



## Trim Healthy Podcast with Serene and Pearl Episode 75 - Buckle Your Seat Belts Vange Is Back

*Counting calories is out. All the food groups are in. Becoming trim and healthy doesn't have to be difficult or painstaking anymore. After trying almost every fad diet out there... sisters Serene Allison and Pearl Barrett, authors of the best-selling Trim Healthy Mama book series, took matters into their own hands and the Food Freedom Movement was born. This podcast offers a deeper dive into the world of THM. Listen in as the girls (and their sidekick Danny) tackle a variety of food, fitness, and lifestyle topics with the same quirky attitude and style that has endeared them to an ever-growing audience of women who are changing their lives and the lives of their families. **Welcome to the PODdy!***

S = Serene · P = Pearl · D = Danny · V = Vange · J = John

[00:00:00]

S This is the PODdy with Serene...

P And Pearl

S Get it right with P-O-D-D-Y.

P Hey, dilemma! Danny is gone. Listen we don't even know how to start.

Danny is gone and John is fighting with sister Vange.

S I don't know...

P Who does the intro?

J Oh, you blew... You blew the surprise.

V No, Danny's my... I'm sister Danny. Like that's it. Okay, so here we go.

S Oh she just took it...

V Ladies... and ladies

[00:00:25]

J Shee, thanks.

V Ladies and some gentlemen, women of all ages and all dimensions and all our friendly friends, welcome today to the Trim Healthy PODdy with Serene and Pearl.

P Whoooooo!

V Whoo-hooo!. And their older, understated older, wild sister. Me.

P Oh man! I didn't know she beat you John.

J Oh no, no, no, she's

V John, I had to do that, because Danny's away.

J There's no comparison.

V He's my twin.

J Oh I know.

V Actually, yes, you go John.

J Honestly, there's just two things and I... Well done, well done man.

[00:01:05]

V Thank you.

J It wasn't ev... It wasn't even worth the fight.

V That was polished. Wasn't it?

J It wasn't even worth the fight.

V Yes.

J Yes. I wanted to say, first of all, how does one get on the Danny Valdes vacation plan?

V Oh, yes

P Oh you need one, don't you?

J Oh my goodness

P It's not fair that he took you one and you...

J Is he still with us? Is he still screwing around somewhere in California?

P He is in California, but we'll leave it with him. You know him... Danny and his wife and four children, they have never taken a vacation. He talked about it. And hey, they're standing out.

[00:01:35]

J Yes, this is...

V And he borrowed my...

S Four year old...

S Carrying the babies everywhere...

P So, Danny we love you, we miss you...

J Yes. And we sure hope the Valdes-family is safe and...

V We love our Dan-Dan, but boy do we love our Lisa and that's just great for Lisa.

S That's great for Lisa. But I want to tell something about Vange real quick.

V Oh I can't say that.

S Vange is our sister.

P Yes.

[00:01:52]

S But she's actually more Danny's sister.

V Yes.

S Yes

P Well, wild at heart, and hey... So today, you know, we brought Vange on here few months back and we have never quite had a reaction to what she said. You guys were like, bring her back, bring her back. And we'd say Vange the ladies want you back and she's like, I am not ready. I don't have it yet. And so Vange, when it comes when she's got something for you, she's very in your face. No, I mean s... Serene and I, we're what, 50% in your face, but we... But Vange is 100%.

V And kind

P So today, I mean, three sister together, so it's... You know we are going to try not to talk over one another. But we are going to sort of give Vange this time, because...

S That's not going to happen.

P No, but we are going to give Vange this time, she's here for a purpose.

S No, that's what I am trying to say. But just because Vange is here it's going to be a lot...

P We are going to talk over one another.

[00:02:45]

S Yes

P But we will try not to...

S That's just the family dynamic...

P But she's got a message for you guys.

V Do you realise how I'm, I'm just actually sitting back here?

P Yes, because I am intro-ing you.

V Yes. Oh okay.

P And then I am going to actually give you the stage.

V Yes.

[00:02:56]

P Because when you do have something to say Vange, it speaks. And I know that you've spoken to my life several times. And whatever you've said... It's always going to be powerful. We've got to brace ourselves here, put our seatbelts on. Sometimes it's not what we even want to hear.

V Exactly

S Oh, I love what I hear Vange.

V Yes.

J Hey V, can I lift you up here a little bit.

V Come on...

J Just from a... You know, because I get to see behind the scenes on a lot of this stuff and Pearl was talking about how well received your last podcast was. And statistically the most listened to podcast we've ever had was Serene's birth announcement, but...

V Yes.

J A close second... A close second was the one that you did. And a...

V Wow

J It was just by far...

[00:03:36]

V That is so interesting, because what I have to say, sometimes a lot of people don't like and we live in a day and age where no one is saying the things that need to be said. Because people don't want to hear them. But that's what I was born for.

S Go for it mate.

J Well, I am excited. I think everybody else is excited...

V So here's some earthquake bombs and I want to start out with this thought that I have musing over and it is truth that is entered into my heart. And

I want to give it to you guys. And it comes from when I was reading in good old Matthew and it says: Take that yoke, learn of me and you will find rest for your souls. And I was thinking about that amazing word, rest. And we hate that in this modern day and age. We hate that word, rest. Take a break. Slowdown. Not so fast. Because we live in this fast paced society and you think that's just men. No, you woman, it's you. It's you and your mothering. It's... It's hurry, hurry, do, do, become, become, faster, faster, rush, rush.

[00:04:42]

V Life is not a race. In your private chambers it is not a race either. It is not, mirror, mirror on the wall, who's lost the most poundage of them all?

P Ooh, thank you.

S Yes

V I am just beginning here. No. Who is thinking we all care? It is your life and it is not even retreating, but it is coming aside to get ahead. It is slowing down to get full speed. We have to go slower.

S Can I interrupt you for one second? It is so huge.

V Yes.

S I'm just hearing Vange and you are like. You know, we don't like the word rest. I see your point. We are rushing to the spa. We are rushing to the nail and pedicure...

V Yes.

S So we actually want the word rest, but we are rushing to get it and we will never get the rest when we are rushing.

V Well, you just wait.

[00:05:32]

V And that's good. Yes, that's good and it is coming, it's coming.

P I think it's huge what you said though. We... Everyone's rushing also when you bring it down to THM, but this is so much huger than that.

S Yes

P To lose the weight, right.

S Yes.

P And Serene and I've always said, hey, it's not a race, blah, blah, blah. But it doesn't matter people still want it. And if it doesn't go, they're like, well this doesn't work. Okay, what next?

V Right. Well, the deal is this, we're actually rushing to try and get rest. And it doesn't work. It does not work, we live... We travel fast, we eat fast, we exercise fast, we do life in a hurry, church in a hurry, mothering in a hurry. Bam, we even love in a hurry. Oh who is the next partner? Bam...

[00:06:19]

S Ouch

V Ouch! Stop it. If you want a long, joyful and let me tell you, intelligent life...



We are having it out today, girlfriend.

S And it is not even like... And it so true. Love in a hurry, bam, who is the next partner. That is so huge. But it could be, love in a hurry, tick that box, now I can go and something else. It is just like I have given my husband his hug.

V We are going to go into each of these points.

S Okay

V So we need to slowdown. We need to...

P How does that work though... I want to ask you that and maybe you have practical tips...

V I do have practical tips.

P Because life is jolly well crazy, so many of our mothers are working and if they are not working, they are home schooling and blah, blah, blah. Our lives are too busy. I do know Vange though that you do live the slowdown life. Even though you are busy.

[00:07:10]

V Yes.

P You are, but you live in the present.

V But it is interesting, because people say Vange you're a squirrel and you have the most energy. And I do. I do. I am like this energetic, joyful person, but I think it comes from a base of, I take each thing at a slowed down overall picture. And I realise what is important today. Rather than let life

rush me.

S So slowdown to you does not mean demure.

V Well...

S It means...

V Slowdown, waiting. We wait, wait in this culture and we hate, hate it. And waiting is not... It is not undiligent, it is not passive. You know in the Hebrew culture... I lived over in Israel, they have a different version of wait, back in the old times. Back in the ancient days... There's another scripture that I want to pull out for you guys who actually read The Bible and can I just say something, because most people don't like that, I am going to say it now: Listen, this is part of...I'll say the scripture first. It says, stop on the byway and stand and ask for the ancient paths so that you may walk in them and find life. And we've got all these rah-rah people clamouring for our attention today. We've got the Ted Talks, the Tolles, the Eckardts, the Popes, the Peels, the Proctors. And we have one voice and it is the non-rah-rah voice and He is the biggest joy-person that was ever written about. And it was Jesus and it wasn't... You know, the gospels wasn't written for just us Christians.

V Every secular person needs to go and read about this joyful person who told you how to live. It is not just for us, Pearl and Serene, it is for all those don't even... Who aren't believers out there... I dare you, go and get a Bible that you can understand. A relevant one. Look, God is relevant. Get one

like The Passion, TBT, whatever it is that you can understand.

V Read those gospels and read the Psalms and Proverbs, because those... He is the ancient of days. The ancient ways is... Is made up of this God who would... Is called the ancient of days, who has paths for us. That teach us how to slowdown, yet live without the rush-rush, because we have voices telling us all the time, do this, do that. Be this as a mother, do this.

V And we have to sit back, take a by-stand just as Moses was at the burning bush. He said step aside Moses and Moses was able to get ahead. Moses had all these thoughts in his brain, how am I going to do it? How am I going to set the people free?

V And you had to step aside and you guys have to step aside and that is where I want to come to my first one, is we travel fast and exercise fast. Can we just sometimes stop it? And I am a workout person, but can we just walk instead of run? And I want to talk a little bit about walking.

P Okay, so first point: Walk.

V Yes. Yes. and

P And you are... All your life you've walked okay.

V Yes.

P It is intrinsic in you.

V Well, it is...

P I think that we forget about it with, like you say, with all the rah-rah on

the net and everything in the latest workout and what, just walk?

V Yes.

[00:10:41]

V Pearl it is the most underrated exercise. And the science that is coming out now is just like the ancient ways. And... Even more than walking, even if you can find to walk in nature. If you can't, so be it. But it is one of the most best forms of exercise there is and I want to you THM'ers too. If you have knee pain, ankle pain, back pain, if you're overweight, if you have injuries or you are depressed.

V And this is a huge one, right now with all these people committing suicide. I want you to listen to me today, because I am going to give you this soul talk that is going to turn a lot of your thoughts that are gearing towards massive breakdowns. Because there are big things in people's lives, but a lot of it stems from a lot of little narrow pathways coming together.

V And this is one pathway of depressed thoughts. And so walking is huge for all these things. It is lower impact and listen to this, can I just please tell you: I am an exercise person, but still today when... Are you going to come and give... Do a workout? I always get the jingle-jumpies. I am like: Oh, I have to get ready. I have to put my shoes on... You know when it is walking, all you have to do is just walk out the door. There is no goose bumps. Oh, I have to get ready to actually go and do a workout. There is no...

[00:12:06]

S And guess what? Walking is slowing down, because it is not like I can tick that box in 20 minutes.

V Yes.

S Sometimes walking takes a good half hour.

P Yes.

S It does.

V Well, that is what I want to talk about too. Because we

S We need to slowdown....

P But if someone like... Okay, how do we include, just walking when...

S She's not saying... Her point, I don't believe is just walking. Her point is don't

V I never said: Just walking. I just said: Walking.

P Set me straight.

V Yes. Because we...

S If you go to Vanges's house any day, she is doing pull ups on her ... On her doorway.

[00:12:36]

V Yes. That's because I am an energetic person, but I think it stems from that I've put in the slowing down prerequisites so that I have energy. I do not have this mind-set that is pushing me. Whenever somebody tries to push me, you girls, you will find out...

S You push back.

V When you meet me... Anyone who has met me, like all those... You know you have those people on your Facebook and I love all those people...

S Admins?

V Admins, they've all met me and they all say I am a renegade.

S Yes, that is.

V You try and push me, I am a renegade.

P Yes.

V I am going to push you out like all the church people who tell me to do nursery. I am like, in your life.

S Just to let you all know that is the crèche. No what do you call it in America?

[00:13:18]

V The... We all have to take your turn...

P But here's the thing, I agree walking... When I just get out there... And we live on the hilltop right.

V I am going to give you the statistics of what it does.

P When I am out there and I am having a stressful day and I am just walking under those trees, heading towards your house Serene, it all falls away.

V Yes, and I am telling you and we have to rush because we have to go to the gym or we have to go and get our bands and like, children you stay in the next room, don't you interrupt me, because if you interrupt me while I am

doing this set, I am going to scream. And it's... What do you call it?

S Cortisol

V Cortisol, and we're doing these workouts to get fitter, but we are stressing our lives and we are getting ill health and it drains depression... Out of the exercises in the world, they say walking is the one that will drain depression off you. It relieves you of fatigue. It improves mood and circulation, posture and...Now when it comes to weight, they've done studies that actually, if you spend the same energy as walking, as a slow jog, you will lose more by walking.

P Yes, I read that and you know I've read a study last week.

V Yes.

P Interestingly love, matcha and walking together is a potent combination.

V Carry your drink.

S Oh really, or you can have one before...

P And what do you think about this for walking?

V And it is also for longevity. And they say longevity now, out of any other exercise, they say walking. Thirty minutes, if you can do that twice a day, so be it. You will take years off your life.

P But isn't it the ancient way?

S It is. It is.

[00:15:00]

V These are ancient ways.

S Well, that is what I want to say. I was just reading about the disciples that were walking on the road to...

V Well they just walked everywhere.

S And Jesus came and started talking, but they weren't aware that it was him. But in the Bible I was reading, I could press on a little icon on my iPad and it could explain how many miles it was in modern language.

P Okay.

S It was thirty five and it is just a normal walk from one city to the next.

V I know.

P Can ask you Vange...

V And I just want to say Pearl, true if you dread the jog, the gym and the jolly fitness journey, just get out there and go for a walk.

P I hate gymming.

V Brilliant, what do you think about this though? And I've read this over and over and I know that Serene agrees with this.

[00:15:33]

S We live in the hilltops and when we walk, it is natural for us to be going not steady. Say we are going uphill, down...

V I am going to bring that in.

P If you are walking steady state it is not as good right? We want to... If you have only a flat path, just go some slower walking, then some faster walking.



V Well, I just want to bring some attention to that Pearl that is a really, really good point. But what do we want? If we want weight loss, you need to be able to walk with some hills and they said that hill walking is better than actually going out for a run.

P What if you don't have hills, is what I am saying.

V If you don't have hills then you walk with a baby. So if you have...

S Tick, tick, tick

V Yes, tick, tick. Or you walk with some weight, or you walking faster...

S Yes, faster, then slower.

V Yes, and that is how you lose weight ladies. It is the heart rate going slow to fast, slow to fast. It is not steady state. Now, coming back to steady state. There is absolutely great reasons why sometimes you just want to go on a steady state walk.

P Yes, my prayer walk is a steady state.

[00:16:39]

V Steady state, and they will take 40% off your risk of death, because your pathways are opened up for your mind, for your mental capacity 60% on steady state. Walking opens up the free flow of ideas.

P It totally does.

S Totally does.

V And this is where... And this is not... So we are just not about trim, we are about healthy, and especially in this state because it takes away your

anxiety. Researchers have now found, just a 10 minute walk is better than 45 minutes of a big workout for relieving anxiety.

P Yes.

S I agree.

V 12 minutes increases your self-confidence and vigour and I just have a few more points before the next point.

[00:17:22]

S When you said how the steady state opens up your pathways to the brain. So true and your creativity, because when I am that steady state when I am in the flats of my walk, I get all these ideas and all...

V Yes.

S And if it is a prayer walk, I get all these... My prayer becomes very wordy. I am like, I am actually having that conversation...

V Yes.

S But when I get to a hill, all I can say is, Jesus...

V I know.

S There are no words but the name, because that is all I could think off...

V And we do have big hills, we have... What do you think our hill is? About quarter of a mile?

S It is huge.

V Yes, quarter of a mile and it's up. Not just... It is just up, up all the way.

[00:17:57]

P I always like to get practical Vange. What about inland... Now we have our Workins videos, which is great for healing, the whole thing.

V Yes.

S And also sometime it is raining people.

P We always said... I know we always said, don't forget about walking.

S And can I tell you one thing now?

V Well, that why I am just bringing it up. You know and I walked in Minnesota with snow and a baby. Pregnant and pushing a baby. But there is nothing wrong with doing a workout. I am just trying to bring those who think I can't walk out and you are too tired and you fed the baby through the night. There is simplicity. He says: He gently leads that are with young. But that's not the whole of it. He gently leads all of us.

S Yes, exactly

V And isn't that great?

P Yes.

[00:18:34]

S And if you've got three toddlers all different ages and you can't fit them all in the pushchair or the pram, or whatever you call it, and if you bring along the three-year old whose bike chain is going to fall off every three seconds. And it is cold also, stay inside and do a Workins.

V Yes, exactly.

S But we're saying is, don't forget about walking, because maybe that's the best approach for your life in a certain season.

P Yes.

S And always as a foundation.

P And always never forget about it.

V And never forget about it, because specifically it reduces our never... As you're walking it actually takes away our negative experiences that we ruminate in our heads...

S Yes, it does Vange.

V Which spiral into depression. You take a walk, those ruminations that we all... And women do them. And walking will take them out.

[00:19:18]

S When you said ruminations in your head. I don't know if that is a word you made up or not, but it is so great. Because if I look at my cows and they ruminate on their cud and they are chewing that... Looks like chewing tobacco right? That's what we do in our thoughts when we ruminate in that bad way. We're just chewing over the old stuff.

P I am telling you, when I...

S That's stinky.

P Get churned up right, about things that I feel wronged. Maybe I feel wronged by my husband, or just things... Trim Healthy Mama is not going perfectly, you know, the hassles and... How come that can't be easy right?

I get all... It's just flesh... I get all sorry for myself and ugh...

P I'll take a walk out in the nature and God's just: Downloads on me Pearl. Lay it me Pearl. Why are you doing this? Why is that churning in your body? Just lay it on me. And I see his nature and I am like, God you are good. Why am I doing this?

V He is so good.

[00:20:09]

S Or you could be having an argument with somebody in your family right? Husband or whatever, then you take a walk and all of a sudden you start seeing it from their perspective.

P Oh yes you do.

S You come back with a sorry most usually.

V And maybe I'll skip a couple here and I'll go straight to that one. We love in a hurry and I want to...

P Okay so you are on to your next point?

V Well, it is actually my last point, but I am going to turn it into my second point.

P Okay, number two.

S As the Spirit moves Vange.

V Yes come on, as the Spirit flows baby. So I hope you are really getting this, you women, because I mean you are all about doing and trying to be the best. And looking the... There is nothing wrong with looking the best. But it is literally got to stop all this rush-rush and trying to be somebody. And you know what, I want to say here too, because I am just going to have some rabbit trials. Stop trying to find yourself.

[00:20:59]

S Amen.

V And I... This is huge and I had this thought this morning.

P What?

V Because we will never find ourselves. As soon as you've found yourself, you've lost yourself. Because why? It is the most intelligent conversation anybody's ever said and I am saying it now. We change.

S Yes, we do.

V So we change. We're a mother, then we're not a mother, then we're a grandmother, we're a single person. Once you found yourself and you put your name on that, the next second something's happened and you're a changed woman.

S It's a new season.

V It's a new season. Stop trying to find yourself. Tomorrow you'll most probably change and something new will happen. You'll move house or you might adopt a new child. You're a mother to that child. You are always

new. So this is what happens. We only will have find ourselves in who God says we are.

P So true

V Because otherwise we'll be forever trying to find ourselves within our own mind and that always end up in depressing thoughts.

S And embalming a season. It is what you said, we are constantly changing. So give it up trying to find ourselves. Because you might think, okay those teen years were the best, so let me embalm eighteen.

V Yes.

S But no, sorry you can't, you have to be moving on, right.

V Oh, that's what I was talking about being the queen, or being the princess, or being the...

P Absolutely, but... And we are so changing. You know... And we always say, embrace your queen. You are going to wear it with grace and class. You... Don't try to be skinny. You college years, or whenever you know you fit into that size 6 jeans and you don't now and you are in your fifties. But you know, some people... And I got a comment on the Facebook group saying, but Pearl you and Serene, you are at that perfect goal weight. You guys are at your princess weights and... But I want to say this. We are very... I am very petite.

[00:22:42]

V Yes.

P Okay, we have different genetics, but I am different to how I was in my twenties. I have had five children. I... You know it doesn't matter if you reach goal weight, or if you haven't. You're always going to have these thoughts, right. Like Vange says.

V Yes mirror, mirror on the wall...

P They are going to come... Mirror, mirror, they are going to come to you. I look sometimes at my body in the mirror and I get the most depressing thought from the devil. And he says, you always had the worst thighs. Those dimply thighs. Look at those varicose veins. Look at this.

P And you know what? The other day they were coming to me and I am like, but I preach this stuff and here they were coming to me. And you know what? I said, no, I have long great legs. I have rounded hips that carried these five babies.

V Yes, with a big smile.

P And I just went and I just pushed it all back with the things God gave me.

[00:23:33]

V That's amazing Pearl, because I've been doing that and that is what I want all people to take away from today. If you take away one thing, I want this mantra: Mirror, mirror on the wall. Who stinking well cares?

S And can I say something to that awesome point? Vange that is an awesome point. Let me tell you, people saying well we're thin and blah, blah, blah,



blah, blah. And we have changed though compared to where we were as little princesses at eighteen years old. Because we've had babies and all kinds of things and it doesn't make your body worse, but it makes it different and it makes it into a different season.

S But when you chew that cookie, that believing that you should always be a certain way or somebody else was blessed with such and such and look, they whatever... When you chew that or take that seed into your mouth, it is something that the discontentment grows and grows. Because you can find the most beautiful Hollywood actress who is so never content. She has to go back for plastic surgery and back for more and back for more.

V Yes, it is never enough.

S And those same lies from the devil are beating her up every night.

V Yes.

[00:24:32]

S And to the person out there or whatever, who hasn't got maybe that Hollywood trainer and all that stuff, those same lies the devil is telling that lady in Iowa. He is telling that gorgeous actress in Hollywood and leaving her to commit suicide because she doesn't feel good enough.

V Yes.

S You don't chew that cookie.

V So we...

P Do not chew the cookie.

V Do not chew the cookie. We don't go to that mirror. We do not.

P And it doesn't mean then, oh who cares, let's just go eat fast food. It means let's honour this amazing body He's given us.

V And that's what I am saying, the waiting, the stepping aside is so not passive Pearl. It is so not. It's about enjoying the enduring race of life. And we don't know in this modern culture how to endure the enduring race of life. Well, it's called to love. What about enduring love? When you want to freak out and gauge your partner's eyes out because they said something to you that was wrong. I mean, no. This is an enduring love and we just... No one is talking about, oh you poor darling, maybe you should leave him. Well how about trying to be kind to each other? How about saying sorry to each other, you know, it is just...

S Or even if the sorry is just from you?

V Yes. And the quick love. And it is just like, oh I hate them... I love you. No, it's just these. That's good, that is good, but there is an enduring love of really looking into their eyes... Of your husband or your wife and saying: I love you. And it does something to you, because you are seeing them. It is just stopping, it is stepping back and saying: Wow that is the man I married. I really, really do love you. Rather than: Love you, see you darling. Bye. You know and it just is a step back.

S So it is taking time to realise the words you are saying.

V It is thinking...

S It is not robotic words.

V Yes. We are so robotic in our love and I've just been... I was talking to Pearl and Serene, but I am going to tell you girls this, is my huge thing and I still can't get over it. The last things that Jesus was saying after He went to the cross. He actually took his disciples and they had this special meeting and He had five chapters of all these little things that he was telling them. And just over and over again He said: Because now that you know me and my love lives in you. I want you to love deeply.

[00:27:04]

V And those words deeply have penetrated my day for the last two weeks. Love deeply Vange. Love deeply. And then he goes on and says something else and then He comes back to it, oh but love deeply. And it is interesting because every time in The Bible that God says... And many times He says, come aside. It was actually for things to be set ahead.

V Like Moses and all these and the disciples, I mean the whole world was about to change. The people of Israel were about to be freed from slavery. He says: Come aside and He says: Look at my people on how they hurt. And if you are coming aside to get your life is not involving love for the ones who are involved around you, then the voices that are in your head aren't for the better good. For the enduring race, because they always must involve love.

S So you are saying: Come aside, come into rest for others. Not come into rest

for your...

V When you find...

S Self

[00:28:01]

V When you find that deep love for those set before you, you will find this rest also for your soul. And He said that before He went to the cross. He prayed this prayer and I was just reading it this morning. He said, when you... This world will be filled with hardships. I mean hello, you know. And you might think that you are the only one with hardships. You just never know who the person is next to you. And what they've been through.

V Is that, you will only find peace in Me. Joy in me and love in me. So we have... That's why I'm saying to you today, I mean you guys have probably not said it. But I am the one, I am the big sister. I am going to man you guys up. I am going to tell you what for... Go and find the gospels in a translation that you can actually read and understand and read about this joyful man. Read about how He loved so much, because that's what we want in this culture. And he drew aside all the time and he drew his main people aside.

S Yes, can I just say here? It is so interesting, because... Okay He started His ministry at 30 right. And ended in 33. Three short years. Okay and He had a lot to do in those three short years. To impact...

V But there's always more

S This society in that era/culture that was going to impact us for eternity, and He had time to pull aside.

[00:29:23]

V Yes, He had time and he always said pull aside. And I just want to say this about loving deeply. I was just reading about that woman Mary. And they had this big feast, because somebody had risen... Her brother had risen from the dead. So it is just... She was so thankful and...

S Lazarus

V Yes, Lazarus. And so she actually spent her life savings. It was a pound of spiced nard and she poured it on Jesus' feet and everyone thought: What a waste?

S Yes

V And I am telling you ladies, you might think you are wasting your life mothering. You might think you're wasting your life, because it is not fast enough. Or you haven't lost enough pounds fast enough. And all this stuff... Stop it! Because we're supposed to pour out and take the time to just... We have to take the time for everything. Let it come. Pour out your love too. And that was only one pound and we are... It is... It is sort of a... What do you call it? The word... A symbol of us pouring our lives out of love for those God has put before us. Our husband and our wives and our children.

[00:30:28]

V Well, it's not just a pound of spikenard. You are not just one pound. Some of you ladies are 280 pounds. You know, maybe we're 140 or 130 pounds. That's 130... That's 120 times more spiked nard than what Mary did. We have to pour it out and I am challenged every day: I want to pour that 139 or 140, whatever I am right now of spiked nard, which was the richest oil that filled the room with perfume.

V And they used to anoint kings feet with it. And we need to anoint our children and our husbands with pouring out our love. Our enduring love. Not a quick little sappy love. Not: Okay, I love you Johnny, now go out and play. We got to pour it out and celebrate who they are. Celebrate your husband as the reigning king in your life. Celebrate your children as the princes and princesses that they are.

V I mean not when they're naughty, but I'm talking like, you know this is the love that we get to give. It is the ancient way. It is the ancient pathways. But we live in this fast culture...

P I love that and then you said she spent the evening at Jesus' feet. Washing his feet, washing his feet even with her hair, with this oil.

V Yes.

P And then you were saying, part of it with our THM journey is like, well okay this is not fast enough, I do not have enough... I am not going to pour out anymore.

[00:31:52]

V Yes.

P But you see this pouring out is like you said, pulling back. It is time to give your all in that loving way. In the not, okay next, ten steps to do this.

V Yes.

P It's just being and giving yourself that time too.

S And I have an analogy to throw on really quickly...

P Yes.

S Because it is just right here at this point, and it's so huge. And I think pregnancy and birth can be an analogy for so many things. Because it is such an example, a mirroring of when things are birthed into our life when we are impregnated with an idea. Or it is something that God wants to birth inside of us and then we give birth to that.

But you can't rush through a pregnancy. You cannot rush through a pregnancy, no matter what...

P It is actually not possible is it?

[00:32:42]

S Even if you want to. No matter if you want to do just a sulk thing on your bed and say, I am done, I am tired, I ache all over. Sorry it is not your time yet.

V Yes.

P But also with birth, you don't push immediately, you don't...

V Oh, that's so good

S You don't put your speed into it in all your... Saying, let me get this thing out fast. You have to get to 10.

P Ah Serene

S You have to take the time. And the contractions have to... And you have to have even that rest between the contractions.

V Yes, you do.

P Thank you Serene

S Thank you. Usually my analogies don't turn out chump, sometimes

V Yes, but that is such a good analogy.

[00:33:16]

P Hey, you are listening to the PODdy with Serene and Pearl. And I am Pearl and who are you?

S Serene

V This is a huge one.

P Is this a new point?

V No, it is not a new point, it is back to what you saying of the pouring out of love Pearl. You know what?

P What?

V So many of us women, you know, I am too bloated and I look too fat to go and make love to my husband.

P Oh, I know right.



V Like, hello!

P Hmmm

V Mmmm

[00:33:41]

S That comes to the skinny ones too. That lie...

S Not only that, but he is going to give it to everyone.

V I am just saying stuff that these woman go through.

P Pour it out.

S Yes

V Pour it out. Pour it out. Okay, I don't know how many points, but we'll get to some.

P We've definitely got one or two more depends how long they take.

V Yes. Yes. Okay, just one... I...

S Hey, you know Vange doesn't always come here. She can just always bend the rules right?

P I know.

V Well just... You know, six months down the line.

P We do have a Superfood Spotlight in your honour today though too.

[00:34:11]

V Oh, Superfood Spotlight too. I want to tell them about my drink.

P Okay.

V Okay, we'll do this one next. Okay this is it.

P What?

V This is like, okay fast eating versus slow eating.

P Okay.

V Packaging versus preparing.

P Cool.

V Okay, so I know my amazing Mom was on here speaking about food. Incredible. But we have to learn to embrace the angst. We get hungry and we want it now. And we want it now. And like, I'll make that for lunch and I'll do a salad for lunch. So for right now, I am just going to do this, Embrace the angst. Embrace the angst...

P I don't know what you mean by angst.

[00:34:50]

S No, what she's meaning is maybe you need to have a salad, but you are saying I'll put it off to the next meal because I am hungry...

V I'm just going to grab...

S I'm just going to grab whatever and I'll do my good thing later. Is what she is saying.

V And I'll do my good thing now. But there is something about holding out, actually putting that milk... You know I make this ginger drink.

S Right

V And I just want that drink right now, but I just embraced that... I embrace that angst, I grate the ginger. I grate it. And then I actually go and I get a

sieve and I get ginger and water and I stir that around and sieve all that ginger juice out. Then I put it back in the blender and then I add and I...

P But don't... Yes, don't tell us the whole recipe yet.

V No...

P But what you're saying is...

V What I am saying is, adding this and adding that... The art of preparing and waiting.

[00:35:42]

P Ooh, that's a biggie.

V It's a huge...

P Vange, that is not celebrated in our culture.

V It's not.

P Vange...

S The angst give you anticipation, those to 'A'-words and they make you enjoy better.

V This is what it is... We don't like to wait and we never get to enjoy the end of the angst. The end of the wait, the anticipation.

S Okay, listen to the angst of purity, there is something to the wait that makes it something special.

V Hmm, you girls

P Your analogies are on today.

[00:36:06]

V You are on, but because we are sinking this thing. It's because Danny is not here. Sorry Dan-Dan, I love you.

P I want to say, I want to recap what you are saying here V, because it is so big.

V Yes.

P THM motto is not about starving, because we get to eat lots of food. But you know what, so many of us, me included - I needed this today, are scared of even the feeling of hunger...

S Yes, it is true.

P It's time...

V What are we talking about?

P I should eat right now.

V No

P No, I do not have time to prepare that meal. Why should I even have to prepare that meal? This life is so quick, I should... Things should be so quick for me. Why must I go prepare... Why must I add that and do that, when there should be a quicker way? But you are saying there is an ancient way here.

[00:36:47]

V There is... There is an ancient way and they did do that. And you know what? Actually if you... What does Mom like to call it? Masticating....

P I hate that word, but anyway. It is so odd.

V It sounds like menses.

P Yes.

V Sorry, but... You know if we literally chew our food longer, it leads to a longer life.

S It does.

V If we swirl our drinks in our mouth instead of swallowing them, bonk, bonk, bonk. And just say you know what, let see what... And we have to really think about doing this. They didn't use to, they would have one cup of juice and they would take their time. Okay, so maybe you say you don't have time. You... People make time for what they really, really want.

S I just got an interruption for a special guest here. We have John's beautiful, gorgeous, wonderful wife here, Dawn.

V Yes, I was wondering if we were going to say anything.

[00:37:44]

S She is amazing and I want to say this about her. She has learned the art of preparing and slowing down to get to sleep.

V Yes.

S We say, I want to go to bed now. It's not happening. Pop a pill. Because I want to go from working on my iPad and figuring out problems to boom, I need to go to bed. But maybe it is preparation. Maybe there is some slowing

down time.

V Oh, yes

S Maybe there is a little system that you do that just have to get you in the mood for sleep. And Dawn, she is the pro at that. I've heard.

S Yes, pre-sleep.

V It's called pre-sleep to fall asleep.

P But you know, all these things.

J Oh...

P Yes John?

[00:38:12]

J You would not believe...

P Go, go, go...

J You would not believe the ritual that takes place in order for Dawn to go to sleep. I mean, there is structured pillows and a positioning of blankets and it's really a sight to behold. When she is done, it is a... She's like one of the pyramids of Giza...

V Ah shame...

J It's like a pyramid of comfort.

S Fantastic...

V That is so awesome.

S But a lot of problems today is insomnia and then there is different reasons for that, but maybe for some people it could be the fact that they just want

bam....

P It's all demand, I expect this...

V It's all demand.

[00:38:45]

P I have to say something, you know I find myself though, it's very... I feel a lot of pressure Serene for us as gym healthy mums, as the face of it to conform to the rush. I feel a bunch of pressure because we're on social media to say, this is the quickest thing, because everything is vying right.

V That's why I am here today.

P And I want people to get this and I feel like... So then I'll say Serene, if we're going to put a video online, it needs to be quick and people don't have time. We talk right. So we got it down to six minutes, about, that's good for us. But I still hear so many woman, like I got one comment today on the latest video we put up, which was for boosted frozen lemonade. We just talked about the importance of the ingredients.

One lady said, I certainly don't have time. I wish they would just tell me the ingredients, show it and shut up. Something...

V Yes, I see...

P And I was like, okay you don't have to love us. But if someone is trying to give you something that's going to help you...

V Right

[00:39:42]

P I think it's so instant, anything that's not instant is shunned.

V Is to be shunned. That is the culture. You see that is the culture. And it is wrong.

S And then then maybe it is change you need. And we've talked about weight loss. But maybe it is change you need in your marriage, in your relationships. Maybe it is change you need in your actual health, not weight.

V Come on, hey...

S Take the time. You know, know that there is going to be... It's not instant, nothing's instant that's worth anything.

V And it's not an instant world, but we are made to believe it is. And it is not a now world and yet, everything in this world is telling our children it is. Everything is telling us it is and all the woman and the mothering... And even in our mothering, I want to say this, it's like okay, quick. We can put on the table and give them a meal as fast... All the book are tips on how to do the fastest meal for your children. How to clean up the fastest. What about just enjoying cleaning up? Shout out to our Mother.

S She would say... Pearl, it is your turn tonight. Or Vange it is your turn. Or Serene it is...



[00:40:49]

S We'd have to go pick flowers from the neighbourhood. We'd have to get the candles out...

P All for the table...

S She'd want us to... Yes, to set the table. And it was all going to be messed up in five minutes.

P But listen, maybe this is for me today. I am so about what is quick because...

V Yes, but I

P I don't...

V But I came to tell you girls this. And quick there is a place for quick, but we have lost the art of slow.

P Can I tell you something?

S We all

V It's not we... I love the wind flying through my hair, I mean there is a place for fast, but we have lost the art of slowing down. We have lost the art of coming aside. We've lost the art of just slowing down to actually, Pearl to get ahead.

[00:41:36]

V You might be thinking that, okay it's all right for you. Let me tell you, I don't just have ten children, I have a house full of people all the time. I

have... Pearl and Serene are busy, we are busy women, but I have learned and I am not perfect at it, but to say no.

P        Hmm

V        I've learned to say... Do I say no?

S        She does.

P        She said no a lot, just getting you back here.

S        I mean I want to say, shout out to V. The reason why I can take it from you to slowdown is because you are the fastest person I know.

V        Yes.

S        Because you don't go around just slowing down for the sake of just being an absolute lazy bum

V        It's nothing about being lazy.

[00:42:16]

S        Or just being a boring bozo.

V        If you get lazy...

S        She knows how to be quick so that she can slowdown.

V        Exactly.

P        And you keep saying slowdown to get ahead. You see this is huge. Unless we have this in our minds for our Trim Healthy Mama journey and your goals and whatever it is...

V        It's wrong...

P        You know what, you're actually never going to get ahead and make them.

Unless you allow this slow time getting there.

V Yes, and actually you'll always fall off it, because it will always be, I'm not at that right weight at that right time.

P Yes.

S So we slowdown in our weight loss and our health journey to get ahead in it.

V It's a health journey.

S We slowdown in our relationships, so we can get ahead in those relationships so that they can grow.

V Yes. It is.

[00:42:55]

S And we slowdown in our exercise so we don't get cortisol. Now, I am not talking about slowdown like you can't do something at aerobics. But I mean, quickly tick the box, rush to the gym.

V Oh, I've read The Bible, tick the box. Oh, I've gone to Church, tick The Bible.

P Tick the box?

V No, I'm just not saying that that's wrong, but what about relationship? Whoever heard of just waiting?

P Oh and then it...

You know that thing that I've been caught up in V?

[00:43:17]

V This is massive.

S Yes

P Okay, read a chapter of The Bible a day.

V Yes.

P But you know what ... You know what I realize, when I get more out of it? I look at one scripture and oh, I got to get more read and then God tells... Oh I hate when people say, God tells me, but I feel this in my spirit. Ah come on, just this ones, just mull over it. Walk away Pearl, that scripture is in your heart now it's all you need. Mull over it, chew on it...

V Yes. Ah look now...

S Sometimes it is one word or one phrase like, love deeply, boom.

V Love deeply. This is me, I'm the preacher of the one verse. I'm actually a preacher even of the one phrase. This is just my... Because, listen some of you are busy and you think, well how do I have time to even read a chapter. If you went up to my room, I call it the word room and I love, I love... Because I think everyone needs to see Jesus, whether you are a believer or not.

V I mean that actually... I'm really serious here, I don't care if you believe or not. What religion, or what culture you come from, I really think... Just culturally... Historically this man was the greatest man that ever lived. Out of all those icons or whatever you call them.

[00:44:28]

P Yes.

V He was the most joyful. He was the one who has the biggest heart of love and people realise that. Go read about him. Go read about Him. Where are you going to find out about Him? Read him in the gospels. It's his word. So... But what was I going to say about...

P You were going to say, oh you know sometime...

S Your word room...

P Let's take my half an hour...

V I just have Bibles everywhere. And it's not to be a big Bible person, all I want is those one little phrases. Those one little words. I mean and that captivates me, it changes me. Then I might do... I might do the chapter. I might... But I just talk to the Lord. Lord you just... Are so good. What have you got for me?

[00:45:21]

V And one person when I was a young girl, they said to me, V once you've read a little thing and it's spoken to you, wait. And it stayed with me my whole life. She said wait five minutes, wait ten. See what happens.

P Okay, so...

P Huge.

V Without reading anything anymore, just wait on it.

P And can I say something...

V And that's where you get that beautiful word Serene and you will love it, Selah.

S Yes, Selah. Rest. To pause, it is that musical term that means: Hey, ponder that for a while. But can I just bring this about to eating too. And that's what I find helps me with my journey in just maintaining my weight, is... Let's see if I've had enough. Let me wait ten minutes.

V Yes.

S Five, maybe 10, because sometimes when I've finished my meal, ooh that bite was so good. That texture in my mouth, quick second pile now. Second helping, third helping. But after my meal, I've had a good amount. And I've... I'll wait five or ten. Do I really need more? No, that... Ooh I can rest with that. I can sit with that.

V Yes.

[00:46:08]

S Yes, and... Yes, go Vange.

V Yes, well... Oh, what was I going... I was so into what you was saying...

S The...

V Well, even digestion. Digestion needs time to slowdown. And... How much time do we have?

P Well, we sort of need to get to the Superfood Spotlight. How many whole points do you have? Is there another one that you want to get in real quick?

V Yes.

P Okay, do it one more.

V Yes, I have...

S Do we have to do Superfood Spotlight?

[00:46:19]

P Yes we do.

V I have four more points and I can do those another time.

P What if we do a Take 2 PODdy with you?

V I do have to say this, I have so much to say about hurrying mothering and hurrying motherhood. I mean that could be a one podcast or joint effort with Mum sometime, which would be just like earthquake shattering.

S No, I feel like one at a time...

P You guy...

V Because there is just huge amounts to say, like as I was saying before, never before in a time in history can we take mother onto our name, just because we have birthed a child.

S Yes.

V There's so much more.

S Yes, that is so true. Isn't it?

V Mothering, nurturing.

S You get to just have that title, while people have to study for years to get the doctor put in front of their name.

[00:47:18]

V Yes.

S Isn't that huge?

V We connect mother without the mothering.

S We need the time...

V We can take that title with actually out even mothering.

S Yes, I know...

V For the first time in history, and to nurture and mother is taking a step aside and slowing down.

P Oh, yes...

V Nurturing is all about slowing down. It's like when... And I was thinking about this this morning Pearl. You know all these epitaphs on people's graves, ah this person, they were the chief engineer of whatever. Or they were this, they were that.

[00:47:52]

V You know who I would like to raise out of the dead and just shake their hands and just like, somebody whose epitaph was, this person loved so deeply, everyone that came before them. That's the type of person I want to tuck me in bed at night. I want to meet that person.

S Vange and Pearl too, we've met those kind of woman. We've gone away on retreats or whatever and we will meet some lady. She will be even younger



than us.

V Oh, often times.

S And she was so sweet and serving to us. And we are like, she is our mommy.

V Yes. We did.

S She's like... She's...

V We had one. We just went away, us girls to this place and she was younger than us, and she was really hip, I think she had dreads and a guitar and this cool sort of vibey. What would you call... Somebody out of Ashville or Colorado Mountain Rock Climbing shop.

S Yes

V But she had such a nurturing, loving heart that...

S A slowdown heart

[00:48:50]

V We just asked her... Because... We just asked her...

S She came into our cabin to look for maybe her guitar tuner or something...

S She was meant to come in and get the guitar tuner. But she is like, hey I see... We were in our bed. She's like, hey can I get you another blanket? Can I get you a drink before I leave? She was serving us, for no reason, out of the blue. Slowdown.

V And I was like, well if you don't mind, but if you doing that, could you? Would you? And she was, oh no I'm doing this as well.

S And if you turn that light of in the bathroom, open the door just a crack

please.

V She went away and we are like, she could be our mother.

[00:49:31]

S Yes

V And you know it's nurturing, it's nurturing, but there's so much more to say on that, let's do Superfood Spotlight.

P Yes, yes, let's.

Announcer Trim Healthy Mama Superfood Spotlight.

P In honour of you today Vange, you are why I wanted to bring Superfood Spotlight up? Because all my life, you made these humble things seem so amazing. The apple.

V Yes.

P You have raised... You'd say Pearl you've got to have this apple. When you tell me about the Christmas apples and I've always, when I picture you, I picture you biting into an apple. So today we want to talk about the humble apple. Which is like walking Vange, we forget about it.

V Come on...

P Yes.

S And I was just reading today, I was looking up a little bit, just so I could just refresh myself about apples. And one of the first lines of the article I read was, people forget the simple things is sometimes the most healthy of all.

V Do you know that that's perfect for today?

P Yes.

[00:50:34]

V And that even goes with my line of food, because we rush so much, we don't stop to realise the nuances, the debts, the highs, the lows of our food we're eating. And in doing so, I think we do away with some of the vitamins and the nutrients.

P Yes.

S Oh we do.

V Because it is just scoffed down. And...

P And do you know what? Apples... They are... They're so there and we so think...

V It's my favourite.

P We're just like... I forget about them and then when I remember them again putting them in my life, I'm like, what a fool you were Pearl...

[00:51:06]

V No...

P You fool...

V We purchase apples every week in our family.

S Try to...

V And they are guarded too. You have to come and ask, because those apples

are gold.

S In our family people are hiding their apples.

V Oh yes

S In the fridge, behind... Behind the slimy mushrooms so that nobody will look there to taste their precious apple.

V Do you know yesterday when we were at the Fellowship? I brought an apple and I hid up on top of the fridge...

S I saw that apple.

[00:51:32]

P And that's what I'm thinking about, but let's get to some points.

V You know I love that The Bible...

S Can I say something though?

P Yes.

S They say out of 100 foods that they chose to look at how antioxidant rich foods are per portion, good old Red Delicious ranks 11 out of 100 foods.

P Isn't that amazing?

V Oh man...

P But listen, the pectin in apples, what they do they cleanse our bodies. They are so slimming. Now those of you with blood sugar issues maybe think, well I can't do carbs. Guess what? You can do an apple.

V Yes.

[00:52:03]

P Especially a green apple, I eat all sorts of apples, because my blood sugar is great. But the fruit of an apple is extremely, extremely gentle to your blood sugar.

S Yes

P And it can heal you of Type 2 Diabetes, they say.

S Yes, the pectin is a viscous soluble, fermentable fibre...

P Yes.

S And it's not just some quickly absorbed sugar rush.

P No

S The Bible says, it's the ancient ways, refresh me with apples.

V Oh, refresh me with your apple.

[00:52:33]

P I love, and here's what I've been doing the latest... Because once I got this whole Pearl, what sort of fool have you been forgetting about apples? I brought them back into my life, big time. And this is a salad that I love to do. I know that we have the salad in the book.

V Did you steal it Pearl, because I am the apple queen of salads.

P No, it's my... I know you're the apple queen, but this is my own little salad. It's so quick. I know we have the Cottage Waldorf Salad in the books and a lot of you make it with the cottage cheese. But this is just a different take

okay? So I just put down a whole bunch of chopped romaine, but I don't put any oil in it, because you don't miss it. Because it is what... An E Meal right? I just pour lots of apple cider vinegar, a little bit of salt and pepper and I do a little bit of THM Supersweet. A little bit of balsamic. So I just pour it all over, get the vinegar, I toss it in there right. Then I chop myself a crisp apple, push it on it. Okay?

V Yes.

P Then I do a can of tuna.

V That's my salad Pearl.

P And then...

V It's my salad, we're going to have fight.

P Now here's where... Here's where...

[00:53:26]

S Yes

P Okay, here's where it rocks, like in the Cottage Waldorf Salad, I do put a small amount of nuts. This is your fat, because you are not putting any oil on it.

V The pecans... Pecans right?

P I just get a small amount and I chop them so fine and I... Look, like you say...

V Yes.

P You don't have time, but really I want to eat the salad quickly. So I no longer heat these and toast them. I put them on a plate and chop them finely, I put a little Braggs and cayenne pepper and I really coat them. because you've only got a few for your fat.

V Exactly

P So I toss them on the salad. It's beyond a joke good.

V That's my favourite salad...

S I am going to do that tomorrow for lunch, people...

V That's what I have.

P Then I have our Chocolate Whey Protein, half of it in some almond milk, just to round it off.

V Yes.

[00:54:03]

S Hey, let's slowdown...

V I love that salad.

Do you know I went to a wedding last night and that's what they had. I was like, sometimes you know, a salad is just as...

P Yummy

V Christmas day, I just do a beautiful salad with apple.

S Simple

V I mean, I love all those meats and lamb and stuff, but I bring those salads...

P Vanges's salad always has apple in it.

V Yes, always have apple. And Christmas Day the apples shine in my salad.  
Shine.

S Yes, they do.

[00:54:32]

S They absolutely shine. Hey, so we want to slowdown and so many things,  
but don't slowdown to taste that salad.

P Yes.

V No, right

S Meaning...

P Meaning don't wait to try it. Get on that salad, because I think... You know,  
if you don't like tuna, you could do some chicken... Or you don't even... I've  
had it where I don't put any meat protein on it all. And then I'll have my  
protein in the drink.

S Yes

V Right

P So you don't actually have to go put tuna or chicken on it.

S Have a matcha with some collagen in it, or have a little almond milk  
chocolate whey.

P Yes, or something like that. But you know what? The apples... Why do we  
forget about them?

V Well, I haven't.



[00:55:06]

P No, you haven't.

S No, Vange I haven't.

P The last time we did cabbage in honour of you.

S I had forgotten about apples before in my life. And then Pearl I forgot about carrots before in my life and you brought that back in my life about six months ago. And it's so great...

P I did.

V Well, that's so good, because it is this slowing down to the cabbage and the apple and it is also about the cutting. Because you have to cut them and for a salad you have to cut them in quarters, take out the core and then...

P I like mine really small, because then you get lots of pops of sweetness.

[00:55:31]

V Yes, lots of pops of that sweetness.

P But you know what? We've ta... We're almost at an hour. We've got to go. Maybe Vange should come back...

V Next time...

S We don't know how to stop, because when we're all three together, we don't stop. We just keep going for days.

V Girlfriends, I love you. I love you. I love you.

S She does.

V I love you.

S Let us tell you, that she does.

V I love you, I truly do.

S I want to shout out to Vange. She does love deeply and that is why she connects with that verse.

V Yes.

[00:55:50]

S When she says, I love you, she isn't just saying that. She actually does. She actually feels it.

P She actually really does.

V I always wondering about...

S She loves people.

V Why don't you love them like me, because they're so good.

S And we do. But fact is that .

V You do, you do

P But you know what? Hey, I am sorry today if we talked over each other. We've done this our whole life and we...

V I'm sorry...

S We were good. We were good.

V Hey listen, you can't change us now.

S It's the three sisters together.

[00:56:17]

V You can't change us now.

P No, but we've tried to be a bit better. Hey, we going to go. We are going to see you and we'll bring Vange back to finish Part Two.

V Yes.