



## Trim Healthy Podcast with Serene and Pearl

### Episode #164 – Peace in the Chaos

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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 · L = Lesley · J = John

[00:00:07]

- L Welcome to the PODdy Pops, it's Lesley Pops. We have a very, very special podcast for you today. I'm sure Serene's going to... She's got some literature in her hands. P-Salms might be coming. You know, so I'm going to say a special chant, enjoy.
- P That was the cutest intro we've ever had.
- S And I feel like... Danny's not here, by the way. He's probably like jet setting off in some...
- P No, he's not, Serene, he's social distancing and that's okay.
- S Oh, he is? Oh, bless him. But I really felt like Lesley Pops sweet and soothing comfy voice was perfect for the...
- P And I think that's all what we need right now, chicken soup for the soul, and Leslie brought that as an intro.
- S I'm having chicken soup for the mouth. Well, it's not chicken soup, it's the opposite, it's our lovely milk chocolate that we're just...

P I know. We finalized it today, guys. We... As you know, okay, this PODdy is not going to be about this but we're going rabbit trials. This PODdy is going to be... Actually, it's really from our hearts to you during this time of... It's a new season we're all in. We're all going through this together with this virus and the world is changing and all of that but we're going to talk about that. But you guys have...

[00:01:13]

S Hey, watch it. The world is changing for good.

P Yes, I'm telling you, Sereney. I'm telling you. Okay, but, as you know, we stopped making chocolate, our milk and our dark, because we were... We were doing it through another company. We had the recipe but they were doing it. Well, we are now... And we've been trying to finalize our own recipe. We've been working on it for months. We had trouble with milk chocolate, Serene. We just couldn't get it right.

S Yes, and it was right but it wasn't right enough for you, people.

P It wasn't right. And just today, today is the day. We've had dark chocolate like good for a while but today we're all oohing and aahing over the milk.

[00:01:52]

S And I just had it swirling around me, in my mouth, just a second ago, when Lesley Pops was talking.

P It's good on a day like this.

S It was wonderful, yes.

P So, really, I mean, obviously a lot of our PODdie's get binge-listened to and this is sort of a current one. We had something else scheduled to bring you today.

S Yes, something that I'd prepared for and I hadn't prepared for this because Pearl's like we're not preparing. This is just bringing it.

P It's current, things that are changing in the world very fast. And maybe you'll be listening to this six months ahead but we hope what we bring today will be relevant at any time because life brings us challenges, right, and it's all how we react to them. And so I think Serene and I encourage ourselves, our one another and we speak this into our own lives, like self-speak to self.

S And if you're listening to this and, of course, this whole corona thing has blown over, it's a great thing to listen and fill your heart with science and mostly scripture but, if you're not a believer, in science but things that feed that rest, that anchor of soul rest inside your heart. Because it's actually better to not have to respond to situations that get thrown your way but to be able to stand firm instead of react.

[00:03:11]

S We don't want to be reactionary, oh, freak out, what's going on, and try and find your footing at that time. Let's have our footing before we go into situations.

P So true, Sereney. I hope that what we say today ministers to you because you might be going through another time, you know, maybe something else is uprooted in your life.

S Or, what I'm saying, nothing. It could be peace time of the dandelion flowers but you're... So, you're grounding yourself.

P Yes.

S You're training so that whenever things get thrown your way, nothing... Just nothing phases you.

P So true, Serene. So...

S Can I just say something as you're looking up something?

P You can start. You can start, lovey.

S Like I said, we don't really have anything. Lesley said I had notes in my hand but it's just like some things that I just saw as I was walking out of the door, like a devotional and my Bible, I just grabbed and brought and I'm just reading from this book here. It's actually from my wonderful friend, Graham Cooke. He's actually not my friend, like I've never actually met him but he is my friend because I listen to him all the time, just because he brings scripture but it says, you know, the devil is the prince of the power of the air. And you may not necessarily be even a believer but most believe there's a devil.

P Well, no, I think most people believe... If they're not biblical believers, they do believe in good and bad, light and dark.

S Right, well, yes, because it's people that go hack people up into pieces and where does that come from?

P Yes, right.

S There's obviously some bad force out there, right?

P Yes.

S Okay, but the devil is the prince of the power of the air. He lives in the atmosphere. Even if you don't believe that, you know there's bad out there in the atmosphere. There is. And so he operates to change the climate of faith into unbelief. He seeks to alter the mood of people. I'm just reading from his book here, Graham Cooke's.

[00:04:50]

S      Away from the food of the spirit to something more negative and sinister, he desires to be our substitute for God, therefore to make us like him. Any time he can release our flesh instead of our true spirit he's achieved a purpose, even however temporary. So, what I'm trying to say here is as Christians we've been given authority over the enemy and we can actually change the atmosphere. And right now the atmosphere is chaotic, it's not in order, because there's fear running rampant. Fear is not from God. The atmosphere is being set on edge. It's crazy. It's cray cray. And so... And that comes from whatever you want to say. I say the enemy, if you want to say the dark side, whatever, but we have the authority to change the atmosphere and if you don't necessarily believe that you have the authority through Jesus, even if you pull up your big girl socks and try a little bit yourself, I don't know how far you go but I believe, through Jesus, we can change the atmosphere.

P      Well, but it's true but even science says... I mean, if you put Bible aside, Serene, science has caught up to the fact that fear does one thing and faith does another, and I want to talk about that today.

[00:06:01]

S      You have to have faith in yourself, though.

P      No, correct, but it doesn't... I'm not saying... It still matters, you see, because a negative mindset, even scientifically, gets you in a worse place than if you had a positive...

S      Yes.

P      I mean, I'm going to bring the science today. So, yes, we have scripture and, yes, you and I rely on that.

S      It's a whole different level.

P      It's a whole different level but you've got to start at the science level.

S      Well, you know, wherever, if that's where you want to start, you can start there but, you know, I'm going to start at scripture and then science will just back me up.

P      Exactly.

S      In my walk.

[00:06:32]

P      Yes, exactly, but we've got other people on different walks.

S      Yes. And we welcome you.

P      So, I think we'll bring both.

S We welcome you here.

P Yes. I think, you know, with this virus, I mean, yes, right now we are sitting here and schools are closed and shops are closed and we're having to make... We were just at a meeting, make huge changes in our businesses and hours and how we're going to do things and everything is turned upside down, right? And that can in the natural tend to bring in a spirit of fear and anxiety but here is where we say, no.

S No, and can I just speak just one more little sentence here, because it just matches in.

P Yes.

S The plan of the enemy is to create misery. I'm reading from Graham Cooke's book. Take away hope and develop a climate of despair and helplessness. What does the climate feel like, the scripture climate right now? Despair and helplessness. I was just talking to my husband at the table last night and he's like it's more than the corona, it's like a spirit of depression right now.

P Yes.

[00:07:31]

S It's like people are just really hunkering down and getting all like Eeyore. You know? It's all like... More than what is actually happening, they're projecting all this darkness, it's even worse. You know? And so it says we overcome evil with good. We must out of necessity position ourselves daily in Christ, if you want to position yourself daily in science or whatever, but we have to reveal, me as a Christian, the nature of the kingdom and maybe you as just a person who wants to bring hope and light, you oppose the disorder that is out there in the climate. And we have to change the space around us, the atmosphere around us. We have to be those kind of warriors because we don't want to jump on the train that's heading to gloom and doom.

P No, and I remember, Serene, when we first started this whole Trim Healthy Mama thing, you know, we did that rap song, do you remember? It was so ridiculous. Those of you, you might want to look up Trim Healthy Mama rap, Serene and I.

S Are you encouraging that, are you?

P I don't mind it because...

S Oh, so get people to laugh at a time like this.

P I mean, laughter is so helpful but, no, because of the words. We said that we're the Trim Healthy Mamas, we're the Mama Overcomers. Nothing's going to stop us, we're the Mama Overcomers.

[00:08:44]

P But those words are powerful. They're the opposite to fear. If we are... Okay, yes, there's a virus and all of that but... And it affects certain populations. We're praying for protection over our elderly and those with chronic conditions and I believe we can help them with things that we have access to, with our weapons, our health weapons, and we're going to talk about that. But going along with the fear, right, being swept up with that, that is... People might say but that's authentic. Right now fear is an authentic emotion. Let's acknowledge that it's there. I don't believe in that.

S No.

P Because our authentic selves... I mean, Jesus said... If you are a Christian, he said... He didn't say, go along, if you've got fear, that's okay. Fear's okay. He didn't...

S No, he said, do not...

P He said, do not fear. And he's our creator. Go ahead and say, Serene, something but I want to just...

[00:09:40]

S No, you keep going, sister.

P I want to show what science...

S I don't want to...

P Neuroscientists have revealed that uncontrolled thoughts make people very sick. Would you fear is not a controlled thought? Absolutely uncontrolled, right? We have to take control over it because it comes and it's out of control.

S Oh, you know, tell you what, if my husband's been late home from work. Not recently but when I used to be led by fear, it wasn't just, oh, he might have, you know, run out of gas. No. It may have started there but then it goes to an accident. Then it goes to the police and the sirens and the phone call. Then I'm weeping over the funeral... I mean, it's out of control. It keeps going.

P Toxic thoughts... And this is actually something that Serene and I wrote for our book I'm That Girl, so I'm just reading it. This book is not out there yet but this is just some of the science we put in there. Toxic thoughts create the conditions that seed and fertilise illness. One simple fearful thought is not so simple or innocent as we may let ourselves believe. With no help from other destructive emotions or forces, a single fearful thought triggers more than 1,400 known physical and chemical responses. It activates more than 30 different hormones, researchers have discovered. The studies are piling up and they show that fearful thoughts affect our physical health in the following ways.

[00:10:53]

P This is what we don't want at a time right now, right? They weaken our immune system and they cause cardiovascular damage. They do that through raising cortisol. They cause gastrointestinal problems.

S And we're talking about the physical right now and then we can talk about the spiritual.

P Such as ulcers and irritable bowel syndrome. Everyone knows that, right?

S Yes.

P Okay, fear, you're going to get an ulcer. They decrease fertility. Science shows you that. They lead to accelerated aging. They lower the telomeres in your body. Telomeres are the cells of your body that determine length of your age.

S Doesn't it lower your immune system, fear?

P Yes, I already said that.

S Oh, good on you, mate.

P They impair memory and cause damage to the hippocampus of the brain. They interrupt processes in our brains that regulate emotions and normal decision-making. They cause fatigue. Have you ever felt that?

[00:11:40]

S Oh, totally.

P Clinical depression and PTSD.

S Oh, that's interesting.

P And we say but it's okay to fear and, you know, we look at the news and the headlines are, it's going to get worse, you know, hundreds of thousands are going to die. They don't know that yet. They don't know yet. It's a fearful... You know, I don't know six months down the track what's going to happen but I'm speaking into the atmosphere right now and I'm saying, well, that might be the headline but that is not where my thought processes are going to go because I'm a faith girl.

S And the other thing is, Pearl, is that, you know, to me it's been made very clear, you know, through the scripture, that He has redeemed me. He has redeemed my emotions and fear is not a redeemed emotion because it's not one of the guests of the spirit – patience, hope, loving kindness, you know, longsuffering peace. Fear is one from the flesh. So, we need to chop all those ones off.

P Yes.

S But, you know... And, you know, fear has a harvest just as much as faith has a harvest.

P Oh, yes.

[00:12:43]

S Fear seeds just as much as faith seeds into your life and so I feel like that... I actually... You know, I'm very concerned and I care for the elderly population or those who have a weakened immune system. I care. I don't want those elderlies' victory laps to be taken away from them. No. In the name of Jesus, no. I don't want those who are already suffering with conditions with low immune, I don't want them to be taken by this. It's not of God. This is not of God. However, I do believe for the most part healthy individuals are starting to fear for themselves when they don't need to, when they don't need to at all and that fear is going to actually lower their immune, like you said, Pearl, which makes them into a situation more susceptible.

P It is self-perpetuating.

S It's self-perpetuating. So, I'm saying... What we're here to say is we may not be able to, you know, stop corona today but we can help you and help ourselves stop the fear which is making it worse and as a believer, you know, instead of seeding into the fear, I believe as believers and if you're a believer listening, we have been given the keys of the kingdom to bind.

[00:13:46]

P Bind?

S To bind, and so we bind the corona in the powerful name of Jesus and so we believe for good things.

P Yes, we do.

S Totally.

P We're supposed to believe for good things. It tells us. I mean, whatever is good, whatever is of good report, we're only listening to bad reports. That's what's coming on our TVs and our social media, right? But we've got to start saying good reports to one another. Not ridiculous reports like it's all gone but, you know what, we can say, hey, I'm feeling great today. I believe that my grandmother will not be touched by this. You know what, I'm going to go take her some Boost Juice and maybe I won't even, you know, bring my five-year old with the snotty nose but I'm going to plant seeds of life into my family, into my world, into my atmosphere. If we're overcomers, we have to do this. We cannot get swept up in this and the tendency... Everybody's doing it, they're swept on this tide of fear and I'm just putting my foot down and saying, I refuse.



S Right, I refuse. And so like I said, and I just don't know if I said it clear enough, so, yes, we need to pray and care for those with weaker immune systems. But for ourselves, we don't need to be like wearing... Like I believe totally, okay, I'm not going to go and rub snot from somebody all down my body and everything but when... If I have to go to the grocery store, I'm not going to be in fear, like kicking every door open with my shoe and not being able to touch, you know, even the grocery cart.

[00:15:09]

S Oh, they're out of Germ-X, oh, I can't touch the grocery cart. You do what you can. If there's Germ-X there, wipe the jolly handlebar down but if there is not, we with strong immune systems don't need to perpetuate this for ourselves. Let's walk in confidence. Confidence alone, if that's all you have, but if you have Christ, confidence that He is your guard, He is your shield, and when we are spiritually anchored into Him, you know our immune system... This is totally true, our physical immune system is bolstered by our spiritual immune system.

P Absolutely, Serene. There's science to that, there's scripture there. You know, the Bible says, in the New Testament, I would that you be in health and prosper, even as your soul prospers. And, you see, so our soul, our emotions, the things we feel, our inner thoughts, they have to prosper and prosper means positivity. Fear is not prospering, right, and then our bodies can prosper. It is a combination. When we're in fear and these things, it pulls down our immune system but when we're in confidence, guess what it does?

S Tell us, sister.

[00:16:14]

P It jolly well raises your immune system, Serene. It jolly well bolsters it up. Do you know your immune killer cells, those ones that seek out diseases, they all rise with positivity, with humour, with happiness. A smile raises your immune system. A laugh raises your immune system. A positive affirmation raises your immune system. They used to think that's all mumbo jumbo and, you know, a virus is what a virus is and we have no control over these things in our body. Wrongo.

S Yes, wrongo.

P Science has just caught up, thankfully, to the Bible that says a merry heart is like medicine.

S It is. It's like medicine. And so a man thinketh... As a man thinketh, so is he... Now, listen, it's so scientific. You know, you can see it when a doctor gives somebody, you know, a death sentence. You only have three months to live, this is it, and if somebody signs the dotted line and signs for that UPS package, yes, I received that, oh, woe is me, I've got this disease and starts telling everybody on the way home I've only been given three months to live, you know, let me get my

affairs in order. They usually die within days of the doctor's words, you know, basically a prophetic like speaking over them.

[00:17:27]

S But, you know, and so that is science. But if somebody says, no way... Remember that guy in New Zealand, a friend of my Mom's, and apparently he'd been given just three weeks to live and he was like, oh, well, I don't believe that. At least I'm going to laugh myself and have the greatest last three weeks of my life but I don't necessarily believe... I'm not signing that I'm going to die in three weeks. He rented every funny movie he possibly could and he just watched them, like even in through the night because he couldn't sleep because of his condition. Three weeks' time he went back to the doctor's and he was totally clear.

P Yes, it was a spontaneous remission. We're not saying, listen, this is a formula and you're saying, well, my Grandfather was the happiest man alive and he died of pancreatic cancer. Listen, we're not saying this is a formula – you laugh and you live. We're saying these are scientific things, though. We need to start listening.

S They add up.

P They add up. Hey, you're listening to the PODdy with Serene and Pearl and I'm Pearl and who are you?

S I'm Serene.

[00:18:24]

P Our friends at Buffy created the best comforter you've ever slept with, hands down. This comforter has over 17,000 five-star reviews. Trust me, that is amazing. And customers agree. I agree. This is Pearl here. I agree, so does Serene, that it's the most fluffiest, the softest comforter you've ever tried. It keeps you at that perfect temperature so you can feel cosy without overheating. The cloud comforter is covered in ultra-breathable natural, which we love, eucalyptus fabric. It's softer than cotton even, and naturally soothes the skin.

S It's sustainable. Eucalyptus uses ten times less water than cotton to grow and its fibre is produced using recyclable earth-friendly solvents. It's hypoallergenic, of course, plus its high thread count shuts out dust, mould and mites for a healthy sleeping environment. That's what our Trim Healthy PODdy listeners want, health in all our areas of life, right, what we eat but also what we sleep in.

P The inside fill of each comforter is made from 100% recycled water bottles that are transformed and given a second life as a super, super fluffy fibre. It feels even softer than down. Have you ever slept, like when you were a kid, in your grandmother's down comforter? No, this is even softer. And while keeping approximately 50 bottles out of landfills with every comforter, you can try a comforter in your own bed for free and if you don't love it, return it at no cost. For

\$20 off your Buffy comforter, visit [buffy.co](http://buffy.co) and enter trimhealthy. That's \$20 off your Buffy comforter at [buffy.co](http://buffy.co) and don't forget, enter trimhealthy.

S This is the PODdy with Serene.

P And Pearl.

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

[00:20:24]

P Recently Serene and I have been talking. It was a Facebook post, I think. I talked about the vagus nerve. We've talked about it here on the PODdy but it bears repeating today, since we're all going through this. We need all the help and all the affirmations that we can get and your body has something called your vagus nerve which is a... It's like a telephone pole wire going from your brain to your gut and when it's stimulated it actually brings so much healing to your body. It regulates all your bodily symptoms. It regulates your immune system. When it's not activated, your immune system is much more compromised. When you activate your vagus nerve, it regulates that. It regulates your endocrine or your hormones. It regulates your killer cells, all of these things. And how is it stimulated? Scientists are just starting to find out. It is stimulated by love. And what does perfect love do, Serene? Tell me.

S It casts out all fear.

P Telling you.

S Perfect love casts out all fear.

[00:21:26]

P And so when we refuse to fear and when we love, when we like bask in even God's love for us...

S Oh, bingo, can I speak?

P Yes, yes, keep going, Sereney.

S No, no, you keep going but I just... When you said bask in His love, it just made me think about something I read the other day.

P Yes.

S And it's... And we're going to bring some scriptures here. I would just like to read some scriptures I've used.

P Yes, we're going to.

S And even if you're not a believer, hey, people, you put quotes on your wall. These are going to be just beautiful things that you can listen to.

P You've got to minister... And the Bible says it doesn't matter what you believe or not. It doesn't matter because the Bible said He's sent His word and it healed them. There is healing power in the word.

[00:22:05]

S I mean, in the end it does believe but what I'm saying is there is a resonating to the words of God that are powerful.

P Absolutely.

S You know, the Bible says that they have the power to break through bone and marrow. So, just let us speak those over you soon. But, you know, it is... Reading again from this book, it's called Qualities of the Spiritual Warrior, awesome book by Graham Cooke. It says, it is our intimacy that makes us intimidating to the enemy. Our confidence in the Father's love, our position in Christ, the fellowship with the holy spirit, they all combine in us to take us to a place of being so loved, so completely loved that we lose all fear. And that's what I have been doing, Pearl, and many, many people here on the hilltop, just basking in His love through the scripture because He is the scripture, He is the word and so as I read some of these today when Pearl, big sister, tells me that I can and gives me the go ahead, this love that we can experience when we really believe these words, they totally decimate fear. And it's not something that you can have necessarily unless you're basking in it. You have to know you're perfectly loved to have the fear gone.

P Exactly.

S Shower in it.

[00:23:21]

P And it's like what we're talking on lately, Serene, it's a put on/put off because, as we said before, fear feels very out of control, right, and it feels like, well, how can I get rid of it? You replace it with something. You replace it with His words or you replace it with feelings of love. You look at your family members and you're like I'm so blessed, I so love... You know, sometimes I consciously say to myself... It sounds weird, because I've been married 26 years and I don't say it... Maybe I'll say I love you to my husband, right, but sometimes that feels very trite to me. But sometimes, when I'm just hugging him, when he goes off to work in the morning, I literally say in my head, in my body... I just say, man, I love him so much. I don't even say it to him sometimes.

S You know, it's so funny, it's so opposite, my relationship.

P I know.

S I say it 100 times a day.

P Yes, you do, because you're like I love you but... I love you. I love you, children, but...

S No, I say I love them too without but.

P I know, you absolutely do, but I say this to myself. Of course I say I love you to my husband sometimes I just say it in my mind and I let my body hear it and I know it's turning... I don't say it to turn on my vagus nerve, I just say it because I know it's so good and so healthy and it reminds my brain and my body, yes, I do love him, I just do.

[00:24:37]

S Yes, when you said, you know, we have to put off something and put on something, right, it's that replacement, you know, as we bask in that love, we have a relationship and then we communicate with God, you know, when we bask in His love and that communication is prayer. You know, prayer is simply... It's just beautiful communication with God. But prayer should be in exchange. So, when we come to him and we talk with him, if we don't leave that conversation feeling totally light-hearted and the fear all gone, we weren't necessarily communicating with him. We may have been communicating with our own dark thoughts still.

P Well, we might have been just praying the problem, Serene.

S That's what I'm saying, communicating with our own dark horse.

P Yes.

S It's like you just, oh, God, it's so bad and I don't feel like I can carry on and, you know, oh, I'm desperate here and, you know, I just feel so worried and will we be able to. Will I have food for my children and maybe I'm pregnant, what an awful time to be pregnant and blah, blah, blah. You're not replacing... You're not letting God even have His Word in edgeways.

P No, you're not. And if prayer is agreeing with God, He doesn't say any of those things. He says for I am with you always. I would never leave you or forsake you. Serene, you're going to bring a whole bunch of verses soon. I think we're going to end the PODdy with that. I do want to talk about... Just real quick, because this is not a practical PODdy but there are some things that we can do during this time. This is not a time for caving into the stress and fear and just eating sugar and just eating emotions.

S No.

P Because this is the time to stand strong, to bolster your immune system, not just for yourself but because you need to be there for others and you need to be healthy for others and you need to not push this thing along.

S Perpetuate the problem.

P Perpetuate the problem, you know, and I think sometimes, as, you know, you go into the grocery shelves and what's gone, the mac and cheese, I mean, it is gone and all the comfort foods are gone but we are a peculiar people, Mamas. We're Trim Healthy Mamas. We're different.

[00:26:38]

S Yes.

P We don't do that. We literally fortify ourselves at this time with practical immune boosters.

S And so we don't stay up late on the Internet watching the Coronavirus latest news. You know, we can stay up late if we feel like we're, you know, laughing with our family and it's a weekend and we're having fun but let's go to bed with peace at a normal hour so we're not like...

P Yes, sometimes we just have to turn it off. I mean, obviously we have to know the basics and what we can and can't do in society.

S But can I say one thing too about this?

P Yes.

S Okay, this... And, Pearl, you may be like kicking me under the table but I'm not close enough for you to kick me.

[00:27:11]

P Yes. I'll do a long-distance kick.

S You may even say, Tim, delete it. I do believe... Like I said, it has been taking out our elderly population and that is upsetting to me. I mean, not like I'm going to go around angry but it means I'm going to rise up and do something about it, you know, so as a Christian I'm binding it. I'm saying, no, gone, corona, you're gone through the power of Jesus.

P Hey, corona is little C.

S Yes, little C.

P **Christ is BIG C or Massive C.**

S Yes.

P No, it says... I mean, no other name... He has the name above all names. Corona's a big name but it's just a little name... I don't... Look, people say, well, you're diminishing this huge epidemic. You bet I am.

S Yes.

P Because according to the Bible, His name is above every name. I feel like preaching.

[00:27:53]

S Yes, and I want to say it's not like we haven't even... You know, new people in the room that haven't gone through anything, so it's like, oh, wait until they go through something and then are they going to see that. No, we've gone through things in our life. You know, we've called cancer the little C, not the big C, you know, and things like that. But I did want to say, okay, so we do... We're not being careless, you know, trying to perpetuate the problem ourselves and going out and, you know... Or just...

P Reckless.

S Recklessly. We're doing our duty but I don't believe personally... And, Pearl, this is where you...

P Tim, get ready. Tim.

S I don't believe that this corona is any more scary, for those with strong immune systems, than the flu. In fact, two years ago, when my daughter was born, Solace, there was a flu that was so bad that I went and took her and she got the flu. At three weeks old, just a little tiny baby, and as I was getting tested they said, you better hope this is RSV. I'm like, no, RSV, my firstborn had RSV. He was like in the nick for two weeks, this is really bad. She's like, no, you better hope it's RSV because the flu this year is way worse than RSV. Okay, she had the flu. And all of our hilltop had that flu. I remember texting back and forth, you know, to our sister, Vange, oh, Vange, you know, have you got any soup and she's like, oh, can't get off the couch, can't make soup. You know? So, the point is... And then my husband, once we called him Typhoid Sam, but now we've learnt more truths I wouldn't call him Typhoid Sam anymore but he was so sick once with the flu, there were three people in his work environment that actually died from that flu.

P Yes.

S And down in Mississippi, when he was working night shifts in a nuclear plant, so they obviously probably had a lower immune system.

P Yes.

S But the point is, is that I believe the media has perpetuated some of this and the fear is so... If you're listening, if you have a strong... Like I said, we're going to battle for those with weaker immune systems and help them out and pray for them but we are perpetuating the problem when we fear it for ourselves. If we are strong and we're making our children fear, all like, oh, let's stay home all day long and worry and make tinctures all day long, make a tincture, yes, for goodness sake, but when you're thinking it's any more going to kill you and your strong immune system than the flu, I don't believe that that's the case.

P Yes. I'll let you go with a caution, Serene. Tim, stand by.

S But, Pearl, you think that.

P I know. I agree.

S You told me on the phone all day long.

[00:30:13]

P No, I so agree, Serene. I mean, I do. We're just, you know, where's that line between politically correct and trying to pass truth and that's what I always, you know...

S She's the more politically correct sister.

P And I'm not really in a way. I'm just trying to not get us in trouble.

S But are you worried for your own health?

P Absolutely not.

S Thank you.

P Absolutely not. I'm not worried.

S Thank you, judge. I sit down.

[00:30:37]

P I refuse... First of all, I refuse to be worried but, yes, no, probably if I even... I don't think... I've got such a strong immune system but that's one thing I always say. I always go around saying I've got such a strong immune system.

S Me too.

S Everlane's timeless essentials are just what you're looking for. No frills, just quality. Actually, that's what I noticed, Pearl, when I looked at their whole catalogue online. It isn't like all like super super fancy but it's just beautiful quality, classy quality. They make premium essentials, premium clothes using premium materials.

P And you don't overpay. Everlane wants you to know what you're paying for and why. So, they tell you their real costs and are radically transparent about every step in their process from the materials they use to the ethical factories they work with. No matter your style or preference, Everlane's clothes look better, they cost less and they last longer. Because Everlane sells directly to you, their prices are 30% to 50% lower than traditional retailers and I can vouch for that because I've done both. Essentials like their cotton crew T-shirt are exactly what they should be. They're versatile. They're simple.

S But their cotton feels softer. There's something about it.

P I know.



S Hey, 100% grade A cashmere you can get from Everlane. Cashmere, by the way, is one of the warmest fibres out there. It's so soft but it keeps you even warmer than sheep's wool.

P For winter, wow. Quality cotton, sustainable silks, they have wool, they have premium Japanese denim made at the world's cleanest denim factory, Italian-made leather shoes, I mean, this is like the best from all over the world. And outerwear made from recycled water bottles.

S There's one for us greenies.

P Perfectly fit Oxford shirts.

S Oxford shirts.

P And right now you can check out our personalised collection at [everlane.com/trimhealthy](https://everlane.com/trimhealthy) plus you're going to get free shipping off your first order. That's [everlane.com/trimhealthy](https://everlane.com/trimhealthy). Everlane.com slash, you know it, it's trimhealthy.

P Lesley, come on, Popsy. Lesley wants to say something.

S Yes, this is Pasamo coming from a situation where she ain't going for the scriptures for help and she's got an anchor of peace.

[00:32:52]

P Lesley is not a Christian believer, so you can talk, Lesley.

L I really value all your ways, though. I think it's awesome.

P Yes.

S Good on you, Pops.

L I think you're awesome too. So, I wanted to say... I don't know what I want... I want to say so many things but I'm totally PC, promise.

P Yes.

L I'm not a news watcher. I'm not that girl. Like it's not part of my daily life. I found myself the last three, four days just checking in to see and I'm really... I mean, like I don't know, like they... You know, they say that this... You know, media is just this like... You know, I was almost disappointed that we were doing a podcast on corona today because just by even acknowledging it, right?

P Right, because it's just... The whole world is crazy about it.

L But we're so doing this in a positive way.

[00:33:49]

S We're trying to undo the fear, Pops.

L Right, but it's like it's hard to not acknowledge some... You know what I mean? Anyway, I was just... Like I think you guys are awesome and I think that the world really needs to hear this podcast today, tomorrow, whenever. And then I was just going to say like I don't know, like maybe... I think it's really cool that... You know, like we're all from different backgrounds but in this room like literally the four of us, me, producer John here, Sereney pops and Pearly Pops, we're all so in sync with how we feel about this particular situation.

P Yes.

L You know, me with, you know, my back... You know, like I'm not going to say no faith but like just... I just... I don't have... But I'm also feel so like... I'm not in fear at all, for me.

P Yes.

L And my Dad is 67, retired, so I'm not... You know, these three days that I tuned into the news out of curiosity, I hate myself for, but there's guilt in like millennials and Gen X about like not living in fear. There was all this guilt.

P There is guilt right now that if you don't...

L Because millennials, because you're not... I'm not millennial, by the way, Gen X, but, you know, just because you're not at risk in your age bracket and you're immune, blah blah blah, you know, think about if you cause sickness to your gramp, you know, and I was like, oh, gross, people, stop, that's such an ugly emotion, to like throw guilt at people and shame people.

[00:35:22]

S You can do your duty without wearing guilt.

L Well, here's my purpose for my Pops, and I love my dad and he... You know, he gave me literally life but also he supported all of my dreams and... You know, and I'm not... I just feel like I'm returning now to him in his retired season.

S He lives with her.

L Yes.

S Yes, he lives with Popsy. Pops lives with Popsy.

L Part of my purpose is to give my pops a purpose. Right? So, I sent him on errands, because otherwise he would relish in sedentary... What's that word? I say it all the time. In his recliner, right, because he just... He loves it. He loves watching the sports. He's freaking out, there's no sports. And that's part of my... Like to him is to put him on little errands every day. But then like the guilt, shame and like, you know, oh... You know, and I'm like I don't want to freak out for him and say, dad, you know... Like I have things for him to do today. Like actual things. I don't want to be like scared to send my dad out to the... Because I just think it's... Oh, gosh, I don't know, it's so hard but, you know, the guilt does seep

in a little bit, like maybe I shouldn't send my dad on anything. But what's worse for him, to just sit still for two weeks?

[00:36:30]

P Well, and that's a choice for us all. Sometimes for someone to sit there in absolute, you know, depression, your immune system's going to go further down than if you were like feeling on top of the world, like I count, I'm worthy, I make a difference. Obviously, we want to be careful when we send... Yes, I mean, we make wise decisions here too but, I mean, yes, these are crazy times. What do you want to say, John? Let's definitely get Tim ready now.

J No need. No, I just wanted to, first of all, applaud Leslie's message and I want to lift up that message even further and just throw out this. This is just something that's been on my mind the last 48 hours, just because I've been watching it happen.

P You have a wife with a definite immune...

S There you go.

J My wife, Dawn, we've been living with... Talk about a compromised immune system, she's got probably one of the most compromised immune systems.

[00:37:23]

S Oh, let's not say that, though.

J No, I'm just saying, it is a fact. Her immune system is absolutely broken and compromised.

S I know that. I totally agree with you. And I have no place to say that but I'm just saying, you know...

J I have watched my amazing wife not a piece, a microscopic piece of fear.

P Wow.

J Everyone, family, friends, neighbors all coming to her going, oh, my gosh, oh, my gosh, and she's just not even... It's just another day.

S Yes.

J I mean... And I'm telling you this as her husband who sees her... I see all the good, I see all the bad, I see everything in between, I see her in the morning, in the evening, I mean...

P For new people in the room, she is in a wheelchair and she... Yes.

J Yes, suffers from a number of things, you know, multiple sclerosis being one of them. But, I mean, not even like a piece of fear and it's so...

[00:38:29]

P Do you think because she's so settled in her soul?

J I think it has... One, it is absolutely anchored in her faith. That is number one. Number two, she has to be married to me, so we have conversations about things probably a lot of people don't have conversations about.

P Yes, and you refuse to fear. You absolutely refuse to fear.

S Which he's not saying here, yes. He is not bound to the fear of the corona at all.

J Yes, and, for the record, I'm not fearful either but I just think it's just... To add on to Lesley's message, my wife, who on paper should be horrified...

S On paper. Yes, that's what I meant. Forgive me if you were upset that I said, you know, let's not say that because you can say whatever you want but on paper the facts are there but, you know...

J Serene, it's not even possible for me to be upset with you.

S Yes, totally.

J Maybe that...

[00:39:19]

S I just think there's a truth that is bigger than the...

J Maybe I was a little upset with you during that whole diarrhea Rome episode, yes, but it was out of love.

P He voted for that to be taken out. I left it in.

S I voted for it to be taken out. Pearl was questioning me.

P No, I loved it. It was good. Hey, I was going to say, with all that living in confidence too, I think we do our duty to be wise and we do our duty, like I said, not to dive into a bowl of sugar ice cream or to just start eating M&Ms because... You see, that's what happens when we allow the stress. But we put a stop to it and say, no, I have the mind of Christ or, no, I refuse, my body is going to be strong and going to have a strong immune system. Hey, I have a strong immune system and then we do things. We eat a lot of Vitamin C-rich foods, okay? It's just smart...

S And baobab.

P Green peppers, leafy greens. Baobab is the highest... Well, the highest antioxidant of all foods in the world is our immune defence and it's vitamin C natural consistency is so absorbable into the body. Like, yes, you can go and get vitamin C from the store and it might say, you know, 5,000 milligrams but it's not as absorbable as our food.

[00:40:35]

S Or get those little emergency packs that have got sugar or fructose sweetener in them.

P And then the other thing we can do... Of course collagen is an immune builder but, you know, we can talk about whey, Serene, our whey protein.

S Oh, yes. Lactoferrin and...

P Microfiltered. That's one of the highest immune building things that you can do for your body. It raises your glutathione. And so these are just smart things we can do as defences.

S Yes, and if you feel like you can't do that right now, like Pearl said, you know, peppers for the vitamin C.

P Yes. If you can't afford different like extras...

S Just getting off the sugar and just... It's just staying strong.

P Sugar just depletes your immune system. It makes your white blood cells so much less effective at fighting invaders. You don't want to be doing it right now.

S No.

[00:41:18]

P I mean, usually we're so kind and we say, yes, you fall off, just get on the wagon and it's okay and you can do the sugar thing and usually we're so much like that. But right now, like myself, oftentimes I'll just go eat like pie and all of that, if I want to, occasionally, but right now I'm just not... There's no sugar in my life right now. We're in different times.

S And you know how you can actually go through... I mean, the fear of it and also the duty of not spreading it has made a lot of people be more at home and so whatever, we can look at that miserably and say, ah, this is, you know, ugh, but, you know, we can... There's a way of seeing the glass half full or half empty.

P Absolutely.

S And so we can think, hey, family time. Jigsaw puzzle night.

P And time for actually more cooking than I didn't usually have.

S Yes.

P And creating these things.

S Home and coziness, hearth and home.

P Prepping, all of that stuff.

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

S I'm Serene.

P Hey, your dog's health is as important as every other member of your family and it starts with what you feed them. But do you know what's in your dog food? I didn't.

[00:42:28]

S I don't.

P Well, guess what, I sort of did but I sort of didn't want to know. We're talking about Ollie today.

S I'm in just because of the name. Ollie's such a great name.

P I know.

S I love it.

P Ollie puts dogs first with vet-formulated recipes and fully transparent ingredients to give your dog the healthiest food possible.

S Hey, Ollie makes fresh meals for dogs with real ingredients that people can eat, I'm in again, and delivers them to you on a regular schedule.

P Yes, they're like Serene purist ticked, these meals for your dogs.

S That's huge.

[00:43:00]

P They beat out store-bought dog food at a ten to one on the palatability scale. Now, we're talking about how much dogs enjoy them. My dogs, I've never seen them more delighted with food. Lesley Pops, you're a dog fanatic, crazy, right? Tell us.

L Yes, I love my dogs and my dog's name is Holly and so now we have a little sing song and it's like Holly, it's time for Ollie and it all rhymes and it's cute. She chases the bowl. Like when it's finished, she'll then like continue chasing the bowl around the kitchen floor to try and get more. You know, she loves it.

P I know. I love how these Ollie... They're fresh. Like they're not dry dog food but they're not crocodile and dead horse.

S They're not canned.

P No, they're not in a can. You don't have to use a can opener or pop the top, they're in these beautiful little packages and you just pull the top back and then you empty it in. It's nice and clean.

S Oh, I like that.

P It's not messy.

S They create customised vet-formulated recipes made with all natural ingredients, no preservatives and sourced from US family farms. This is real meat, people, not leftover scary stuff.

[00:44:06]

P No. Go to myollie.com, answer a few questions about your dog and they'll customise recipes for your dog and ship pre-portioned meals so your puppy, your fur baby gets the perfect portion every time. Ollie has delivered five million meals and counting. That's a lot of healthy dogs happening.

S Hey, and shipping...

P Is free.

S Yes.

P Shipping is free. If your dog doesn't like the meals, money back, of course. Guaranteed. Ollie is offering our listeners 50% off your first box.

S Plus a free bag of treats at [myollie.com/try/trimhealthy](https://myollie.com/try/trimhealthy).

P Yes. It's a little different but if you want to try it, you've got to do this. So, I'm going to repeat it. You've got to go to myollie.com. That's spelled M- Y- O- L- L- I- E, that's myollie.com, put in a slash, put in try, put in another slash and put in trimhealthy and that's where you're going to get that fabulous deal. This is the best deal they have available anywhere and it's for you guys because you guys care about health for yourself and your pets. Go to [myollie.com/try/trimhealthy](https://myollie.com/try/trimhealthy) for 50% off plus a free bag of treats.

[00:45:21]

S This is the PODdy with Serene.

P And Pearl.

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

P John, did you want to say something before Serene ends this with all these beautiful scriptures?

J No, I just... You know, the whole... When you said the words, you know, sugar taxes the immune system, it's one of the worst things you could be doing to your immune system, I just think that that... It's curious why that message isn't being screamed from the rooftops.

P I know. I don't understand it.

J I mean, because everyone should know that. You know what I mean?

P And all the sugary stuff is flying off the shelves.

J It's not hidden knowledge. You know?

P And I just saw that... You know, I have been watching... I keep having to turn it off because it... I find it does... All these news conferences do really get into my spirit and I find I can feel myself coming down but I was watching just yesterday and these teams, they're working around the clock, they're amazing, these people really do care. You know, the teams, the CDC, I don't know what they're called, but they said, yes, we've just been living on pizza and I thought, not smart. Not smart for your body. You need to be here so you can make these decisions for the rest of the world. Get you some good food.

[00:46:29]

J But that... I mean, that's just such a simple... That's a simple thing that everyone can do. I mean, everyone can avoid sugar and help their immune system. Everyone can do that.

P Yes.

J That's just huge.

S You know, and Germ-X may have flown off the shelf and, you know, I have my own thoughts on that anyway but there's colloidal silver may not have been thrown off the shelf. Maybe Amazon still has that. Colloidal Silver is an incredible antiviral, antibacterial treatment. But, Pearl, before I read some of these scriptures, I really... Pearl had this downloaded actually for our book **I'm That Girl** and, Pearl, would you please share that? Because I really feel like it's huge because a lot of people, even if they haven't been touched with a loved one who has passed, an elderly loved one, a lot of people, and even the millennials, are being guilted out for not feeling like they're not travelling through the valley of the shadow of death, right?

[00:47:23]

P Yes.

S But the big fear thing is this is the valley of the shadow of death but actually David, who wrote that scripture, actually went seriously through that himself. He was almost to death...

P Well, I think we always go through things. You know, there are some things we can go through and then... And it's like, well, what do you say in times of really difficult times. Because you don't want to necessarily bury your heads in the sand and say, well, my grandfather didn't die when he just did.

S Right, exactly.



P It's a fact. Sometimes things are challenging. Sometimes life kicks. So, what do we say during these times? What should our confession be? And I was looking at the 23<sup>rd</sup> Psalm. This is in our **I'm That Girl** book. I was looking at it, you know, because he was going through a rough time, through the valley of the shadow of death.

S Rougher than rougher than rough.

P And many of us say what we're going through and then stop and it stops there.

[00:48:15]

S Or add a bunch of...

P Or add even worse things, okay, and we think that's natural but, you see, God is different. His ways are higher than ours and David was a man after God's own heart. I looked at this 23<sup>rd</sup> psalm like I never have looked at it before. I've sung that a million times. I've said it... We all know The Lord is my shepherd, I shall not want, He makes me lie down in green pastures, and then it goes though I walk through the valley of the shadow of death, I won't feel no evil. And then I stopped there and I'm like, man, that's a difficult time. I looked at it as times in our lives that are extremely difficult.

S Most people say, oh, I'm walking through the valley of the shadow of death, I'm so fearing the evil, help me because I fear the evil and I'm so worried that I'm going to pass and all my family's going to pass and we're going to starve and...

P Yes, man, this is a scary thing, isn't it? This is a scary thing we're all going through, I'm so terrified because my aunt is immune-compromised and what am I going to do about her and my mother is too and I'm just so worried. Okay, those are the things, our authentic selves. They're the things we naturally want to say. But there's another way. Look at the 23<sup>rd</sup> Psalm. There's seven things.

[00:49:15]

S Our authentic selves, meaning our flesh.

P Yes.

S But not really who we're called to be, which is our real true selves.

P No, but it's the PC word. It's the quote. You know, be your authentic self. Everyone wants to be the authentic self these days. Like if you're worried, just worry. If you want to have a pity party, just have a pity party, it's all authentic.

S That's the way we train our children.

P Yes. I understand you're angry right now. It's okay to be angry. I'm sorry, it's not. There's a better way. There's something better to put on than that but, look, seven things in that scripture.

S Right after he says I'm walking through the valley of the shadow of death, then he does seven positives.

P I know and seven is God's number for perfection.

S Ah, love it, goose bumps.

[00:49:52]

P But I just found these and I'm not leaving like a big old preacher, Baptist preacher, but I found them, look, after that.

S It's Pearl Priscilla Pentecostal Preacher.

P Though I walk through the valley of the shadow of death, right, after that he says, number one... These are the proclamations. These can be our own proclamations. I will fear no evil. You are with me. Two, your rod and your staff, they comfort me.

S And that's the word.

P Three, you prepare a table before me in the presence of mine enemies. A table, that means every good thing, everything we need. You anoint my head with oil. My cup runs over. That's overflowing.

S It's more than half full.

P Surely goodness and mercy shall follow me all the days of my life. That was six. Seven, and I will dwell in the house of the Lord forever.

S Oh, not the house of fear?

P No, the house of the Lord. What a confession.

S I love that. And was it the same David that said, you know, I would have perished had I not believed that I would see the goodness of the Lord in the land of the living?

[00:51:00]

P Yes.

S So, he was going through the rough times. He's like I would have perished but I believed I'd see the goodness of the Lord in the land of the living.

P And, you know what, the same thing... If you want to go to the New Testament, Paul. You know, people talk about how Paul boasts in his weakness. There's a scripture. But they only do half the scripture. Paul was beat up at the time, okay, three times he said he was attacked by a spirit and, you know, obviously that spirit had caused people to beat him up. So, he had eyes and bruises. Theologians and historians say he was completely beat up. So, he's talking about how his body was weak at the time. But he said but... He talked about, you know, through my weakness, but he said, but then I boast in God's power

through me. So, he didn't stop at weakness and that's what we'd want to do. We want to stop...

S The weakness was only shared so that God's greatness could be paramount. It was like setting the stage but look at this power to set me free and to redeem me from the situation.

P It was just a set-up for the end of the verse and no one quotes the end of the verse. They only said, oh, Paul boasted in his weakness. But then it says, no, but for His power through me. His power for He's not given us a spirit of fear, the word says, but of love. Vagus nerve right there, people. Of power and a sound mind.

[00:52:17]

S Can I just tell you something?

P Yes.

S I've heard that said... Different theologians have said He's not given us a spirit of fear but what has He given us? Love, Father. Power, the Holy Spirit. Sound mind, the Word.

P So good, Serene.

S The Father, Son and Holy Spirit.

P 45 minutes in, let's end with these scriptures because I really want to hear them.

S And, you know, I'll just go down... You know, some of them... I just pulled up a bunch of scriptures on peace. It says let the peace of Christ rule in your hearts, since his members of one body, you were called to peace.

P Called?

S Called. We are called to peace and it says, and be thankful. Thankfulness is another thing that is such medicine for us.

[00:52:57]

P Beautiful.

S Such medicine.

P Gratitude raises the immune system too. That's science. They did this study on three different groups of people. Serene, get your scriptures ready. The first one they said write down, you know, things that you find really annoying in your life. The other people were like write down just general things, don't be happy or sad about them. Just write down like journal, journal your life. The third group said write down things that you really found you were grateful for this week. So, that third group, they tested them, their blood, everything. They had doctor visits. Their health was radically better than the other two groups.

S        Amazing, you know, so in that scripture I just read, it said called to peace. And then in Hebrews 12 it says make every effort to live in peace. And then in 1 Peter 3 Verse 11 it says they must turn from evil and do good. They must seek peace and pursue it. So, it might be like we're watching the news and whatever and filling our minds with that kind of thing and it's like, oh, I want peace. You just want it like something that's just handed in your lap. But we're called to it first.

P        We know what it's what we're supposed to go after.

[00:54:10]

S        So, we're being given that commission.

P        Yes.

S        But then we're told to seek it and to pursue it and to make every effort. So, it's like I wake up in the morning, today, and it's like, okay, I'm not going to spend my time working myself into fear, I'm going to spend my time working myself into peace. I'm going to make effort for this peace. Not just wait for it to be handed in my lap.

P        Serene, I want to read right now what you sent me a text when I woke up this morning. Because I was saying yesterday, well, Serene, we're going to have to make, you know, big differences in our business. There's so many people going through things right now in their businesses. Let's acknowledge that it's tough for a lot of businesses right now and we have to make, you know, sacrifices and things like that. But you wrote... You texted this to me.

S        You know that my spirit was just a little bit getting out of peace for a moment and you're like, Pearl, girl... This is my text from Serene this morning. All that has been established in the Trim Healthy business is from God, not us. He has already overcome the world. He is in control and holds out His arms of peace to us. We do our duty and that never includes worry. Our greatest duty is rest, Pearl. I'm preaching to me and you. Love it.

[00:55:23]

S        But it is. Our duty is to rest. Our work is to rest. Now, it's not in laboring, you know, that stress. The work of rest is delightful. Because he says, my burden is easy, it's light. You know, to take my yolk upon you, because it's easy. And then... So, I love that fact that we can work on the peace. Cast all your anxiety on Him because He cares for you. So, we don't have to wait for our fear to go, oh, oh, and you're watching the news and you're talking about corona all day, giving it authority all day long, really. You know, the more we talk about something, the more we're building it up. So, it's difficult for us to say, well, I wish I wouldn't be fearful. But it says, no, cast.

P And you brought out the meaning of that word cast, Serene, in our book, for I'm That Girl. When you look into the actual meaning of it in the Greek, right, it doesn't mean just drop it off or get it off. It just means to actually violently hurl it off you. Violently grab it and hurl it like across the room. So, when these thoughts of fear and stuff come, God actually tells us to hurl it at Him, He's so big, He'll just take it.

S I was reading the next scripture, so I don't know exactly what example you used that I had written there in the book because Pearl goes and she makes everything perfect and chucks out all my points that don't, you know, match or that are just too much spice and cumin, you know. So, I wasn't concentrating on what you said just right there, Pearl, but did you talk about how it's like they would take the saddle off of the beast of burden and just hurl it off. Did you say that?

[00:57:00]

P Yes, I did, I said cast and hurl.

S You did.

P Follow it through violently.

S Yes, but did you say that it was that image?

P No, I didn't do the beast of burden.

S The burdens on the beast, like the donkey, all those packs, you've seen them, like a donkey going up the mountain in Peru.

P Yes.

S And in the Middle East. Is to carry all the burdens on this beast but to take all of that... And you can't just slide it off, it's so much, you have to get some oomph into it and you have to hurl it. It's so interesting.

P And we're at 50 minutes but let's just take the last five minutes. We're going to go a little longer today because I want to get these scriptures in.

[00:57:31]

S And can I just say, as we've been reading, and I didn't put two and two together until now, everything I seem to be reading about peace has an action to it. You know, it was you called, which is Him giving me action but it's the striving and it's the pursuing and it's the seeking and now it says peacemakers who sow in peace reap a harvest.

P Oh.

S So, it's the sow. Now we're told another action, to sow peace. So, today, as you're listening, when this whole PODdy is gone, for the rest of the day let's challenge... I'm challenging myself too. Sow in peace.

P Sow it into our words.

S Yes.

P Sow it into our thoughts, sow it into our children's lives.

S Into our children, that's the other... It says peacemakers and I feel like that's personal but it's for those around us too, you know, because we're responsible for our children's journey, to walk through this too. You know, my little girls started washing their hands like crazy and I'm like, hey, it's your duty, great, wonderful, but I don't want to see that soap going on every ten minutes.

P No.

S You know? So, we're trusting in God, not our soap. And the peace of God which transcends all understanding will guide your hearts and your minds in Christ Jesus. So, it transcends all understanding. You know, you may be filled with a bunch of numbers and statistics about the corona and blah blah blah but it transcends... The peace of God is... He says my peace is not like the world can give.

[00:58:55]

S Now, the world... The peace that we get from the world is when everything's hunky dory. Do they say that over here, hunky dory?

P Hunky dory just means... Yes, it's a down under word. It just means perfect. When everything's going smooth, that's the peace of the world, right?

S Right, because that makes sense.

P Yes.

S But the...

P When the stock market comes back up, everyone will think, oh, peace. You know, when the virus goes down everyone will think, oh, peace.

[00:59:15]

S The peace of God is not logical.

P It's during the times of crisis. That's when we sow it, right, Serene?

S It transcends all understanding. It will guard your hearts and your minds. So, we have to guard our minds through Christ Jesus. We have to guard our minds because our minds can just... Like Pearl said, fear can go rampant through our minds and it's out of control and when it's out of control it's like a wildfire and it starts maybe your husband being late for work and then you're weeping over the grave in like minutes. No, miniscule seconds. It's like all a big fast forward movie. Oh, I love this. This is another action. The seed is in the hearts of those who plot evil but those who promote peace have joy.

P That's what we're doing today and I do feel joyful.

S Yes. Now, the media's... Now, you know, I'm not all like, oh, the media...

P No, they're doing a job.

S They're doing a job. However, overall it's promoting chaos because it's building fear. Now, I believe you can get on there and say, this is the duty, we're not going to be gathering more than this amount and we're going to... You know, don't go out for needless blah, blah, blah, blah and, you know, don't plan trips to the zoo and...

P Yes.

[01:00:23]

S I understand that, all for it. Shake all of your hands, high five, but I feel like there's a point where we're promoting a pandemic of fear.

P Absolutely.

S And so let's promote amongst ourselves, as you go out today and... Maybe you're not going out today. As you stay out and text your friends today, promote peace. Because, you know what, it's the peace that's going to strengthen the atmosphere because it's going to get everybody's... Beside from the spiritualness of it, it's going to get everybody's immune system stronger if they're not living in fear.

P Preach it, girl.

S So, let's promote it. Oh, here's one. Let us therefore make every effort to do what leads to peace. Effort, I love it. Seek peace again, it says in another verse here. Anyway, we could go on and on and on and on.

P I think we've covered... I think we're good. I feel joyful. Just the fact that we've been promoting peace here today, Serene, I feel so joyful.

[01:01:13]

S And then it says here... Another one, Psalm 37, a future awaits those who seek peace.

P Oh, that's huge. Because right now it's like, oh, the future is bleak, right? The headlines. You turn on anything right now, the future is bleak. It's going to get worse.

S Psalm 85:8, I will listen to what God, the Lord, says. He promises peace to His people, His faithful servants, but let them not turn to folly. Okay, so we can have the promises of the Lord all day long but if we're turning to the pandemic of fear, if we're turning to... bowing to this corona like it is your boss...

P Not my boss.

S Or your master. Uh-uh. So, we're not going to turn to folly. That's the only way we want to see the promises. Anyway, that's... I could go on and on but...

P I think we've done our duty, hey?

S Yes, we've done our duty.

P I think our duty was promote peace and you guys... Your duty is to promote it too. It's all of ours. We're the Mama Overcomers. We're Trim Healthy Mamas, we're Trim Healthy Mamas, nothing's gonna stop us, we're the Mama Overcomers.

[01:02:18]