

On *It's Supernatural*: An accident left a man permanently injured and given only two years to live. See how this death sentence unlocked a secret that is now healing incurables.

*Can ancient secrets of the supernatural be rediscovered? Do angels exist? Is there life after death? Are healing miracles real? Can you get supernatural help from another dimension? Has the future been written in advance? Sid Roth has spent 30 years researching the strange world of the supernatural. **Join Sid on this edition of It's Supernatural.***

SID: Hello. **I'm Sid Roth.** Welcome to my world where it's naturally supernatural. What happens if you have a terminal disease? You go to the elders of your congregation. They anoint you with oil and you're not healed. Then you go to the best doctors money can buy and you're still not healed. Then you go the alternative health route and you're still not healed. What do you do? My guest says the cause of a high percentage of diseases are toxic emotions. He's getting 75 percent of the people that follow his instructions are getting healed, and he says the percentage would be even higher if they would do everything he tells them to do. **My guest, Art Mathias,** and you found out the hard way.

ART: Yes.

SID: About this because you had a snowmobile accident.

ART: Yes.

SID: When was it, 1994?

ART: 1997.

SID: '97. Tell me about it

ART: Well those of us who live in Alaska love our winters. I was riding a snowmobile and I tipped it over on top of me. And I didn't understand what happened, but my right shoulder started to cramp and tremendous pain. And it took eight or nine months for me to struggle through to see what had happened and understand. I ended up going to several doctors, MRIs on my shoulder, nothing wrong on the shoulder. Another MRI on my neck. They discovered in that snow machine accident I had ruptured fragmented disks at three levels in my neck. And they said the pressure on my spinal cord was so great that I should be dead. I should not be able to walk, and the only solution was surgery. And like you said, I had the elders pray for me. It didn't help. So in January of 1998, I had surgery and they fused four vertebrae in my neck, three levels, four vertebrae, and I came out of the surgery worse than I actually went in. I was more afraid. I had more pain and a different pain, because everything I ate, everything I wore hurt. Some of the cramping in my shoulder had stopped, but the pain throughout my body was intense. I went back to the surgeon. He did another MRI, and he says your neck's not very good, but it's not 'cause of these problems. I went to a neurologist because I was getting numb in my fingers and my toes and it was spreading, and they said I had a disease called peripheral neuropathy, or small fiber neuropathy, and it was gonna spread until it came up to my chest, my heart, and then I would die. And they said it would take two years.

SID: And in addition to that, you found yourself allergic to how many items?

ART: Well as I figured out what was happening, I developed over a hundred allergies, and it was really the allergies that were causing neuropathies in my fingers and my toes. I couldn't eat anything. There was only two or three different foods I could eat. Clothing would make my arms burn, any synthetic clothing. I was down to wearing only the most pure cottons, very expensive pure cottons, magnetic fields.

SID: And in the meantime, his sister develops tumors and she starts studying an area having to do with forgiveness and gets healed, and she sends the tapes to Art. What happened?

ART: Well I was desperate. In that condition I would even listen to something that I thought was about as hokey as it could be that my thoughts and emotions could have anything to do with what was going on in my physical body. But, you know, I was raised in the church and I didn't think I had to forgive anything. But as I worked through what she taught me about what bitterness was, I learned that I had a lot of resentment and anger, and unforgiveness, which are all parts of bitterness. And so I started to forgive. I didn't know how to forgive. But I started to work through. I purpose and I choose to forgive. And then there's one other verse that kept coming up, 2 Timothy 17. It says, "I haven't given you a spirit of fear." And I was born again Christian and I said, I can't have this spirit. But I knew that I was controlled by all those fears of the future, the fear of the pain that I was living in everyday, the fear that I if couldn't eat anything, what am I gonna do?

SID: I can imagine that fear. I mean, I imagine you almost despaired of life. Life was so horrible.

ART: I couldn't eat anything. Everything hurt. Life was hell, to be blunt, for me and my wife, probably worse for her. But as I said, "Lord, what do I do with this verse?" Because I knew I was controlled by this spirit, this fear. So just said, "In the name of Jesus, I command this fear to go." And it was a like a hundred pounds come off my back. And it took me two or three days to figure it out, but when that spirit of fear went, so did those hundred allergies. And then my nerve endings healed. And the arm that was withered from that accident, God healed the nerves and I was able to lift weights, and I got a normal arm back.

SID: So you see, this is what he is saying. He's saying that God wants to heal us.

ART: Absolutely.

SID: But there are blockages in the emotional area, not just forgiveness, in many areas. Not just fear, in many areas. And when you deal with those areas there is just a free flow of God's healing virtue.

ART: Absolutely. God, it's His desire, it's His will to always heal. But we look through scriptures and we find out many times He was unable to heal and He marveled at people's unbelief. And unbelief is really any form of disobedience. And I was very disobedient to the Lord and having anger and resentment, and bitterness in me. And then we started studying how those toxic negative emotions affect our health from science, from psychology, an area of

psychology called psychoneural immunology, and from medical textbooks and what medicine teaches about toxic negative emotions, and in what the Bible teaches. And it's not a surprise that anger, resentment, bitterness, jealousy and the rejection issues, fears, words, anxieties cause disease. The American Medical Association says that more than 80 percent of all of our diseases are caused by these emotions.

SID: Listen, a lady read this book of Art Mathias' and lost 95 pounds. We'll get to her in the next segment. Don't go away.

We'll be right back to It's Supernatural.

We now return to It's Supernatural.

SID: Hello. **Sid Roth here with Art Mathias.** And Art believes, and he's proven it thousands of times, that when toxic emotions are involved in an individual it prohibits the healing of God to manifest his miracle, and when you can get rid of these toxic emotions, healing just flows. Now Art, when someone goes to a doctor and they can't find out what's wrong with a person, the doctor normally says stress.

ART: Yes.

SID: And it's actually true. What have you found out about stress?

ART: I agree with what the doctors are teaching. Stress is one of our biggest enemies. Stressors as defined as any anger, resentment, bitterness, fears, worries, anxieties, divorces, things that happen in life, we lose a job. These things are extremely stressful. And when these events happen or these thoughts happen, it causes in our physical bodies what medicine calls a fight flight response.

SID: And what does that mean?

ART: That means that the adrenal glands are squirting out a whole bunch of adrenalin and cortisol. We get extra strength in our arms, extra sugar that's provided to our muscles, all that extra strength, and our digestive system shut down. The extra cortisol and extra adrenalin also inhibits the immune system because it kills the T cell and the B cell. But God didn't design this through the rare time of emergencies. He didn't design this for us to live in it constantly. So when we live in it constantly, as I mentioned, it suppresses the immune system. And then any kind of disease can come our way when our T cell, our B cells, our necrophage cells, our natural killer cells in the immune system are killed from the extra adrenalin and cortisol. We just flat wear out and make ourselves susceptible to any kind of a disease.

SID: Give me one example of someone that has taken care of toxic emotions and gotten healed.

ART: A good friend of mine, last summer, was diagnosed with pancreatic cancer, and we prayed with him for over a 30-day period of time, and his next test, his next blood test showed no cancer.

SID: Now what was the major obstacle in him receiving seeing in his healing?

ART: Fears and worries about the future. Fear of getting sick because he was afraid that a disease would happen to him as it has happened with others in his life, that fear, that worry. And we've learned that fears are self-fulfilling prophecies. The things that we are afraid of, as Job said, Job, Chapter 3, Verse 25, happen to us.

SID: Art, there's a woman that read this book.

ART: Yes.

SID: "Biblical Foundations of Freedom" and lost 95 pounds. Let's take a look at that.

ART: Okay.

WOMAN: This was me two years ago next November. I've lost 95 pounds since that time. The reason I got this way was to make myself safe. I had a lot of things happen to me as young girl that shouldn't happen, things my parents didn't know about, and I was lied to by the enemy and by a predator about things, and so I held things in secret until I was 38 years old. And as a result, even though I was a normal weight in high school, food and sweets were a comfort and nurtured me, I thought. It was the enemy. It was the lie of the enemy. And so as a result, I blossomed to this size. So about six months before this, my brother, who was 44 years old, had committed suicide and left behind two boys who were 16 at the time and an 18-year-old daughter. He had lost his house, his family, his wife, his business, all within a year. And so the year, that was on Valentines Day three years ago this coming February. So that whole next year I was very, very angry and bitter at my brother, and I ate, and I gained 20 pounds in that one year. And after this trip I came home and I saw this picture, and I just thought, you know, I like food, I'm just gonna eat and I don't care any more. But then in January, the Lord spoke to me in as clear as a voice as almost audible, where He told me, He said, "What right do you have to be angry at your brother for committing suicide, because you're doing the same thing in a different way." And I had to come to grips with all the self-hatred, with all the loathing of myself, the anger at myself. It wasn't that I hadn't forgiven those who had hurt me, because I actually had worked through a lot of that. I hadn't dug deep enough. But I made a choice that day. I forgave my brother for committing suicide. And then I had to start working on forgiving me, and it was a process. And as I worked on the forgiveness of myself, working through the book, "Biblical Foundations of Freedom," and through the other books and getting prayer ministry, this is the result. I am no longer that person. This was the bondage. This was the old me. And I've been set free. I can honestly say I love myself.

SID: What's real important to me is, Art, is she keeping her weight off?

ART: I saw her two weeks ago, Sid, and she looks even nicer than she looks there.

SID: And you know something, changing the subject for a moment, what is so amazing to me, Art, is you say, tell me what's wrong with you, and I can tell you what your toxic emotion is that you have to get rid of.

ART: That is very true. Medical textbooks list over 60 diseases that are caused by anxiety, stress and fear. Medicine draws very specific analogies with very specific diseases to very specific emotions.

SID: Let me try it. Migraines.

ART: Migraines are related to how you think about a conflict. There's been a conflict happening in your life and you're beating yourself up. You're saying, I should have done this, I should have done that, and are second guessing yourself, condemning yourself.

SID: Art, it sounds too easy.

ART: Well Jesus isn't complicated. The Word of God is very simple. It is brilliantly, incredibly simple to forgive.

SID: Let me tell you something. In the next segment you're gonna find out that Art is moving in miracles, major miracles. Don't go away. We'll be right back.

We'll be right back to It's Supernatural.

We now return to It's Supernatural.

SID: Hello. **Sid Roth here with Art Mathias.** And Art, the one thing that most people wouldn't understand is you have some very precise steps that people have to follow. It's not just a blanket prayer of "I forgive everyone." Why do you have these steps? Why not just a blanket prayer?

ART: Because most people don't understand what forgiveness is. Forgiveness is actually releasing the pain in the memories. Unforgiveness is the anger, resentment and the bitterness, those toxic negative emotions. If those toxic negative emotions are there, there is bitterness, there is unforgiveness. And when we've forgiven, truly forgiven, those negative emotions are gone. So really people through a four-step process of I purpose and I choose to forgive, and I cancel Satan's authority over me, I command that fear to go or that shame to go, and I ask God to come and heal my heart and heal my body, and Lord, tell me your truth about this negative emotion.

SID: Now most people don't do this.

ART: Oh no.

SID: They just do that quick blanket prayer.

ART: And that's why they don't experience forgiveness, because the pain has not left their bodies. The pain hasn't left their emotions. And Jesus came to heal the broken heart, and the broken heart is all of that pain, all that hurt and the things that have happened to us in life. And his blood will take away, as we truly forgive, all of that pain. And then the fight flight process will stop and healing manifests.

SID: Let's take a look at Kathy Haley. What was going on with Kathy?

ART: Kathy was conceived by parents that didn't want her. She was given up for adoption. She lived her life in feeling like she wasn't wanted.

SID: Let's look at Kathy.

KATHY: On June 16th, 2000, my life as I knew it came to an end. I was trying to speak to my business partner, and all of a sudden I realized what was in my head was not coming out of my mouth. I went to my car, drove home, and by the time I got into my house, I could not speak any words. I was diagnosed with having strokes, mini strokes. The MRI showed that both sides of my head were lit with infarcs, and that I had a significant stroke somewhere, but nobody knew when. The next step was that I was sent to Virginia Mason because all the testing could not pinpoint what was wrong. By the time I was through with Virginia Mason I had been through every test all over again, and at that point, they sent me home and said, "We'll see what happens." I received a phone call and I was told that what was wrong was I had a genetic predisposition called Leiden Factor V, and my blood was hypocoagulated. I was somewhere between sorghum syrup and Elmer's glue, and that I was at 100 percent risk of a stroke. And so they began putting me on Coumadin, walking me through different things. For one year, I tried to get well. I was on the Coumadin, I was doing exercises, I was trying to bring my body into health. But I would look at pictures of myself and think lights are on, nobody's home. I wasn't getting any better and I knew it. I had a friend who had begun seeing Art at Wellspring, and she asked me, "Would you like to see him?" and my answer was unequivocally no. I was sick, I didn't need any soul-searching, and I didn't need any more religious mumbo-jumbo. Thank you very much. So I didn't take her up on it. In a week after seeing my hematologist, she went back with me to the doctor, and he was very specific. If we didn't get this under control I was going to have another stroke and this one may kill me. Once again, Nancy approached me and said, "Are you sure you don't want to go see Art?" And something in my spirit said to say yes. And the very lie that was killing me was exposed. I left there a completely different person, as you can see by the picture. I went home and I was amazingly well. On September 11th, I went through a completely set of blood work. Everything was normal. My hormones were right, my cholesterol levels were good, and I was healthier than I had been in years. When people ask me, "Kathy, what happened?" I feel like the man who was questioned in the synagogue when he received his sight. He said, "I don't know. I was just blind and now I see." And for me, I was sick and dying, but now I am well.

SID: What a wonderful word. Now if it was just her it would have been worth it. But it is so many people. I mean, some 75 percent of the people, and you think it can even be higher than that.

ART: Yes. If we really learn how to forgive and we really want this, like Kathy has just said, her life changed dramatically when she just did the forgiveness, actually forgave.

SID: But most Christians, they understand forgiveness, but they don't go all the way.

ART: They don't do it. We've been told to do it, and so we think we have, but the pain is still in our bodies.

SID: If the pain is there, there's still the roots.

ART: The roots are still there, the bitterness, the unforgiveness is still there if that emotional pain is still there.

SID: Okay, the miracles. I mean, you've been moving in a miracle level, what I call Messianic miracles over the last year.

ART: Yes.

SID: Tell me what has occurred.

ART: In the last year and a half we've seen six blind eyes and 18 deaf ears healed. And they are continuing. God, Jesus is coming again and he used specific kinds of miracles to substantiate that he was really the Christ, that he was the Messiah. And these kinds of miracles are coming back again.

SID: I believe, I absolutely believe that if you pray for those that are viewing right now.

ART: Yes.

SID: Miracles are going to erupt. Do you believe that? When two or more agree in the name of Yeshua, it will happen. Art, would you pray.

ART: Sid, I know that as we've been talking here what we've discussed has raised issues in people's lives. And I would just like to lead the audience in a prayer of forgiveness. So if I may please repeat this prayer back and let's forgive one of those memories that's been triggered. Dear Lord Jesus, I purpose and I choose in my heart to forgive this person and this specific memory for what they did. I release that and I cancel their debts to me. And in the name of Jesus I cancel all of Satan's authority over me and in this memory because it's forgiven. And in the name of Jesus, I command the pain, the anger, the shame and the guilt in this memory to go. And in the name of Jesus, I command my body to settle down and heal. I command the high blood pressure to go. I command the Crohns to go. I command the cancer that's been caused of these negative emotions to leave my body. I command the bone that won't heal to heal now. In the name of Jesus, I command that migraine to go in the name of Jesus. Holy Spirit, come and do your work, and heal our hearts and heal our bodies in Jesus' name. I see the Holy Spirit working. And as people are praying for these miracles and praying through the pain in their hearts, I see the peace coming. I see the joy coming.

SID: I feel that peace right now.

ART: Yes.

SID: And I have to tell you something. When I read your book, one of the most important things that came across to me

ART: Yes.

SID: Is getting control over my thoughts.

ART: Yes.

SID: Over gossip.

ART: Absolutely.

SID: Over feeling negative feelings. I mean, I am getting rid of that stress level. It's so wonderful and I feel the peace. I feel that peace. Do you feel it? It's the Prince of Peace, Jesus, the Messiah. That's the one.