



Trim Healthy Podcast with Serene and Pearl Episode #183– Farmacopia of Horny Goat Weed 2

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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

[00:00:00]

S This is the PODdy with Serene...

P And Pearl.

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

D Boys and girls, you've made it back to the Trim Healthy Podcast with Serene, Pearl and me, Danny V. We're so glad you're here. We've got good stuff for you. And I just feel like I want to say, happy day.

P Oh, happy day.

S Happy day.

P Go, Dan.

D When Jesus washed...

P When Jesus washed my sin...

D When Jesus washed...

[00:00:32]

P When Jesus washed...

D When Jesus washed, He washed my sin away.

P He washed my sins away. Oh, happy day.

D Oh, happy day.

S Oh, Psalmer...

P Listen to Psalmer. Oh, come and join us.

S Psalmer, how do you know a church song?

L From Sister Act.

D If Sister Act that's the only reason I know it.

P She heard it from Sister Act. That's funny.

D With Whoopi.

[00:00:50]

S Hey, hey, I mean, you know, I mean, like I've learned a lot of my Bible facts from The Prince of Egypt, and stuff.

D Sister Act brought me so much joy as a kid.

P Oh, yes.

D And I remember going, look at these nuns.

L Yes.

D And that was the whole through the whole movie, just look at those nuns go.

S Do you want to have a Part 2 to that sentence?

D No, because the nuns, like in my mind, a nun was like an old, stern witch.

P Oh, so you came around to the nuns? You're like, nuns be hip, be cool?

D Yes, they were hip and dancing and stuff, but...

P That was such a good movie back in the day.

L Well, I'm killing it. Hello.

D What is she...?

S Pearl is twisting her mascara like as a little rosary bead thing.

[00:01:26]

P Our THM mascara.

S We're so excited. Our makeup's soon to be coming out.

D When's it coming out? When's it coming out?

P Fall, right, peeps?

S Do not give time... It's not coming out in the fall, baby-cakes. It's not.

D What are goals?

S No, it's not.

D Goals are...

L Christmas present.

P Christmas presents.

D Goals are Christmas presents.

P All right, Serene, bring the PODdy. I know you've got some stuff written down on your Obama prompter.

[00:01:44]

S No, I don't. It's not an Obama prompter. This time, it's my little...

P Exercise book.

S It's my little exercise book.

P But you wrote it in pencil. How are you supposed to see anything?

S Well, that's all I have at home, crayon or pencil. Take your pick.

P Hey.

S Pearl is very familiar with what I'm going to talk about, because at the good old hilltop church...

P Church of our father.

S Yes, it's just kind of like open-platform, and we just got up, and we just all ended up talking about the subject that we're about to talk about now. And I was thinking, my portion, what could I bring today? And I just felt that this would be an inspiring subject. And I know that so many people who listen, we have a mix of people who believe in the Bible and people that don't, necessarily. And so I'm going to bring that mix to you today. And, of course, because I am a believer, that's where my truth comes from, so I'm always going to throw that in there. Don't be offended. That's just...

P Old Lesley-Pops sits here through it all...

S Yes, if Lesley-Pops sits through it.

P And she told us to stop apologising for it.

S Okay, great.

D If she can make it, and she's such a heathen...

P I know. Heathen.

D She's a heathen.

S So I was just wanting to just start with the Scriptures, like, bam, go in, go through for the throat, where the truth kind of grasped me around the throat. But Pearl's like, hey, remember, remember, we've got the mix.

P Well, I think some people just switch on this podcast because they think, Trim Healthy Podcast, and then they hear us, now turn to Hezekiah... And it's like, what the...?

[00:03:10]

S Yes, and it's not even on my verse list. Anyway, so I'm going to start with some questions, and then I'll go to some Scripture, just to ease you in. And this is the big question of the day, what is dead in our lives that should be resurrected? What is dying that we shouldn't roll over and just let die? I mean, is it relationships? Is hope dead, or is hope dying? Is it truth, dreams, or is it just even the nation that you're living in, nations? Is it areas of your health? Just because it may already be dead doesn't mean it can't be raised. Or if something could already be in the grave, it doesn't mean it can't be raised. And just because it's dying doesn't mean that it's time to die yet, that we should just let it go. And so those are my questions for today. I do want to jump into just a couple of scriptures, if that be okay, Pearly-Pops.

P That be all right.

S 1 Peter 1:3. Of course, my favorite Passion Translation for this verse. Celebrate with praises the God and Father of our Lord Jesus Christ, who has shown us His extravagant mercy, for His fountain of mercy has given us a new life. We are reborn to experience a living, energetic hope through the resurrection of Jesus Christ from the dead. John 11:25, this is just not in the Passion Translation, it's just regular old Google translation...

[00:04:36]

P Yes, whatever Google has.

S Whatever Google had. I am the resurrection and the life. Whoever believes in me, though he die, yet shall he live. Romans 8:11, Yes, God raised Jesus to life. And since God's Spirit of Resurrection lives in you, He will also raise your dying body to life by the same Spirit that breathes life into you. And that was a scripture that we used to quote over Arden.

P Your son.

S Yes. New peeps in the room, he was battling a very aggressive form of cancer, and we're just like, no, no, we just felt it's not your time. It's not your time. And we're just not going to roll over and let it be your time. And so we quoted that

scripture. Philippians 3:10, That I may know Him and the power of His resurrection. Romans 8:34, I've just got two more, Who is to condemn? Christ Jesus is the one who died, more than that, who was raised, who is at the right hand of God, who, indeed, is interceding for us. And what kind of intercession is that? It's interceding for life. So He is the resurrection and the life. Ezekiel 37:13, And you shall know that I am the Lord when I have opened your graves, O my people, and brought you up out of your graves. I have so many more written down, but I'm just going to stop there. But I'm not just talking about a physical ending of your days here on this earth. People have graves in their life, in many areas that need to be opened up. And, of course, for me, in my life, and Pearl, and Danny may want to speak for himself on this, for us, I feel like the power of the resurrected Christ living inside of us, it gives us that extra, that extra ability to speak life into things. But we've talked about the power of positivity, we've talked about the power of the mind, about mindset before, and I feel like it's time to awaken and inspire people to have the mindset of life, to have the mindset... Let's not just let things sit in the grave that are already dead, or things that look like they're dying. It doesn't mean they have to fully die. I just wanted to say maybe, maybe it's relationships that have to be raised. Maybe they're dead. Maybe they're not just dying. Maybe they're already dead.

P I know, because, I think, sometimes when you think something's dead, right, you think, well, that's the time, that relationship's time to die. But why would Jesus have raised Lazarus from the dead if it was Lazarus's time?

[00:07:20]

S Well, yes, exactly. In Hebrews 11, it's the faith chapter, in verse 35 it says, Faith-filled women saw their dead children raised in resurrection power. So even let's go back to the physical example of the end of people's days, like physically dying, physically, breath being removed from your body. That's not exactly what we're talking about here today.

P No.

S But let's just go to the very core of the resurrection. If it was always people's time to die when they died, why did faith-filled women see their children raised back, and why did...? Matthew Chapter Ten, it tells us, and as you go, preach, saying the Kingdom of Heaven is at hand. Heal the sick, cleanse the lepers, raise the dead...

P Wow.

S Now, here there's the sovereignty of God involved. So if you're listening, and you have had a beautiful child or a loved one or a parent pass away, there's a sovereignty of God involved in that. And we're not saying you weren't faith-filled. No, please do not hear that from our lips. But we're saying you don't know unless

you tried. And we've been given the mantle, or what is the word, the...? We've been given the job to try in faith. And then we know, then we can rest, hey? Maybe it was their time. But I feel like we need to not just roll over and just let death be the final word.

[00:08:36]

P Yes.

S And at that, I want to say one more verse, and then I won't bring any more. But Revelation 1:17, 18. When I saw Him, I fell at His feet as though dead. But He laid His right hand on me, saying, fear not, I am the first and the last and the Living One. I died, and, behold, I am alive forevermore, and I have the keys of death and Hades. You see, there's keys to death. And then for us that believe, we have Christ in us, and He's the one that holds those keys. But death can be opened, and life can be brought back from the grave.

P Yes.

S And I do want to say, we're going to health and we're going to go to areas of your health, but even right now, Pearl, we started at relationships, maybe it is... We think straightaway... Or my brain goes straight to marriage relationships. And, of course, there is times when there's divorce, and that grave is pretty much... If you're married again, that's set. We're not trying to open that grave here, as we're not some weird cult. But if you are married, and you feel like, okay, it's as good as dead or it's dying, maybe it's time for a little bit of resurrection.

[00:09:38]

P And maybe it's not time for that death.

S Yes.

P You know what I mean? The greatest miracles are when things are brought to life that were considered dead.

S Yes.

P Right?

S Well, that's huge, Pearl.

P But I think it's a matter of our looking at them. We look at, something's dead, they're going to be dead, right? What if we look at them differently? And that's what you're saying, right? Maybe your relationship, well, everyone looks at it and says, well, that's gone, that's dead, that's too far. But maybe it's not.

D Hey, I also think some relationships need to go away. It's time to go ahead...

P Are you talking about marriage here?

D No.

P We were.

[00:10:12]

D I know, but I was just thinking... She was sharing about, you know, relationships, in general, earlier. And some you've got to cut off.

P You do, because I disagree with that.

S I disagree. And that's good on the PODdy. It's healthy for us to disagree.

P It is.

D Yes.

S I really feel like, you know, I'm just being vulnerable and honest, there are relationships in my life right now that look really stinky and look, in the eyes of man, that they're dead. I am not going there. And people say, well, you know, it's about time. You've been through this, you've been on this rollercoaster road over and over and over and over. Maybe you should pull the cold shoulder. But, hey, I'm just not in agreement. I really feel like, I mean, unless there is actual sexual abuse, abuse where it is harming you or your children, and then I still believe you pray for that person and don't be bitter, but I feel like we're always for life, we're always for life, and I think we're always for relationship. What do you think, Dan? Are you going to come back and change?

[00:11:12]

D Yes, I am. I just am, because there are soul-sucking vampires out there who want to use you just to us you...

S Listen, would those words sound right coming out of Jesus' mouth?

D I think so.

S Like all the whole world are soul-sucking vampires. Why do I want to die on the cross for those weirdos?

P No, but I get what you're saying, Dan, but I think it's so current and hip to be like, squash that relationship, that's not healthy for me...

D Yes.

P Squash that relationship that's totally for me.

D Yes, totally, totally, totally.

P But what if, okay, if that's harmful for my children, I'm not going to let my child around that grandparent that's literally saying, you need to lose weight, you little... What're you eating? Eight years old, you shouldn't eat that. Okay...

D Dude, can't even talk to my kids.

P Right, toxic.

[00:11:51]

D Absolutely.

P Okay, but I'm a grownup, I should be able to, if I get to a point of maturity, to not cut myself off from someone unless, like Serene said, they are completely dangerous for my life, because I can turn on my love nerve and love them through it and not choose to be hurt, not choose to be hurt.

D Okay, well, here's the difference, though, because, yes, so 100% I love Cal's phrase, we're in violent agreement...

P Yes.

D Because from an emotional cutting-off, I'm hurt, perspective, I 100% agree with you. I'm not talking about that. I think that your love should endure forever.

P Yes.

D You should always be, if needed...

P Love never gives up, type thing.

D A resource to those people, even.

P Yes.

[00:12:38]

D What I'm talking about is you don't have to have daily, weekly, monthly or even yearly interactions with people that are using you, abusing you...

S I think you should always desire for the miracle.

D Yes, yes, sure.

S And until the breath is out of your body, to always desire life in every single area of your body, in every single broken relationship. I was just reading this morning, of course, it was the famous words of Jesus on the cross, Father, forgive them, for they don't know what they do here. He was pouring out love words on the cross. And this morning I was reading about Stephen, who was being stoned to death, and his last words were, forgive them, forgive them, Father, they don't know what they do.

D Oh, see, oh, that fits in my container.

S Yes, well, that's good. But that's good. But I just think, always we should long, even if... And I understand where you're coming from. I know, because we've been friends 15...

P Yes, because what if, Serene, you want someone to call you, meet you for coffee every week, and all they want to do is talk about their problems and this person that hurt them, and that... Are you going to make time for that? Probably not.

[00:13:40]

S Well, I'm just not sure. But my point is that maybe the way you're resurrecting that is praying for them.

P Yes.

D Yes.

S Maybe the way you're resurrecting that is directing for to somebody.

P But not completely cutting them off and say forget it, I mean, forget them.

S Right.

D Yes, you don't have to block their number.

S Right.

P Right.

D But you don't also...

S Because, obviously, if they're talking about their problems all day, they're severely broken people, and they need help. And maybe that's part of your.. You think, oh, I want to go into the mission field, I want to do this for Christ. Well, maybe that's right there knocking on your door. Hey, love this person. Be the hands and feet and the mouthpiece for Jesus. But, you know, I understand where you're coming from, because just as a friend, I know that in you and your wife's relationship there have been family members that have been a little toxic. Maybe little is the wrong word. But I do believe that to have the heart for resurrection...

D We handed them over to be taught not to blaspheme.

S But the heart for resurrection, I believe, should be... We're all about life, because life is the kingdom we decided to side with. We don't want to side with the kingdom of death. And so I just want to...

P That's true, that's true.

S Go on to this really quickly, just to the point.

D Get it. Get it.

S Yes, and maybe in these relationships, maybe communication needs to be resurrected. I agree you say it best when you say nothing at all, but that's communication.

[00:15:00]

P You say it best...

D That's my message to these haters.

P When you say nothing at all.

S No, no, hey, hey, you're not side-tracking any more.

D Okay.

S But with a loving relationship, I just can enjoy sitting on the couch with my husband and saying zilch, but, boy, we are communicating, and we're not talking with French-kissing on the couch, and maybe we are, but I'm talking deeper than that. I'm just saying there's a vibe of communication.

P Yes.

S Like our cells are communicating. So I'm not saying you have to go and be a talkaholic, but maybe communication has been dead for a while in your marriage, maybe you've just decided to not share your inner secrets any more, to not share your dreams, to not... Maybe you go on dates and you just sit there and you just chow down on your... I was going to say mashed potatoes, but maybe you're not doing that on the Trim Healthy Plan.

[00:15:44]

P Or maybe...

D Your taties.

P Maybe your love life is dead, and maybe it's easier that way, and maybe you're used to it, and maybe you're saying, but that's... It's almost like, but we're okay, we don't even need that any more, we're past that. But maybe it's not dead.

S And, you know what, my parents, my mum, she's 79, and I don't think she'll mind, she says it on her own podcast...

P Darling, are you going to repeat this, that you've repeated every week?

S No, not that line.

P No? Okay, good, another one.

S But at that age, it should probably be dead, romance, as far as sexual intimacy, almost 80, and at that age, you definitely should be okay with it dying, my parents are not okay with it dying.

P No, they're just not.

[00:16:25]

S They're like, no, as long as we've got breath, we're going to resurrect this thing every way we can.

P Yes, and they're using lots of herbs and supplements, trust me, because my Mum asked me, and my Dad asked me.

S And you go and you open the cupboard of my father, and it looks like a pharmacopeia of all kinds of horny goat weeds.

P Yes.

S But my point is just because the world says it should die doesn't mean we should let it die.

D Just wait, wait a minute. We can't speed past, people.

P Sometimes Danny is will just zero in on one thing.

D A pharmacopeia...

P Of horny goat weed.

D Of horny goat weeds, plural, is the phrase of the day.

P Yes.

[00:17:05]

S Maybe that's the pushbutton for this podcast.

D How can we describe...?

P That is the click bait for today, Pharmacopeia of Horny Goat Weeds. And this whole email will get squished.

D Hey, and from now on, if somebody's like, hey, do you know Colin Campbell? I sure do. What's Colin like? Oh, I would best describe Colin as a pharmacopeia of horny goat weeds.

P Dad would love that.

D And if they have a problem, I'll say, well, his daughter thought so.

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

S I'm Serene. You know in the good, old days when children read books?

P Yes. I remember.

S You know, back in our childhood?

P Yes.

[00:17:45]

S Do you remember just curling up in the corner, like on those woolly sheepskins that Mum had and just with a special, amazing picture book of one of your favourite novels? And it was just like a magical moment that nothing, no movie, could ever replace.

P Yes. And now we can create magical, imaginative moments like these.

S Why? Do you know why, because Literati has done an amazing thing. They've made it exciting, book-reading exciting, because a box comes to you, a very magical-looking, awesome, trendy little box comes to the doorstep with secret books, books that they don't know are going to... Surprise books, five surprise books. And you can put in your child's age so that it's kind of age-specific. But it's really fun, and it brings back an aura, almost a romance to book-reading.

P Yes, Literati are spelled L- I- T- E- R- A- T- I. It's a subscription book club that makes it easy to find unique and interesting books for your kids by sending, as Serene said, great stories right to your door. And for parents, it's so much easier to put your kid in front of a screen than help them find the book they like, right, take them out in these times. Put the mask on them, and which book...? Oh, man, forget it all. It's just so much easier to have these wonderful books come in to your door.

[00:19:05]

S And, look, if you hate the book, it's just not something that you want your child to read, send it back...

P Yes.

S Totally free. You don't have to pay for anything you don't like. So it's risk-free.

P Yes. And, listen, it's a fact, kids that read more books have better vocabularies, longer attention spans. And Literati helps do this with fun so that your kids want to read.

S And in the box is not just books, but sometimes there's like little awesome knickknacks. One time my daughters were sent this pen that they would write, and you couldn't see the ink, invisible ink, and then they put a little light on it, and then they could read their little secret notes.

P Your daughters, they think it's like Christmas when the Literati box comes, right?

S Love it. Dance around the house. So that's Literati. Go to Literati.com, spelled L- I- T- E- R- A- T- I, that's Literati.com/trimhealthy, and you're going to get 25% off your first two orders, mates.

P Yes, this is actually their best offer available anywhere for you guys. You get to have it. So go to Literati.com/trimhealthy, get that 25% off, and do that. Because that's awesome for you, it's also awesome for your kids. And they'll be joining the largest book club in America, actually. Over 1 million books delivered and tens of thousands of happy Literati families.

[00:20:22]

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P- O- D- D- Y. Listen, okay, let's move on. I love it, Dan, though. You bring life. You bring life. You resurrect boringness into...

P It wasn't boring, Serene.

S No, it wasn't.

D It's good, it's good.

P I've been sitting here being challenged.

S Maybe we need to resurrect trust. Maybe it is jolly well dead, and dead for good reason. Maybe unfaithfulness stoned it to death. Maybe trust has totally been in the grave six feet down for six years or more. We can still resurrect it. Love believes all things.

P You're making me cry.

S Love trusts and hopes for things. Maybe it's hope that needs to be resurrected. Maybe...

[00:21:04]

P I want to say one thing.

S Yes.

P You're on a roll. But death, letting something die is sometimes easier than struggling and deciding to resurrect it in your marriage, or in your relationship. Because to resurrect it's going to take everything that you have. But life is always best.

S Life is always best. It's good.

P I'm just telling myself this here too.

S Maybe it's resurrect respect.

P Ooh.

S I'm speaking to me as woman, because I think I believe as a woman that my longing is to be adored, but I know my man, he wants to be respected, and I do respect him. I don't have issues with that. But that's my thing, I'm speaking to myself. Don't lose that, Serene. And he doesn't have to be perfect, but respect is something that you... You can even find one...I've many things in my husband, bless the Lord, but even if you can only find one thing, that they brush their teeth, respect.

[00:22:07]

P Respect the fact.

S There's many people that don't.

P What's good about your man? He brushes his teeth.

D And can you imagine somebody who, like, 99 of everything else in their life is pure trash, but it's just like, I tell you one thing, the guy brushes his teeth.

S I know.

P But, no, it's truth, though. But I say this to you, okay, when you look... People always say in their heads, oh, he's not the man I married, or whatever. But go look back at your man when you were courting or when you were dating, whatever it was, and list some of the attributes that you like, okay, and see if they're still there. I've done this for myself, on days when I'm really mad at my husband or he's just not living up to my standards. And then I'll be like, oh, he's just not the man I married. Just little thoughts will come into my head. And then I'll be like, oh, really, Pearl? Well, go back and list some of the things that you loved about him when you were dating. So things like, he was very chivalrous, he always protected me, and I felt very calm in his presence. He is a calming influence...

[00:23:11]

D And is he still?

P He's very responsible. Yes, he is. I'll go through all these one by one. I'm sorry, yes, he is that. He is very grounded. Yes, he is that. He doesn't care what people think. Yes, he is that. Just do it. See what happens.

S That's a good...

P See what happens.

D What is this destructive side of our brain that wants to say things like, because I know what you're talking about. It's like, that's not the person I married.

P Yes, yes.

D Why is that this universal destructive voice...?

P Oh, it's a sensual voice.

S And, usually, we're not the people that they married, and we've turned...

D Yes.

[00:23:42]

S Maybe if they are not, it's because we... You think, oh, he used to be this, he used to be that. But maybe we used to especially quickly spray the perfume on and...

D That's right.

S Quickly meet him at the door with all this.

D That's right.

P When we met him, we were smiling too.

S Yes, exactly. We were putting on our wiles.

P We were like, oh, my goodness, you're finally here. Do you know how long I have waited?

S Take the trash out. Why does he want to be all that chivalrous to that?

D And for some reason, he wants to stay late at work every night.

P Yes, yes.

S But, listen, here's a big one, resurrect hope. And now I want to talk about this. Hope has been murdered for many these days, murdered, hope. Just think of what's happening in the world, just hope... People think, oh, the economy's dying, this is dying, that's dying. The America that I grew up in, that's dying. Well, does it have to be? Maybe you have something to do for that. You're just one little person, but you have a voice.

[00:24:36]

P No, but it's easier to think, oh, let it die. It's easier to go around saying and lamenting... I was watching too much news, and I was sighing each time at the end of it. And I was going round sighing the whole day, saying, oh, this world, oh, my goodness, what times we live in, right? Isn't it horrible? Oh, I can't believe what's going on. And I was just talking, and my words were going out there all the time, and I was believing it and getting rid of all hope. And I was empty of hope, and I was just like, this is a horrible place, horrible times that we're living in. But it's wrong to around like that. We have been given and living such a time as this where we can speak words of hope and life and be the light, right?

S I was a lunatic last night. I just decided not on my watch. Like Gandalf in The Lord of the Rings. I haven't seen that movie, because I always walk out, because it's too dark for me, but my children tell me about it. He puts his whatever down, his staff, and says, thou shalt not pass...

D Oh, yes.

P Right.

[00:25:26]

S You know, to the evil.

D Such a good scene.

S And so I did a weird thing last night. We came back to our house after going to the creek, and all the electricity was off, but there was not a storm, not a wind, and I'm like, started getting conspiracy theories, it's the dark times that we're living in. And now they're just going to turn off the electricity. Now we can't go out into the world, and now we're going to be living at home in the dark. It was a flash, little, tiny, little bucket thought in my head. Of course, it was nothing to do with anything. But I just decided, oh, forget all this moping about these crazy times. I couldn't go and be in my house, because it was all dark, so the only light was the solar lights on my deck, so that's where I was. I was outside on my deck. And I just decided, I just spoke into the atmosphere, I'm like, no way, America, America, I'm saying, economy, in the name of Jesus, back to order. And I just started speaking all this stuff. I've been given a voice, I've been given the authority of His name. In us who believe, we have power to wield.

P It's true, Serene. Listen, I was studying some science this morning, the science of sound and the sound vibrations. And they're uncovering so much about vibrations. So, essentially, this whole world, what we thought was still, and we've talked about this on the PODdy before, is moving. This mascara I'm holding in my hand, it looks still, it looks like it's solid...We used to have the word Solid. Nothing is solid any more, really. They realized, no, this is moving. This mascara might look solid, but all the particles are vibrating, they're moving. Everything is. So everything is able to change, right, the whole world. So, in a way, because every atom in this globe and in this universe is moving, it's all making sound. Now, our ears can't hear it, because vibration is also sound. So this whole world and hemisphere and stratosphere, it is all under the influence of sound, and words, words are the power of that sound. So, Serene, I know it sounds crazy for you to say, I just stood there and I said, America, rise up. Serene's the smart one here. She's actually understanding more than those of us who are going around saying, I just can't believe we're living in these times, this is horrible. There's a law here. Just like the law of gravity, there's a law of words, there is a law of sound. Everything is pulsing with it. We haven't yet tapped it and understood it, but there is truth to this, what you're doing. There is truth to our authority.

S It's the keys to the kingdom, right?

[00:27:56]

P Harnessing sound and using it.

S It's the keys to the kingdom.

P Yes.

S Binding.

P Loosing.

S And loosing.

P The Bible understood more than we have for thousands of years science-wise, and science is just catching up to it. Am I right, Dan? Am I off?

D Well, I've actually started thinking about... I used to see this concept of laying your hands on someone to heal them, I would see it as, oh...And then, you know, I would almost picture someone standing in the clouds with a notepad, going, oh, he did the thing, now we respond or whatever. But I wonder if it's just physics. I wonder if there's something in the palms, in the fingertips, in creation and in the words themselves. Like it's a physics thing. It vibrates things. The palms...

[00:28:38]

P Well, you see, yes, the cross healed. But, you see, God is the Creator of physics of meridians of everything that we don't even understand, things we think are woowoo and voodoo, right?

D Yes.

P He's the jolly Creator of them. He understands how it is. What do you think we'll be like in our spiritual bodies? Yes, part of it is physics. We think, woowoo, what is physics? And God understands them. And when we have our full mental beings, our full spiritual minds...

S Well, we think what's woowoo with, what, 5% of our brain being used?

P Yes, what does that 95% understand that we don't yet, Dan?

D Yes, and I wonder if we'll find out that there wasn't this physical realm and this spiritual realm, it was actually all a physical realm?

P Yes.

D It was actually tangible...

S Well, the Kingdom of God is here.

P Yes.

S You know what I'm saying? It is all tangible. What people think, oh, well, we can't, you know... Many believers, sadly, think, well, you know, I've got my ticket to heaven. It's going to be all wonderful when I get to heaven. Finally going to go home...

[00:29:31]

P To glory.

S Going to get rid of all this... I believe we're meant to bring heaven to here. Of course, there is a heaven, so I'm not being totally out there, but I'm just saying we are meant to bring heaven to earth. That's our job.

D Yes, or at least open people's eyes of the heaven that surrounds them 100% of the time. I think that you can walk according to any nature you choose. You can walk in darkness. And I think what is that's not this theoretical idea, but what if there's actually people on the planet who are walking in darkness, and they're getting just negative results in everything they touch.

S Well, there is. They're walking in death. I mean, the Bible talks about, you know, that there's people that are living, but they're just...

P See, this is what I'm saying, the Bible's so smart.

S It is so smart.

P Just smart, just saying.

[00:30:23]

D But, see...

P I set before you death and life, and it says, choose life. How jolly simple. We gloss over that, and that scripture says, choose life. Okay. It's big. It's so big. Choose life. There's physics to that, Dan.

D Yes, and I wonder if the time it was written in, I don't think anyone had a frame of reference or a concept for atoms and molecules...

P No, they didn't.

D And so to come with some teaching about moving molecules with your words, causing temperature changes with your hands, or whatever, you know, I don't know how it all works, right, but the vocabulary of the understanding of the time seems to almost indicate there's this stuff out there that comes down and influences this stuff here. But I just feel like the more we...

P But, yes, no, I say what you're saying. Jesus was just using physics, right, because He's Creator...

D Yes, he wasn't doing magic.

P To move, to make... No, He wasn't doing magic. Jesus is God, Creator.

[00:31:26]

D Yes.

P And everything He said, He did, the Father controlled, but He's the Triune Spirit and all that. He understands physics. He created every sinew...

S Well, He created physics.

P So everyone thinks, oh, my goodness, magic, miracle. He's just God.

D Yes, I think we use the word Magic, we use the word Miracle, and that's a word...

S Yes, I do think it's physics, and I do believe He works through that. I do believe it's the cross.

P Yes.

S It all stems to the cross, it all hinges on the cross.

P But the cross was the obedience, right?

S Yes, exactly.

P The cross was the Lamb that was slain, now we're going deep, that enabled this healing to come through, right?

[00:32:12]

S Well, because we weren't even able to have intimacy with Him.

P Yes.

S There was no...

P But when you're intimate with Christ, you have access to all that He's given us, to life.

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, so sometimes stress can seep into your body, right. Whether you're just an athlete or you're just a regular person trying to get through the day, muscle pain and muscle tension, it's a real thing. And that's why I use Theragun. Serene, you use it too, I believe, in your family?

S Yes, and my teenage son uses Theragun for an old injury. And I tell you what, it's effective, it is effective.

P Yes. Theragun is a percussive-therapy device that releases your deepest muscle tension, using a scientifically calibrated combination of depth, speed and power. And let me talk about power. I'm telling you...

[00:33:02]

S And now they have a quiet one...

P Yes.

S Which is awesome.

P Oh, the little travel-size Theragun?

S Yes.

P I keep it by my computer, because I stand at my computer a lot, and one of my hips is different. It's not aligned properly, whatever. So that can cause a lot of tension in my hips. So every day, the last ten minutes a day, I just hold it against my hip, and it just keeps me nice and loose. I only need about ten minutes, and I don't get all seized up. It's brilliant.

S Yes, and trying Theragun for yourself is risk-free for 30 days. There's no substitute for the Theragun Gen 4. That is absolutely the elite one with an OLED screen, personalised Theragun app, and the quiet power you need. Now, I don't have that elite one, and just the regular one works great for me. But, I tell you what, that Gen 4 piece...

P Yes, if you go to theragun.com, you can pick your personalised one for your needs, your budget, what you'd like to get. And...

[00:33:57]

S Look, this is not just \$9, this thing is a quality product.

P Yes.

S So it's going to be up there. But it's cheaper than going back and forth to, what do you call that stuff...?

P Therapy.

S Therapy. Wow.

P I mean, physical therapy, all these things that you can spend hundreds of dollars on...

S They're so much money.

P You can buy a Theragun... You can start at like just \$199, but that's a one-time buy.

S Yes.

S You'll be hard-pressed to get one therapy session.

P Yes, you'll be using that day in, day out.

[00:34:25]

S Do that, guys.

P And your whole family can use it. We were just talking to Producer John here...

S It's not like a toothbrush where it's only personal to you.

P Yes. Producer John was talking about how his wife uses it, how his son uses it... His son's an athlete, and that's the case in my house too.

S Yes, it's like, pass the Theragun, my turn.

P Anytime, like, oh, Mum, my shoulder... I'm like, here's the Theragun.

S Go to [Theragun.com/trimhealthy](https://www.theragun.com/trimhealthy) and get your Gen 4 Theragun today.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, it's P- O- D- D -Y. And that's what it is, let's resurrect life, let's not walk in death. Let's resurrect life and resurrect positivity. And here's one, resurrect laughter. Do you know, Mum said... And resurrect singing. Pearl, I love it. I used to sing... I'll go back to what Mum said. But I used to sing around the house all the time, and now I have a daughter who sings constantly. She's ten years old. She can't stop, and sometimes I think, oh, I can hardly concentrate. It's a bit loud, and you're singing the same line...

[00:35:26]

P My kids do that too.

S I feel like saying that's awful.

D I know what you're saying, yes.

S But I don't want to kill the life and the creativity.

D Yes.

S And, actually, I've decided just to tell myself, Serene, why don't you resurrect the singing in you, and you won't be so purty-dirty, like that singing's annoying.

D Purty-dirty.

S And so I know that something I want to resurrect, singing around the house. Pearl, you sing around the house. You still sing around the house.

P I do. I do sing. Our kids sing together. It's so fun. But here's another thing...

S But what Mum said just...

P Yes, you do it.

[00:35:51]

S And then you can talk. Some people might just need to resurrect whistling. Mum said everyone used to whistle as they'd walk down the streets.

P Yes, I love to whistle. This is something that I want to resurrect and something that I've been very cynical about in my Christian life, shouting, no, shouting with joy, okay. As a pastor's kid, I just thought I was just so jaded and seen it all. And it's like, all the learnies that would shout in church, I'd be just like, shut up. Can someone escort them out?

D This is embarrassing. What if I bring a guest?

P Oh, my goodness, they're so overwhelmed, they're shouting. Shut them up.

D Put your flag away. I have Mom in town.

P Yes, I'm just like so judgy. That's not cool, okay... And then I've just been so convicted that, like, no, they've got it, Pearl. You didn't, okay? Because all through the Bible it literally says, and if it says something, it's good for our bodies, right, shout for joy. It even says...

S There's actually about 50 verses.

[00:36:55]

P Shout, it even says, Shout, O daughter... Rejoice, not just rejoice, but rejoice greatly, O daughter of Zion. Shout, O daughter of Jerusalem.

S Give a shout of victory.

P Shout. I think that's even talking to us. But I never wanted to be the exuberant type, the over-the-top, the whacky, the loony, but now I'm thinking there's something to be said for that.

D Once you understand physics.

P It's good for the body.

S Well, how did Jericho's walls fall with the sound of shouts of all of them?

P Why should I not be shouting for joy? Actually, I should be.

S Yes.

P I mean, obviously not doing it in the grocery store, maybe. Maybe I can still be a human citizen and not look like a complete fruitcake. But why can't I go outside of my house, or even in there with my children, and just say, yes, man, I'm bust, oh, bust. Now, our sister, Vange, does that.

S She does it.

P And everyone thinks she's a loony, but everyone forgives her for it because she's sort of cray-cray.

[00:37:54]

S But she lives in joy because of that.

P But I'm telling you what, her life is wondrous, because she's harnessed something. Now, I'm determined, after reading through all the scriptures that says, shout for joy, shout for joy, shout for joy, it's telling us to do. Why is it telling us to do it?

S Because it resurrects something inside of us.

P Yes.

S It resurrects...

P If you're feeling like something is dead, why don't you go shout for joy about what God's going to raise?

S It's like when my son, Arden, for new peeps in the room, he battled an aggressive cancer, and now he is totally healed... He has the victory through Jesus. It was amazing. But I remember thinking, okay, I can pray a silent prayer for him, a nice, little, quiet, heartfelt, a little whisper in the night. And I did many of those whispers in the night. But I felt something inside of me say, Serene, you need to shout this, you need to be the Gandalf who puts down the staff and says, thou shalt not pass.

[00:38:47]

D You shall not pass.

S Get off my property, devil. Do not come to my son. But I also felt this need to shout out victory over my son. And I said to my mum, I said, you know what, I need to be on a whole different continent, like a continent where only I... To pray the way I need to pray for my son. She goes, why, why? I mean, this is your son. And then I'm like, that's right. So I started just shouting my prayers. And I don't even dance in front of people, but I just remember when we were at the prayer meetings, I was doing ballet at the back like a moron, right? But it was because I knew that it was something that was powerful. And it wasn't even something that would've been naturally part of my personality before, to dance ballet, like woo woo. They were the types that I wanted to be escorted out, you know, growing up in our churches. But there was something in me that said, no, this is what you've got to do. There's power in movement and there's power in sound.

P Yes, there is.

D Physics is real, man.

P And you know what, I think a lot of... Maybe what you're hearing today, and you're thinking those girls have gone off the track, right? Because I think, especially if you are considered Christian, there's two sorts of schools of thought with this. One school of thought is, listen, let's just be grateful for whatever God gives us. Okay, I agree with that. Let's endure with patience, with endurance, let's just endure what we have, but let's not expect miracles, because people

have done this whole faith movement, and it's been disgusting, and they've taken it too far...

[00:40:26]

S Well, faith for red Ferrari's and...

P And they've said, if that person dies in your family, you've got sin in your life... Okay, it's been murdered, and it's been abused, this whole faith movement. And I think other people have seen it and think, yuck, I don't want any part of that. But have we buried something that was still a precious truth just because people have abused it? You know what I'm saying? And they could say, well, Pearl and Serene are saying all this New Age stuff, Pearl and Serene and Danny, about physics and that miracles are physics, they're not from God. We're not saying that.

S No, they're from God, for goodness sake.

P Don't hear that. We're just saying there is something precious here that maybe we've buried because we didn't understand it, just like that first photograph. Back in the, I think it was, 1800s, they took the first photograph, and all the religious leaders of the day said, that is voodoo, that's wrong.

[00:41:12]

D Yes.

P They thought it was some sort of witchery.

D Right.

P But it was just light capturing light.

D Yes.

P And so I think sometimes Christians now are like, well, don't talk about...

S Miracles?

P Don't talk about physics when it comes to healing and all sorts of that, don't mix the two up. It's New Age. And don't talk about crystals or anything.

S We don't want to talk about anything like that. They can't heal.

P That's witchery. And I just think that there are two extremes, but I think that God is the author of all of it. Satan didn't create physics, God did.

S And it hinges on the cross.

P Yes.

[00:41:54]

S And we believe that. And the Bible says, Greater things will you do in my name. And it hinges on His name.

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

S I'm Serene. If you don't know Billie's name by now, you're either new to this PODdy, or you just...

P You have not been listening to us.

S You haven't been listening. Okay, so Billie, he, well, maybe it, has just changed my life.

P It's an it.

S Yes, it's amazing.

P Do you think of your Billie is a boy razor? I do, for some reason.

S Well...

P It's just because of the name.

S It's purple. It can't be a boy.

[00:42:30]

P I just think of it as Billie the Boy.

S Okay, well, I tell you what, Billie is a razor, and it's a razor like none other. It has a little magnetic holder that sticks in your shower, not by lick-and-stick, but by different, wonderful, miraculous science. And I tell you, what happens is your razor will never fall to the floor like when the lick-and-stick would get not sticky. And the goo that comes from a razor, like the aloe and the moisturisers that are on those razors, the strip, will not get all gooey in the bottom of your shower, because, guess what, it won't be falling to the bottom of the shower.

P I know. And the razor itself changes the way you shave. This razor is designed for women.

S It's American-made.

P Yes, and before you had to go, if you wanted to get a really high-quality razor, you had to go into the special part of the store and get that special lock-key box. You don't any more. You're going to get the highest-quality razor, which is a Billie. And it's going to be in your home, and from that time forward, you'll be a Billie user. Trust us.

S Can I just talk a little few seconds more? Can I just give Billie an...? I used to use razors with soap...

[00:43:33]

P Yes, Serene, because you don't stick to script.

S Okay. But I was sent a Billie shave-cream. Changed my world. Pearl, have you ever used shave-cream before?

P No.

S Oh, my goodness. The Billie shave-cream...

P Always use conditioner.

S It just revs it up to a different level.

P How did you get that, and I didn't? Now I need some.

S Because I took it home, and you didn't.

P Oh, she nicked it.

S It is amazing, heavenly stuff.

P Hey, so that's the thing, Billie has started to make some really quality personal products. They have dry shampoo, they have smart things like face-wipes. They're all natural...

[00:44:09]

S Face-wipes that are incredible. My daughter... It's the only one that doesn't make her face sting.

P So it's not just shavers, but it all started with a Billie shaver. And, listen, go to mybillie.com to meet the razor that made everyone start talking about razors. It's just \$9 to get your starter kit. And here's what you get. You get their award-winning razor, which Serene and I talked about, two refill blades and the magnetic holder that keeps your razor safe and dry in-between uses and changes your life. Plus, free shipping always. Go to mybillie.com/trimhealthy. Spell that, Serene. Spell Billie.

S That is B- I- L- L- I- E, dotcom, slash, trimhealthy.

S This is the PODdy with Serene...

P And Pearl.

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

P Trim Healthy Hydrates take water and turn it into a drink of dreams with no harmful ingredients like sugar, unhealthy dyes, junk fillers, artificial ingredients and needless calories or carbs.

S So you might be thinking, oh, what's new about this? Throw this little stick-pack into water. I've seen it done before. Yes, but it's done before with chemicals. It's done before with preservatives. It's done before, if not with sugar, with aspartame, with sucralose, with all those brain-cell-destroying, health- and blood-

sugar-wrecking ingredients. If your tongue is like a fluorescent colour after drinking some other stick-pack, that's kind of the hint. Maybe it's not all pure. Trim Healthy Hydrates just leave the burst of flavour in your mouth and your body hydrated, but nary a dye and nary a negative impact on your body.

P Children love Trim Healthy Hydrates, and you're going to love that they're drinking something that's natural and is hydrating all their cells in a healthy way.

S And do you know who else loves Trim Healthy Hydrates? Teenagers and pregnant and nursing women, and, of course, anyone else, like you, who needs to stay hydrated.

P Hydrates are available in four flavours. You've got Orange Oasis, you've got Lemon Love, Cherry Berry and Blue Skies Colada.

S This is the PODdy with Serene...

P And Pearl.

S Get it right, P- O- D- D -Y. And so we have great things to do. It's not just sit back, like insipid Christians and say, oh, well, whatever comes down the pike... No, God wants us to be part of it, I mean, to receive the promises, those great and precious promises, which they're called in the Bible. There is battle to be done, because when the children of Israel, they didn't just walk into the Promised Land. They had to fight giants...

[00:46:47]

P Yes.

S And they had to battle their way into every promise.

P And there were miracles along the way.

S And they had to resurrect stuff along the way.

P Yes, they did.

S And so I want to say just a few more things, just even to get into the health. Resurrect forgotten dreams, just before we get to the health thing, that's huge. Some people have just given up on so many things just because they've got jaded. Resurrect focus. And now to the health, resurrect a dying metabolism. Resurrect your thyroid. Resurrect E meals, and that's the practical way to resurrect your dying metabolism and your dead thyroid. Resurrect your E meals.

P And by that, for new people in the room, she means your carbs, your healthy carbs.

[00:47:24]

S Yes. Resurrect fruit.

P I tell you, when I resurrected those in my life, my metabolism bounced back, even in the middle of my menopause.

S Yes, resurrect fruit. A lot of people, diabetics and stuff, well, they've been taught that fruit is just, basically, poison to them.

P No, but it can actually heal your Type 2 diabetes.

D Whoa.

S Resurrect life-giving on planned meals, not just the unplanned meals. So many people, I'm doing Trim Healthy Mama, but it's a lot of cream cheese, a lot of pasteurised dairy, a lot of just Greek yogurt, this, that... There's not anything wrong with that, but resurrect the life-giving on planned meals, the simple, whole, clean foods too.

P Yes.

[00:48:04]

P Yes, yes.

S Resurrect... Yes, I think I've done my list there. But we've got to talk life, think life, dream life, hope with life, emanate life, refuse death of all kinds. And even, we've talked about all other forms, all other forms, of death, you know, spiritually, mental, in every way, relationships. But even with our loved ones who may be dying of cancer or this and that, it might be... We don't know, God's sovereignty, He might choose to take them. He's sovereign. We're not going to...

P He might choose to receive them.

S He might choose to receive them. That's the word. I don't believe He takes. I believe He receives, because He's not the author of death or the author of sickness, ever. But in His sovereignty, He might choose to receive, like He did my little baby that I miscarried a couple of months ago. But we don't know that it was their time unless we battle for it first.

P And, Serene, you fought for life until God said...

S Yes, totally.

P You don't need to fight any more.

S My daughter bought me this shirt, Truly Blessed, and she wanted me to wear it when we told the family that I was having a baby. And then I started bleeding, and I pretty much knew it was going to be a miscarriage. It was that heavy and that bad. But something said inside of me, no, you wear that shirt. Until you get a negative test

again, you wear that shirt. And so I wore that shirt in faith. And I think pray, pray, and don't give up, and have faith. because you don't know if God sovereignly chooses to receive them until you've fought your battle.

[00:49:30]

P And, honestly, battles are not sometimes won overnight.

S That's right.

P There is a wait. And the Bible talks about the wait. I mean, Jesus even had to wait for His time. Abraham had to wait 25 years. All through the Bible there was waits for things. And the Scriptures tell us, those who endure with patience shall see the reward. And so I think sometimes, even if you're in a relationship and you're doing all you can, and you're believing for life, sometimes there'll be a wait.

S Yes.

P But don't lose hope. Sometimes things don't look good.

S Sometimes it's darkest before the dawn.

P Yes.

[00:50:10]

S So I'm just inspiring myself, I'm inspiring you out there, to get a battle cry. Sometimes it's okay to have the, like I said before, the whisper-in-the-night prayers.

P Yes, that's good too.

S It's good too.

P There's a place.

S It's all part of it. But there's also a part for a battle cry.

P Yes.

S And let it be a battle cry for life.

Announcer And now a game of commercial chicken, brought to you by Progressive, where we see how long Flo can go without talking about insurance. Ready? Go. So the weather is just all over the place lately, right? One day it's hot, and the next day it was windy for a while. It's like, make up your mind already. Drivers who switch to Progressive can save big. Okay, you win. We can't help but save customers money. Progressive Casualty Insurance Company and Affiliates.