



Trim Healthy Podcast with Serene and Pearl
Episode #142 - Out of the Crushing God Has Answered

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*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 · JG = John Gusty

[00:00:00]

S This is The PODdy, with Serene.

P And Pearl.

[00:00:34]

S Get it right, it's P-O- D- D-Y.

D Women and men, boys and girls, it's your boy, Dan V, with the Trim Healthy Podcast, and with me are the hostesses with the mostesses, Serene and Pearl. And today we've got a great show, because it's all about that birth, you know what I'm saying?

P And today is, Serene, you take this, take the floor, Serene.

S Oh, mate, I'm a goner I'm just a goner. I am a goner. My beautiful, wonderful son, Arden, and his gorgeous, amazing wife... See, everything's amazing. Like, I'm like totally on a high of elation of joy, so everything's amazing. But no, my gorgeous daughter-in-law, they just gave birth to their baby of promise.

P Ooh.

S Gethsemene Eliana. Gethsemene means oil press, and...

D The baby's name is Gethsemene?

S Gethsemane.

D Well, boy, they really laid the ace of spades on you guys, because you've had, like, Meadow, and Field.

[00:01:34]

P Arden, and Vision, and Field.

S We don't have a Field, but...

D Banjo, Wingspan. And yet, they come...

S Sitting Bull.

D I mean, you can't top Gethsemane.

S No, but you know, there's such meaning to the name Gethsemane, because from the honeymoon onwards, their marriage was in an oil press. Gethsemane means oil press, they just felt like they were crushing [overtalking].

P And it was the garden where Jesus prayed and dropped the drops of blood, right?
Take this cup.

S Yes, and prayed, Father, not my will but thine be done. And that was the prayer that they prayed out to God every night, because Arden was diagnosed with cancer that totally went into fourth stage, very aggressively, very quick. And just a few, the first few weeks of their married life, they were fighting for his life. And both of them had just had very simple beautiful dreams, we just want to be parents. I mean, Arden didn't want to, like, let me just finally get a yacht, and then we'll sail around the world. And I want to have this business, and that. He was like, I just want to be a dad. I want to work hard, and support my wife and children. That was his dream, it was very simple and beautiful. And Esther's the same, she just longed, I mean, they just longed to have babies straight away. And it's like their dream was snuffed out from the beginning, and so they put that on the shelf and they just fought for Arden's life. But Eliana is the middle name, God has answered, and they know that out of that crushing, out of that hard place, came this beautiful oil.

P Years later.

S Such joy, you know, God says, I give you an oil of joy for the spirit of heaviness.

P But it wasn't...

S No, it was years later.

P Yes. And they couldn't have a baby, they couldn't get pregnant for the longest time.

S And of course, he had to go through chemo, and all that. And then the world, and the statistics say, well, can you ever, you know? This baby's a baby of promise, this baby's a baby because they had faith. They brought swing-sets for their yard, people.

[00:03:23]

D Before they were pregnant.

S Before the pregnancy, month after month, no baby, they brought their swing-sets for their yard.

D Dude, hold up.

S This is faith. This baby, I feel like when I look at this baby, I'm looking at a promise in the flesh.

D Hold up, okay. So, like, impossible of impossibles. You talk about believing in your business, or believing in your health goals, or whatever, how about believing when professionals have completely told you there's no hope? The people who are qualified to tell you whether there's hope or not, have told you it's not happening, and you go out and buy playground equipment?

S Yes, they're just such an inspiring couple. And Esther, all along, would buy little bits of baby clothes, here and there, things that she liked. And so, when I just saw this little baby, and held this little baby, not even 48 hours ago, it was just immediate tears, immediate, like, I just can't believe it. And I just say, take that, Devil. You tried to take my son out, and with that, tried to take out this beautiful daughter.

[00:04:25]

D His whole line.

S Yes, this whole dynasty. And my gorgeous daughter-in-law is from China, and she's just so beautiful. And this baby, it looks like the Emperor was her great-great-granddaddy. I'm like, there's a dynasty coming from this baby.

P She's so Chinese and gorgeous.

S The Devil tried to take out the whole line, but no.

D I wish we could name this podcast a long name, Out of the Crushing God Has Answered.

P Oh, I love that.

S Yes, it's so true. And so, there's going to be, don't worry, we're bringing some revelation here for health, for birthing other things in your life, but just hear me out on this little part first.

P Sure.

[00:05:03]

S Because even just with what, even with that about the faith, when everyone else has said no, that's coming too, for you, for ideas for your health, so we're going to parallel it. But Esther's birth was not one of those easy walk-in-the-paths. I mean, it was amazing, it was nothing dangerous, there was no c-section, everything. It was perfect, as far as textbook, but it was very intense, no room for breathing between contractions, it was just intense. And she was birthing life, and a lot of women, and especially in their first births, it's super, super-intense, but this amazing woman made it, and she's like, I don't know how I made it, I don't know how I made it.

P I know you just showed me that little video right before we got here to the cabin, Serene.

S It's very seemly, there's nothing...

P Yes, the last few seconds of her birth. And there's a certain face that women have, and hair that women have, at the end of birth, that it's only through birth that you look that certain way. It's a strong, powerful beauty, but I just tear up when I see it because I know you can't do it, in yourself. I remember my first birth with Meadow, and I remember having her, and then I remember being there for Meadow's birth, and how can you do it? How can you go forward? How can you... It's supernatural strength that somehow comes from your body that gets you there.

[00:06:28]

S Yes.

P Right it's hard.

S And you know, it reminds me that the only other thing that slightly is a 1% to this, is when you watch the Olympic Games. And you see the look on these people's faces as they're crossing the finish line. And it's a look of, I've put everything in, and more than everything in.

P Yes. That's the strength they didn't have.

S And that's the look, but it's more in birth, because it's almost, there's a supernatural thing over too, because God is the one who brings forth. And there's something so incredible about it. So, it made me think, God, when you give birth to life, like, when we give birth to life because we partner with you, when we give birth to life, it's not just a walk in the garden, is it? It's hard work. It's hard work and you want to give up. Like, she was saying that she just wanted to like, okay, she was a week overdue, and she was saying things like, oh, no, we can go another week, we don't have to do this now. You want to give up, you want to be like, no, I wanted to go take a nap. But you're stuck, you're in it, right? But it's just that pushing forward, because you're going to birth life.

[00:07:38]

S And this is what I want to parallel here today. It might be a struggle for you in your health journey, but you're giving life to something, you're giving life to your own body. And it's going to be tough, maybe there's really tough habits to break. Maybe you just want to give up, maybe it's a struggle. But it's always a struggle when you're doing something great, when you're birthing forth something new, something that is life-giving. And that's what we want to talk about here today.

P Yes, I think, Serene, when we always talk about Trim Healthy Mama, we're like, well, Serene and I sometimes say, oh, it's easy, it's simple, it's natural. To us, yes, because we've done this a long time. But when you're first doing something, when you're first giving birth to something, it's actually a challenge to bring forth, to give birth to something. The Bible calls it travailing, you travail a birth. And so, yes, I understand that what Serene says here, you can summon that strength that you didn't even think you have, because that life is just so wonderful. I mean, when it comes forth, and what it brings.

S And I was just thinking too, giving birth, the word giving. Giving life to something, you're having to put your sacrifice there, you're actually giving of yourself, you're giving away. But when you give, there is a spiritual law as strong as the law of gravity. Strong as the physical laws because spiritual laws are just as strong. And the law of giving and receiving, it's just there, it's set in stone. When you give, it always gives back.

[00:09:28]

P And the giving of the birth, there's a verse that says in the Bible, and I can't quite remember exactly, and you're all probably hearing it and just knowing the one in your head, but it's when a woman totally forgets her pain when the baby is in her arms. And so, the baby is a gift, the mother gives, gives of all the sacrifice, but the gift so outweighs the giving.

S And Pearl and I were talking about how they got home from the hospital, they wanted to get home early because they're sick of hospitals, because they've had to stay weeks in hospital when Arden was in the hospital and couldn't get out. And hospitals aren't their favourite place. And so, they're like, we've got to get home early. So, they got discharged late last night at 10 o'clock, and it was tired, they hadn't slept for four days at this time, they've been through birth, and the baby's crying in the car seat, and it's just hard, you know? And it's a giving, it's a sacrifice, all of a sudden, you can't just stop off at Starbucks on the way home, and know that you're going to have a full night's sleep in your nice, clean, linen sheets. You know it's going to be baby poop on it, and spew.

[00:10:30]

D It's fluid time.

P Yes, it is.

S Yes, it's like, take turns walking around the living room, and you take 10 minutes and I'll take 10 minutes. But it's giving. It's giving life. They gave birth, but now they've got this life, it's still giving because you have to protect that life. So, you may have given birth to health, like, got in some good habits, gotten rid of things that you don't have to, that are holding you back. And you've given birth to this level of health in your life, but you got to keep it, too. And keeping it is work, too.

P And grow it, because the babies grow. I mean, because it's going to grow. You don't want it stagnant either, so you give it, then you protect it, and then you let it grow.

S So, let's talk about the word giving. I mean, when the Bible says when you give, it comes back, pressed down, shaken together and rolling over, is that...?

P Running over.

S Running over.

P Rolling.

[00:11:23]

S In Proverbs 11, Chapter 11, 25, it says, a generous person will prosper, whoever refreshes others will be refreshed. Whatever you give will come back, and I want to say this to me, to you. And I want to say it to me. Actually, I want to say it to me more than I want to say it to you. I always feel pressed for time, I've got 10 children still in the house, doing the Trim Healthy Mama thing with Pearl. I've got grandbabies, now this new little, sweet new one which is in my backyard, they live next door. But I have six other grandbabies, just life is full, and it's just full.

D I can't believe you're a Grandma.

S I feel like I want time. I need time, I feel pressed for time, I'm always saying, rushing, rushing, rushing. And that's something, I feel like God's saying, stop saying rushing, you're using the language of stress, change the language. But I just got this revelation the other day, Serene, slow down and give time. Like, sit down with one of your little ones on the couch. You don't have time to read the book because you feel like you got to make dinner and do a billion things. Give time, because I'm going to give it back to you pressed down, shaken together. And I've heard about this little quote, how busy people are the ones that get things done? Sometimes when you think you don't have time, you're the one that gets things done.

P So true. I look at John here, John Sovereign, and I think he's one of those. He's the busiest person that I know, because he's got Trim Healthy Mamas 24 seven, pretty much. Because he's been with us from the beginning, so his hands are in all, his eight, I think of John like an octopus with eight arms in all the different little factions of our business.

[00:12:56]

D That's the picture I have too.

P Then he goes home, and he's chief caregiver for Dawn, his wife, who's in a wheelchair, and then he's running, taking his kids to soccer. But you want something done, who do you take it to?

S John.

P John Sov. He's going to get it done.

D John Sov.

P But he gives of his time, and I feel like somehow it gets given back. In his spare time, which I don't know where he gets spare time, he makes copper boundaries for his house, so that all the bad, lurking, like, what are those radioactive waves that are in the air out to come and get us all?

D He blocks them.

P That his wife and him are protected from it. And he's making shields for all kinds of stuff, his house is all wiggled out for like...

[00:13:32]

D It's wiggled out.

P For protection from all the invisible trouble.

D I think that's accurate. I think he has a lever too, where his staircase goes into a dungeon, and it trap-doors down.

S Yes, and he even said to Pearl, I'll make you some of these copper sheets, or whatever.

P Yes, and I'm like when?

S But he said he would, remember?

P Yes.

S But my point being is...

P That's the point, John Sov.

S John gives time, and it gets given back to him, somehow.

P yes, he does.

S Because he shouldn't have the time to do it all, he shouldn't.

[00:13:56]

P I know, and if something's going wrong with your life, John Sov is always the one to say, is there anything I can do to help? And I always think, well, I wouldn't ask you because you've got no time, but guess what? If I wanted it done, I probably would.

D There's people out there with no time, we should give them John's phone number, and he'll just solve it.

S No, see, these people need to do like what I need to do now, I need to give time. Instead of using the word rushing all day and being stingy with my time, like being all weird about it. I need to relax and just give it, it's going to come back shaken down, pressed down, running over.

P But what about the thing where you say, people like, okay, they joined the choir at the church because they were asked, they join that and they go volunteer in that, and then they get burnt-out, because, and then there's this new word. Learn to say no.

S But they're not giving time to themselves either. You see, mine is the rush, I'm giving over all my thing to the rush. Busy, dizzying, here and there. But I feel like I need to sit down on the couch and just relax with my children. I need to take time.

P Oh, so sometimes it's you that you got to give to?

[00:14:48]

S Yes.

D You know what, though? Serene's really great about saying no.

P Yes, she is.

D I think it's a really great balance. Because even though for us, who always want her to show up in New Jersey, or show up at the book signing, or show up at the conference to speak, or whatever. We keep hearing, no, but she's, with what she has going on in her life, she's had to learn to say no. And that's taken me a long time to figure out, because I'm like, my wife's going to take care of the kids. So, what, it's 7pm, it's 10pm, I'm still saying yes to people, because I'm generating business, or whatever. And my wife is like, dude, where is the family balance?

P Because you've got to say yes to your family, which is more important.

S Well, do you want to give to life, or do you... See this is the line. It's like, we can give to these empty buckets that never fill, or we can give to situations that are of life. And for me, that's what I long, what I want time for is time for my family. And so, that's when I felt like the Lord say, give it. And then you get it pressed down, shaken back, for all the things you have to do in life. You'll be able to make it to the party, you'll be able to do this, you'll be able to do all of that. But just give the time, because you're going to get it pressed back.

[00:16:16]

S And I don't know how it's all going to work out, but it's a spiritual law and I'm going to try it. But you might be giving birth to something else. What do you need in your life? Maybe you need health? Maybe that's why you're listening, because you've got health issues. What do you have? You have something of health? Give it away. Maybe you're the best healthy muffin maker in your whole entire mamas' day out group. Jolly well make your muffins, and give them out, give the health out that you have, you're going to receive health back.

P Oh, Serene, that's a principle that I've seen true over and over and over, in our Trim Healthy Mama community. The ones that are out there, and they gather groups of mum, I'm not just talking about our coaches, which always start off that way. We don't have one official coach that is official, and they actually start making money, who thought to themselves, I want to be a coach. They were doing it for free for years anyway. But the women that are out there saying, come on, get to my house, I'll show you how to do that. Or come over, I'll make you a Trim Healthy Mama meal. Or telling their friends, or helping the neighbor, or writing posts on Facebook encouraging. Those are the ones that are always the most successful. Always the most successful, because, and it just, Serene, it just burst into my head like a light bulb, now I know why, because they're giving.

[00:17:23]

S If you want to be, maybe in life you need joy, maybe you're suffering with depression, the last thing you need is to be thinking about your thoughts, and getting into an introspective little spider-web. Go out and give some joy to somebody, give what you need. Give what you need, and it's going to come back to you. It's going to come back to you, and just bring it back to the birth, if you need to birth something in your life, give the sacrifice. Give the time, give the effort, give when you feel like giving up, and it's going to come back to you. There's going to be a gift, it's going to be in your arms.

P Hey, you're listening to The PODdy with Serene and Pearl, and I'm Pearl and who are you?

S Serene.

P So, I open my box from Grove, and the first thing I pull out is the method daily shower cleaner. My shower is glistening.

S I have the geranium scent bathroom spray, I love it.

P Check out all the incredible natural products to give you a happier, healthier home, at grove.co. Every grove.co product is guaranteed to be good for you, your family, your home, and the planet. So, you can save time reading confusing labels when you're at the grocery store and your children are having a meltdown, or you don't have time to read labels.

[00:18:40]

S Grove.co.

P For a limited time, when our listeners, you awesome Trim Healthy Mama's, go to grove.co, that is grove dot C, O, slash trim healthy, you'll get a free five-piece full gift set from Mrs. Meyers and Grove.

S And do you know what's so precious about it?

P Free Shipping too, Serena. Can I talk? I want to say the free shipping thing.

S Okay.

P And a free 60-day VIP trial. Scents [inaudible] people. Apple cider, acorn spice, pumpkin spice, these are exclusively sold at Grove, these scents. And they are giving you this gift, which you can choose these special scents, so that your house can magically smell like fall. Fall has its own smell, but then you just, we need to accentuate it a little bit. Just like, hey, you got a good face, put some make-up on it, and whoo. So, go to grove.co, that's dot C, O, slash trim healthy, to get this exclusive offer for you guys only. Grove.co, slash trim healthy.

S This is The PODdy, with Serene.

P And Pearl.

[00:19:46]

S Get it right, it's P-O-D-D-Y.

D You know consistency is reported the number one thing successful people do well? It's not that they're necessarily masters of their art, they were just more consistent than the people who stopped a year ago. I saw this really cool picture, I may have shared it on the podcast before, but it's this cartoon and there's these two men digging with pickaxes.

S Haven't shared it, Danny, go ahead.

D And one of them, and you see they've dug a miles worth of tunnel, and one of them is frustrated, sweating, and he's marching away. And the other one, it's literally a millimetre from breaking through, and there's all these diamonds in this whole mine of gold, literally a king's ransom is one pickaxe swipe away. And it's such a picture of consistency, and just not stopping. If something's worth having, it's worth doing until you have it.

S That's so good, Dan.

D And that's the, to me, people, I think everybody would love to be able to create anything they want in their life. Like, I so want this to happen, we have this picture of what that looks like. We can see it there, and it's not in our hands but it's almost like a dream-state picture in your mind. And it's like, dude, what if you're one swipe away? You never know when you're going to be three swipes away, two swipes away, one day away from really breaking through.

[00:21:31]

P When it comes to your body too, like working out, I can work out for three months, and I see nothing. But it's weird, three months in one day, it's like it all goes [inaudible]. And it's all of a sudden there, and it's like, what happened? I went to bed and woke up. I haven't even worked out for three days. And now it's just, this thing, it's like your body is this organic thing. It's not a machine, it's not when you pull a lever the red light turns on, and then you push it and the green light goes on. It's this organic matter, and so whether you consider yourself a, what do you call them? We don't use the T word anymore.

S Turtle?

D The slow releasers, whatever your body type is, I don't know that we can fully know when we're going to break through on anything we're doing. And so, yes, like the whole, so what stage are you in? Are you three months pregnant? Are you six months pregnant? Like, with when you're really pregnant.

S With your, whatever your birthing, yes.

D Yes, exactly, when you're physically pregnant, you can see some outwards indicators. Oh, I look about nine months pregnant, even if you didn't know, you're like, I'm close to popping. But yes, with your health goals, with your business goals, I mean, we get people writing saying that they're starting horse farms for the mentally handicapped youth.

[00:23:05]

S And I'm like, wow, that sounds amazing, but that sounds like about six years of epic birthing. Like epic, to really pull that off and to see that through, there's got to be a consistent drive through this hardcore birthing process, if you want to see a successful horse farm where real kids are coming, and really getting healthy.

P Oh, it's huge. And anything, even in our business we've learned this, we think, okay, ideas. Oh, let's do a make-up line. Okay, let's do a bar line. Years down the track, that comes to fruition. And so, it's the same, I mean, you don't realise all the work goes in the back-end, it's huge. It's amount of people, it's amount of money, it's amount of working day after day...

S Machines.

P And machines, and plotting.

S Broken machines.

P And we think in our heads, let's do bars, three months later, where bars? No, no, it don't work like that. You got packaging, you got artwork, you've got honing the recipe, then you got putting the recipe on the machine.

[00:24:05]

S You got travelling to different countries and trying to find a machine that doesn't exist.

D Yes. Who's going to make your bars?

P I mean, there would never be a bar if you didn't go through all that, but it's the same with the weight and health goals. Like you said, you don't pull a lever here. It's day in, day out. But I was thinking of this, Sereney, when you showed me that picture of Arden and Esther, right before they gave birth, her hair's sweaty, his face looks like he's, he's white as a ghost, he looks like he can't believe this has happened. It's almost a manly terror, to tell you the truth.

S Yes.

D You've seen a photo of Arden?

P Arden and Esther, right before they gave birth. It's wide-eyed, like, I can't believe I'm going through this. So, not like fear, and fear, crazy fear, but just astonishment...

S And so, awe and wonder.

P Or wonder, but a little terrified too.

S Majesty, yes, everything.

[00:24:59]

P I mean, I can't believe my wife is being ripped open, and just pushing this baby out, and she's been screaming.

D I remember that, yes.

P It's like, it's growing them up, right? And then, like you said, they had to go home and there's no Starbucks anymore on the trip home. You get home and there's body fluids just coming out all night, okay?

D Fluid time, yes.

P And no sleep. But with anything that's worth it, we go through this growing up, grow up girl-thing. You put your big adulting pants on, and it's hard when you take that baby home, the joy, and they're worth it, and this gift is there, but it is hard.

S Well, I said to her...

P It is hard.

S I said to Esther, I said, Esther, I've had nine biological babies. And every one, I'm bawling my eyes out, day three after, just hormonally overwhelmed, over stimulated, it's hard. It never gets to be a walk in the park.

[00:25:45]

P Course you are. And you'd love it, you'd never take a second away, you would die for that...

S Crying out of joy at the same time.

P You'd die for that baby. It's the best thing in your life, but it is hard. And anything worth it, you know, we say Trim Healthy Mamas is easy, but it's also hard. Just because you're doing something worthwhile, and you're growing up, and growing up is hard.

S And your birthing life. And whenever you're doing something in the right direction, you get opposition.

P Yes, you do.

S From your own negativity, from the enemy, or whatever. And I just had this picture in my head, Pearl, I don't know if some people have seen the big Grand Canyon in my backyard? Because you put it out on the.

P Yes, not everyone saw it, but...

S Okay, well, I have a Grand Canyon in my backyard, because my husband's name is Push, that's his nickname. And he's always doing a billion and trillion projects, all on top of one another. And we had these containers in our yard from the stevia that gets shipped over to America. And my husband's a slight hoarder, even though he's a minimalist at the same time.

[00:26:47]

P A hoarder minimalist.

D The hoarder minimalist dot com.

S Yes, he's a minimalist with clothing, he has, like, three outfits, they're all merino wool and everything. But he's a hoarder with equipment. And all of those stevia containers are in my yard, people. I can't even...

P Well, can you, people might not know what a container is, or a stevia container. They're those big...

S Shipping containers.

P Shipping crates.

S Huge, that you see on the ocean liners.

P 40 foot long.

S They're all stacked up on an ocean liner.

D And they all spill all the time.

[00:27:12]

S Oh, I don't know, but these are huge, metal things the size of mobile homes.

P Yes, they're 40 feet.

S Yes, well anyway, they're a bit of an eyesore to me. So, he's like, oh, no worries, I'll bury them. And I'm thinking, I'll bet it's 50 years down the track, we'll finish our home first and all that stuff.

D Surely we'll finish our home?

S Well, I came outside one day, and he's got my son in a huge bulldozer-y thing...

D It's a bulldozer.

S Scraping down the dirt, and I think, it's just going to be puddle, it takes hours and you see no change. And then, I don't go out that side of the house much, I come out, there's a huge swimming pool already. But it must have been, okay, and it ends up to be like a Grand Canyon, deep enough to fit these containers in, and long enough to fit them in. But day after day, my son plotted away on this little, well, it wasn't little, it was big to me, but apparently, it's little in the world of machines. And he just scraped with this metal thing.

P And it got that [inaudible]. Because I've seen it, I almost, I died laughing when I saw, I just couldn't believe this was out Serene's backyard. My husband, who might, you know Charlie, he's not really a person who laughs. He's not like a joker all the time, and sometimes he's a strong, silent type, I don't even see him smile all day, even though he's happy in his heart. He's just not the smiler.

[00:28:32]

P He saw that hole in Serene's backyard when it dug, he bent over laughing. He could hardly get his breath, it was the funniest thing he'd seen. I haven't seen him laugh like that in years. He couldn't stop, because Sam had dug the Grand Canyon in his backyard.

D Yes, because the look of your current yard is Sam's brain manifest in the world. Like, the way, the situation when you pull into your property, it's Samville.

S It's Samville, yes.

P It's not Sereneville.

D I'm like, where's the Ferris wheel? That's what I'm thinking. That's all your yard lacks, is a big Ferris wheel, and it would complete the picture I have of your husband.

S All the big metal things.

P And their house is a tree ship. Okay, so they've got this house that Sam built, it was just a, quite a small house when it started, but he kept on building up, that's why it's not finished.

[00:29:22]

D You mean like a earth ship?

P Yes, so now it's four stories up into the trees, and it's got this walk-around balconies up in the trees, and it's, I mean, everything is very, very out-of-the-box.

D And it's like a stucco, Mexican-style?

S But my point being though, people. Okay, let's birth my house, right now, okay?

P Right.

D Okay.

S It's not done, peeps. It's been years, but guess what? We're plodding on.

P How many years has it been? 20?

S We're plodding on. And it's like, if we put the high-speed camera on one day, we'll see that there was progress. But every day, I may not see the progress.

P And that hole in your backyard, you're saying, [inaudible] just dug it up.

[00:29:55]

S It's just like, I went out there for the first few hours he was doing it, and it was like, I didn't see, like, a teaspoon every time this thing dug out, a teaspoon. But after a few weeks, I look out, there's a Grand Canyon. So, it's going to happen people. It's going to totally happen. And so, that's really what we wanted to bring to you today, is if you birthing something, don't give up. It is so worth it, it is so worth the effort. And if you need to give of yourself, no, if you need to get something, give. You need to give.

D If you believe, nothing shall be impossible for you. Is that a lie, or is that the truth?

P No, you see, it is the truth, and you either believe it, or you don't. I think that's why a lot of people give up and go back to their former ways, which weren't healthy. It's a lack of belief. I think the little doubts come in that are like, well, it's never going to happen anyway. I got this far, I dug a puddle, I dug a swimming pool, but it has to be that Grand Canyon, but I just don't think I'm really going to get there. And unbelief creeps in, and so you quit. But like you said, Danny, the belief has to stay, if you believe, nothing shall be impossible.

S You know that verse is right outside the Baptist Hospital where they gave birth, it's like their big, huge slogan, nothing shall be impossible. And with the scripture verse reference, right where they gave birth.

P Well, this baby is exactly, I mean, the presentation...

[00:31:27]

S Well, let me just tell you this. When you say consistency is like a success, with most people that are successful they find out that they would just consistent people. They weren't necessarily overly-skilled, talented, whatever. I mean, maybe they definitely have incredible skills and talents, but consistency was the foundation of it, across the board there. Well, Arden and Esther were consistent in their faith, and you know how you said you just don't know you're going to be one swipe away? Month after month after month, it just wasn't happening with the conception of this beautiful baby. It just happened when you least expected it. It was the least, and it was the first of the year, and it was just, they walked in and they just, hand right in front of my face, just shoved a pregnancy test with a line, like, right in front of my face. And I just fell to the floor like a psychopath because it was just so shocking. But it was shocking because we didn't know we were just that one swipe away, Danny, like you said. So, don't give up, people. If you feel like it's just been so long, don't give up. You don't know that it's just, it could be just around the corner. And keep that faith going, because they brought that play equipment, not in the beginning of their faith journey. It was a few weeks before they got their pregnancy test. Remember that, Pearl?

P Yes, I do.

[00:32:39]

S It was just right there. And it was like, that was when you feel like giving up, when you're being further along, and you're trying to be consistent, and you don't see anything for that yet. But you never know, you could be right before your windfall.

P Hey, you're listening to The PODdy, with Serene and Pearl, and I'm Pearl, and who are you?

S Serene.

S It's kind of fun to have a coffee, sit down on the couch, and peruse all the lovely styles.

P So, with Everlane, you don't overpay for quality clothes. They have really good natural fabrics. A silk shirt, these things can cost several hundred dollars at other places. Guess what? We paid under 100 bucks.

S Yes, it's amazing, because they sell directly to you, which is very smart. And that way they can, they don't have to put the price so high up. But you know, it's not just like you're getting better, you're paying less, you're actually getting better quality. You're getting more bang for your buck.

P And it doesn't, whatever your style is, or your preference for clothes, Everlane's clothes, they look better, they're very classic pieces, okay? And they cost less, and they last longer. These are quality, because Everlane sells directly to you. They don't have the store in the middle. So, that's Everlane dot com, slash trim

healthy. So, to get your first order shipped free, go to Everlane dot com, and then do the slash trim healthy. Everlane dot com, slash trim healthy.

[00:34:09]

S This is The PODdy, with Serene.

P And Pearl.

S Get it right, it's P-O-D-D-Y.

P I was thinking of something and I didn't know whether to bring it or not, because it's hard, and you know we're going to bring it when we talk about, in our book, I'm That Girl. But you said something, Danny, you said, if you believe, nothing shall be impossible.

D Well, I was quoting someone.

P Yes, you were quoting the scriptures. Okay, but there's a lot of realities in this world too, right? And I know we've lost loved ones, I know some things happen that we don't understand why. And then some people could listen to us and just say, you don't know my story, this hyper-faith doctrine, you're leading people astray, you're deceiving them. What if you say, believe, believe, believe, and they lose their mother, or they lose their father? What then, Pearl, Danny and Serene? It's easy for you, your son lives, Serene. Okay, so, but I wanted to say this.

[00:35:05]

S You say it.

P So, there can be a deciding, because lots of people have died, even in faith, right? There can be a deciding of, okay, well, prayer, well, miracles, well, all this belief stuff, it doesn't work because I watched my uncle die, and he got prayed for. And I see another something come in, where it was probably me in the past, where I was maybe the Doubting Thomas, I saw that person die and I helped pray for and it didn't work. Okay, so now I'm just not going to believe in miracles. Maybe that was for another time. Maybe we don't have enough faith, I don't know. But I just can't believe, because I saw with my eyes, something didn't happen and I wanted it to. So, where are we? And so, I see things, even on social media, there's a whole 'nother part of us believers saying, what do Christians do when they have chronic diseases? And one of these memes had five steps. Be thankful for the good things in your life. Okay, yes, let's do this. Another was, ask for help when you need it. Okay, yes, let's do this. There were five steps and they were all beautiful. But the only step they left out was, believe that God can heal you, but they left it out. And I thought to myself, I understand it, but that's not what we're called to.

[00:36:22]

S Exactly, and you know, Pearl, I was at that place with Arden. I was at that place because my brain was going like that all through the night. My brain was like, but what if? But what if? And then finally, I felt like God brought me to this place where He said, but what if is not the place I'm calling you to. You leave that up to me, because we've got to rightly divide the scriptures, and we have to balance faith with His sovereignty.

P Yes.

S So, we leave His sovereignty up to Him. And He is going to be sovereign, and sometimes He does choose. I don't believe that He gives people sickness, but He can choose to accept somebody home. Out of His sovereignty, He can say, welcome home, I'm just going to bring you home right now. I don't believe he's the giver of death at all, but I believe he can accept people home. But he's sovereign, we have to balance it out with faith. But we are not called to be sovereign, we're called to be the faith, people.

P Yes, we are.

S Right, so, we totally rest, that if what he could have taken away with his power, He allowed. We had to rest in that, totally. But we would call, I would say, I remember saying to Pearl, Pearl, I can't go to plan B, because I'm only call for plan A. My brain, as a human, wants to be logical, wants to reason it all out and say, let me prepare for plan B. No. I got to that stage where it was so non-healthy, because I couldn't do plan A properly while I was preparing for Plan B. You can't, right? And then a little Graham Cooke thing, I'm always bringing him in lately, because I'm just on a bit of a kick of listening to his stuff. He, apparently, he's in 24-hour pain.

P Really? I didn't know that.

S And he, and I listened to this little question where somebody is like, well, how can you have the fruits of the Spirit? I'm actually, I've got a sickness, and I'm in pain. And he answered, he's like, well, I'm in same boat with you, actually. I have, I don't sleep for more than a couple of hours at a time at the night, just chronic inflammation pain. But he says, and I have a conversation with God every morning, that He is my healer. And I know He's my healer. Nothing can remove that thought from my brain. I know it, I know it, I know it. But until He brings the fullness of the healing, He is my keeper. And He's just going to keep me to the fullness of the healing. So, maybe you're in that place, people, where you just need Him to keep you. To keep you, keep you in that nurturing, and His presence, and keep you in the heart of the Beloved, until the day of the full fruition.

[00:38:36]

P But we're never called to lose our faith, that's not our calling. We're only called to have faith.

S Because, logic, reasoning, and all of that, that is enemies to our faith, we can't try and work it out. I remember trying to work it out for, sending myself batty with Arden, and then of course, with my other son there was a time when I had two sons in the hospital fighting for the very breath, at the same time. And my brain was trying to work it out, but working it out was death. Working it out wasn't healthy, working out was not what we meant to be. It's just as a faith, right? The kingdom of God. Sorry, like a child, the kingdom of God is likened unto a child, it's a child that receives it. We have to put ourselves into that place where children believe in Santa Claus. It's like, they don't try and reason it out, like, how can somebody come down the chimney? And how can they fly with reindeers? It's just like a child, this doesn't have to be logical.

P Yes. We're all good, we've said our piece.

S Dan, I feel like you could bring a last line.

P He had his look on the face, like he was going to bring something, and then he didn't.

D Well, it's just a whole 'nother podcast. Like, that's, yes, once I start to get three, four layers into thought, and I'm like, I can't take... I've got, like, 30 minutes of...

[00:39:50]

S I want to honour you, Dan. And I want to say, wise man you are. Because you've learned something I haven't learned yet. I will start bringing something right at the end of the podcast, we're 36 minutes in, and I haven't learned that graciousness, and that, know when to roll them, know when to fold them, you know?

P Know when to roll them.

S Yes.

P Well, I was going to ask John Sov too, because John Sov facing... But then John Sov can be long-winded, but still might want to hear him. You're facing, you live with a woman with a chronic condition who's in a wheelchair, I haven't seen you give up, though.

S No, John is...

P Do you, I want to know your thoughts, do you believe that Dawn will be healed?

J Absolutely do.

P Yes, and it's been years, right?

[00:40:37]

J No, I absolutely do. As does an incredible team of people that work around her, and trying to...

S Can I interrupt?

J Yes.

S Would you have anyone around your team that didn't believe that? Like, have you purposely chosen believers? Not necessarily believers in Christ, but believers in not being negative, you know what I'm saying? Like, people that see it, see it for Dawn.

J No, I wouldn't, but probably for different reasons. And you guys always tease me about my ideology and how I think about things. But I really do believe that for every problem, there is a solution. And I just don't always think that the solutions are where society pushes us to the solutions. I think their solutions are, a lot of times, those are distractions to keep us away from solutions. And so, I think the people that we've chosen to be around us, and the people that are caring for Dawn, and you guys are part of that, are people who kind of think that same way, too. I mean, I know, Serene, I know all that happened, especially with Arden, was obviously huge, I can't even comprehend, as a fellow parent, I can't comprehend, my heart was with you. But I don't think I ever saw you, ever, doubt. You knew there was going to be a solution.

S I mean, the enemy came in. But the only answer to that, the only way to keep wanting to live another day, was you had to go with Plan A.

[00:42:22]

J Yes.

S Plan A was faith.

P Yes. You had to refuse the doubt.

J And I think in day-to-day stuff, I have plan B's, and plan C's, but in the bigger things, like with Dawn there, there is no plan B. Plan A is, she's going to get better, and we just have to keep taking these steps, so that she can take steps.

S And you're consistent.

P Yes, it's consistent.

S John, you're consistent.

J Now, that's, honestly, that's one thing that I try to, if I try to do anything, I just try to be consistent, because I don't come from a line of consistent people.

S I want to honour that in John too. He is consistent, that is just...

[00:43:01]

J I may drive you guys crazy...

S You don't drive us crazy, mate.

J But I try be consistent. I don't...

P Oh, I want to ask you this, before we're going to leave, then, because you're human, John. So is Serene, so are we all. But have you, do you ever get thoughts of doubt then, and you have to push them out and say, no, she will walk. No, sorry, we're going to do this, but does doubt ever come in on your lowest days?

J Never doubt about Dawn getting better.

S You know what? That's a gift.

J I never doubt that.

S That's a gift from, that's actually a gift from God.

P Yes, because I have to train my mind not to doubt.

J I doubt the little day-to-day things. Like, will we meet this particular product release deadline?

P Right. That's a gift, also.

[00:43:42]

J I doubt that kind of stuff. But that's kind of the silly stuff that we...

S Well, in birthing this thing with Dawn, because it's going to be a birth, her walking again.

P Yes, it is a birth.

S I believe there's a supernatural gift that God's given you, and I just want to say this too, about Esther's whole birth. She was she was so exhausted at the end, because she'd been doing flights of stairs, trying to get the labour going, she was overdue and everything. And she's like, I don't know how I pushed that baby out. I know it was God, because there was no human way. So, I really feel like, John, that it's not very human to not doubt, so I just feel like you've been given that incredible gift to birth this.

J Well, I appreciate the kind words, and I'll leave you with this. We, all have these challenges have not been without tons and tons of silver linings and blessings. And I don't think that Dawn and I would be the couple that we are today, I don't think we would be the individual people that we are, and I don't think we'd have the people around us that we have, if it had been any different, if dawn hadn't been afflicted with what she has been dealt. There's been lots and lots of blessings in there, it hasn't all been bad. And she's the one that points that out on a regular basis. I mean, it's happening to her, but through all of that she just sees she sees the blessings, and the lessons, and how it has strengthened us as a family.

S And you guys are joyful people. When Dawn comes to all the Christmas parties or whatever, she's the life of the party.

J Yes, she's a nut.

S And I want to say to people, what has been dealt John and Dawn, if it was some other person maybe they would only see the lens of negativity and their life would be like a hell, right? But the lens through which John and Dawn view this, it's so incredible. And I was just listening today, sorry, Graham Cooke, and he was like, stress is an inside job, it's totally an inside job. But some people say, well, this made me so stressed, or that person makes me so stressed. And he's like, no, you chose stress. You can choose your circumstances to see a side of it through a different perspective that sees the incredible blessing, like you guys [?].

J That's one of the fundamental truths that we've learned, is stress is almost always self-inflicted. I mean, sometimes things happen beyond our control...

S Right, but we choose...

[00:46:07]

J But we can choose to not be stressed about it, or to be buried in stress. And so, we just try to keep that in mind, is that stress is almost always self-inflicted.

S We could have looked around the world to find somebody to bring this kind of wisdom, but I reckon right here, the John-o, right from here, John Sov, he's the real liver of choosing that right choice.

P Yes. We could have tried to find, like, let's let's choose someone from around the world, come on the podcast, and you know, that's got some tough things, show us how to live with joy, ha ha.

S No, we've John right here.

P We got John from over the seat, over there.

S And sometimes you forget that he's even going through trials.

P Yes, a lot of people don't realise what your life is, but we all have challenges in our life.

S But he thinks his life is, he's the most funny guy.

P Yes. John thinks his life is the best. And you know what? You have a brilliant life, too.

[00:46:53]

J Oh, we are just drowning in blessings.

P I love it.

J Just absolute drowning in blessings, I wouldn't, the only thing I would change is to get Dawn back up on her feet, that's the only thing in my life that I would change.

P And you will. And now you've got hundreds of thousands believing with you.

J And that's coming. That's coming. So, we'll ride this out until that day, just like you guys have ridden out things in your life. I mean, look at Serene, look at what you guys get to celebrate.

S That is so good. Great, John.

P Okay, see everybody here next week.

[00:48:06]