the foundation and cornerstone. And in that book, I also talk about some natural tools that you can use to help your chemistry along. So, for anyone that has, you know, anxiety ... And even though the title of the book is on depression, it really applies to people with anxiety as well, and it's written from the perspective of my journey having battled a neurological illness for many years. So, I think your listeners, if there is anyone here that battles those things, you'll find a lot of rich information in that book.

Doug: Yes. I endorsed the book and I got to take a look at it and, I tell you, it's packed full of what she's talking about right here going back and forth between the supernatural and the natural ...

Connie: Yes.

Doug: ... and bringing that alignment that you need, and it's just amazing.

Connie: Well, thank you, Doug. Wow! That means a lot coming from you, too. So, yes ... Go ahead. Sorry.

Doug: Is there a direction you wanted to go from here?

Connie: Well, I was just wanting to just say that I think I want to share with people that God really wants us to know Him. And He wants us to learn to live not just to learn how to receive divine healing but walk in divine life. First and foremost because we were created for relationship with Him above all things, above anything else, but also because we're living in a world that's becoming increasingly toxic and the tools in medicine are really not enough. But God knew that, you know, the world would be poisoned with lots of chemical and electromagnetic toxins, but He also provided provision for us and I think He wants us to learn how to walk in divine life, not only so that we can be healthy and whole and in relationship with Him, but so that we can minister to the many people that are becoming sick these days from the environment, from lack of relationship with God. And He has given us everything we need for life and godliness.

I just want to encourage you all that He can and will help you to get there and here's the other thing that goes along with that. Whatever we focus on, as you know, Doug, we empower. Whatever we empower becomes activated in our lives. And so in this day and age when there is so much negativity around us it's really, really good to just look at God and look at how strong and mighty and powerful He is in you and through you. And look at what He wants to do in the midst of all the problems and things that are happening in the world and just know that He's greater, you know? So, I just really want to drive that point home.



Doug: Yes. Absolutely. You've been a big encouragement to me over the years. The Lord only knew ... And when I met you, I was in pretty good shape, pretty good health. And then I hit the wall and suddenly was suffering with Lyme and multiple chemical sensitivity.

Connie: Yes, I remember.

Doug: Then all of a sudden, yes, I started reaching out to you and then you helped me with some things and, you know, it was just amazing how God ties things together and here we are, we're both healed and functioning. We're still, like you said, a work in progress, but we're healed and functioning now and helping other people. So, I just want to encourage people everywhere to just reach out to some of Connie's ... any of her books or material. She's such a source of, like you just heard, she's bubbling over with both the natural and the supernatural. You don't find many people ... I found very few people that I can talk about Heaven with and talk about neuroplasticity, whatever it is.

Connie: Yes. Thanks, Doug. Yes, and I want to share too that, you know, I've done informal consulting to help people with their health conditions for a long time, but I'm going to be putting together a consulting practice that combines prayer and supernatural tools for healing with medicine. So, I'm not sure if that will be up and running by the time this is out, but if you're someone that you need help and you, you haven't found answers through the tools that have been made available to you, you know, I would just love to pray with you and help you figure out where the roadblocks are and get you back on track. Bill and I ... I still host the prayer conference call group from time to time. We've had seasons where we've stopped it for periods but, you know, check on my website, because we'll be posting the prayer dates on there for this coming year. So, for anyone who wants to get prayer, you can call in and we just pray for people on a first come, first serve basis. I'll just name my website quickly for those of you who didn't get that the first time. So, my first name is Connie. The last name is Strasheim, it's spelled S-T-R-A-S-H-E-I-M, and then I'm a .org. I lost my .com, so right now it's .org. ([ConnieStrasheim.org](http://ConnieStrasheim.org)).

Doug: Yes. That's amazing. Okay. Talking about prayer, I want you to pray over us and release and activate any and everything the Lord gives you right now.

Connie: Okay. I'd be honored. Thank you, Doug.

So, well, Father God, Holy Spirit, Lord Jesus, we just love you. Lord, we praise You for everything that You're doing in our lives. And, God, I thank You that every person who is listening to this has a call on their lives, Lord, to do great things for Your Kingdom. Lord, where the enemy has come along and just lied to people about their identity, Lord, lied to them because of a chronic health condition that they might be battling. Lord, I ask that You

would just remove the veil, that You remove, God, the spirit of blindness from them, Father. And, Lord, that You would just pour forth, God, Your presence, Your anointing and Your power. Lord, I just feel like You just want to release a revelation—a greater revelation of identity, God, in all those who are listening here. So, Father, I just thank You, Lord. I just ask that You pour upon each person, God, a greater revelation of who they are in You, God, as warriors in the Kingdom of Heaven, as beloved sons and daughters of the Most High God. Lord, as a brother or sister of the Lord Jesus Christ, Lord, we're seated with You in heavenly places. And so, Lord, I just thank You, God, that we can walk in those heavenly places and we can bring Heaven to Earth, Lord. Because You have given us a mighty assignment, God, and we are almighty warriors—all of us, Lord, who have received You as our Lord and Savior—we have the Author of all life living inside of us. So, Father God, where the enemy has blinded people and said, "You're nothing because you battle these thoughts," or "You're nothing because you battle this illness," I just rebuke all of those thoughts in the name of Jesus Christ.

Doug: In Jesus' name.

Connie: And, Lord, I thank You for bringing healing to the minds, to the bodies, to the souls of everyone who is here, Father God. Lord, I thank You, Lord, for bringing inner healing to broken hearts and, Lord, I thank You for those who have done the healing, Lord, to ... for just helping them to be able to stand on what they know to be true. Because sometimes, Lord, we get the healing in our heart, but the brain pathways are still wanting to go back to the lies. So, Lord, after You've done the healing, when the enemy comes and tries to lie to them, we just ask that You just tap them on the shoulder and go, "No, you've been healed. You have the mind of Christ. This is who you are." Lord, help them to stand in that truth. Lord, I thank You, God, that every person here is so valuable and so precious to you. And, Lord God, every person here has an important and high calling in You, Father God. Lord, we are coming into times, Lord, where You're going to be using us so mightily, God, for the things of Your Kingdom. So, Lord, I just bless every person on here, God, with that revelation of what You're calling them to do and be in this season. I thank You for restoring them in body, soul and spirit, Father God, and I thank You, Lord, for just wrapping Your arms of love around every person in this group, Lord. Bless them, Lord, on this day. Bless them, heal them, God, and just show them, Father, that it is a new day, Lord. And we thank You, Lord, for Your incredible love, Your incredible goodness and Your mercy, Lord, that is so deep and so rich, Father. We thank You, Lord, in the name of Jesus.

Doug: In Jesus' name. Amen.

We've been talking with Connie Strasheim. I want you to go to her website and, you know, find her materials, get her book, and just stay in touch with

her, follow her on social media, whatever you need to do. She really is an anointed, good resource and has helped me and will help many other people.

All right, everybody. Thanks so much, Connie.

Connie: Thank you, Doug. It's been an honor to be here with you today.

Doug: Yes. All right, everybody. See you soon.

Visit Connie Strasheim's Website: [ConnieStrasheim.org](http://ConnieStrasheim.org).

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