

What it means to be high on life?

Welcome to the be high on life Podcast, where we will remove the sting of life and fill it with love, laughter, joy, and peace.

So do you ever feel like you're stuck in life? Or maybe you feel like you're stuck in your emotions or your feels, your feelings, and not in a good way? Maybe you feel like you just can't catch a break in life? Or that maybe you just feel like the worlds against you. Nothing goes right, nothing works right. I know that I have felt that way before and it sucks.

Even as a Christian woman, I have found that sometimes I do get stuck deep in the despair, the depression and the anxiety. And I've wondered, you know, what am I doing with my life? What am I doing in life, what's going on with my life. And I've tried to be positive. I have, if anyone knows me, they know that I try to be positive. But there are, so many things, including myself, other people that were holding me back, I was stuck in the pain. And I feel like that's when I had a revelation. And that's why I'm here today. That's why I'm doing this podcast because I want to help you. if any of this is relatable to you, then I suggest that you stick around, because I am going to try and help you to remove the sting of life so that you can be high on life. And we'll talk more about what that means today and in the future. But most of all, I want to empower you, as Christian women, to be able to get yourself past the strongholds of life.

we'll talk about all the different strongholds throughout this podcast and future podcasts. But I want to get you past the strongholds and help you to transform to a place where you feel significant in life. You have clarity on life, and you feel successful so that you can be high on life.

So let's get started. I believe that it is crucial for Christian women to recognize that we each already possess within us all we need. For this time in life right here, you already have everything you need. If there's something else you're going to need down the road, In the future, you will learn it understand it at the right time, so that you possess it at the right time.

I believe that you were meant to live an abundant life. It says in God's word, that we're meant to live an abundant life that we're to live lives full of peace and joy as God intended. You can transform to that success and significance because that's what God wants for you in all areas of your life. It's success in your health, in your finances, at work, and in all your relationships. We are meant to be happy, to have abundance to be prosperous, to be healthy. All those things, doesn't mean life's going to be easy, no. But we are meant to have those things. God wants all of that nothing but goodness for us. And I believe that by recognizing that we already possess all that we need in life up to this moment. That is one of the biggest keys for your future so that you can claim that joy, that peace and that abundance that is meant to be yours.

I believe if you truly desire to have the joy and the peace, the abundance everything that God has promised to us in His Word. Then it is the time Now, for you to understand that for you to recognize that and for you to claim that. You may be wondering who is this crazy person that you're listening to or watching, and I don't blame you, I can be kind of wacky, and out there. And hey, that's all right. My name is Kelly, Renee Baker, and I am the queen bee.

I'm not sure what you think when you hear queen bee. I know that a lot of people attach a negative connotation to Queen Bee. And the person that dubbed me queen Bee, I am certain meant it in a negative manner. However, I am the type of person that I like to take something negative and make it positive. And that's exactly what I did. When I was dubbed by this person as the queen bee, I thought, okay, here's an opportunity to take something that is clearly meant to be negative, and turn it into a positive. In this instance, queen bee is meant to be positive, it means that I am the leader of my company of the bee high on life movement. And just everything that encompasses my hive, or my tribe, I am the queen of. So that's why I am wearing the crown and the bee antennas because I am the queen bee and I pray that you will take this as a positive as well, that it's not going to be seen as a negative, and that it will be seen as a good thing. The next thing that you're probably wondering is what is BEE high on life? And you know, why am I talking about be high on life? What is that mean? It's gonna take a little more explaining for the be high on life, because it does encompass quite a bit. So first of all, I use BEE instead of the BE. And that, in and of itself, is one reason that I need to give an explanation. I use bees. Because as a child, I was allergic to bees. I lived with this fear of bees, I was afraid of bees and wasps, I didn't ever want to be around them. I was fearful when I was playing outside because I had been stung before. I was always more worried about where the bees were at instead of just, you know, having fun with my friends and playing. I'm one that believes in facing my fears. I thought, you know, I was coming up with the queen bee I was coming up with the queen bee stuff. And I thought, Man, this is perfect, because one of the things that we have to do in life is to face our fears, the only way we're going to move forward in life and overcome everything that we need to overcome is by facing our fears. So I've challenged myself to face the fears of bees, I've learned a lot about bees, and how important they are to the survival of our world. It just fit. It just fit with facing my fears. You'll probably be hearing more about bees on the podcast because I incorporate these into my business, my brand, my podcast, future books, and my life. And so that's where we get bee for bee high on life. The next word High, this has absolutely nothing to do with drugs with illegal substances or anything about getting high on anything other than life itself and the holy inspired Word of God. I know that it's kind of risky, maybe to associate my brand with high. But I truly believe that once people embrace this concept of what it means to be high on life high on the Holy Spirit and the inspired Word of God, then I think it's a risk worth taking. I know that there is a lot of cannabis and cannabis products out there and a lot of legalization happening. But again, it has nothing to do with utilizing any drugs, alcohol, anything illegal. It's truly about what we have within ourselves. And we just have to tap into that. And to the Word of God to be high on life.

This high that I'm talking about is the love, the joy, the peace, the laughter, the abundance, and prosperity that I was referring to earlier. That's what it means to be high on life. And we can be high on life, all the time, without substances, because it's a choice. And like I said earlier, is it easy? No, it's not easy. Life was never promised to be easy. We have so much to learn from life. But I think one of the things that we need to learn as possible is that we can choose to be happy, regardless of our circumstances, regardless of what is going on in life. And even though it may be difficult to do that it will be worth it. So that's all areas of life that you can have joy and happiness. Maybe your finances are in a rut right now. But it means that you will still enjoy life and love life, regardless of what is happening in your life. And in your circumstances right now, maybe you're in a toxic relationship. And that stinks. I've been in more than one of those. But it means that we're not focusing on the pain and staying stuck in the pain. We're focusing on God and the Word of God and the hope and promises that exist before us. So being high on life, it's just something that is important for us to say, Hey, I'm going to stand up and

say, Yes, I want to be high on life. Right now, from this point on. And I know that some people tell me, you know, I'm kind of annoyingly happy. Sometimes, I do try to find the good in the positive and others. But I also like anyone else, find myself sometimes focusing on negative, you know, talking about people in a negative way, or judging people and I shouldn't be doing that. I don't want to suffer or struggle, I don't want to see anyone else suffer or struggle in life. I live most of my life in physical pain, I have a lot of health conditions. And so even though I am in a lot of pain, a lot of the time I do my best to enjoy life.

And even though I may be suffering or struggling, I'd say 90 to 99% of the time. I don't want that to be the focus of my life, my focus is to get out of the pain, to get better, to focus on all the glory of God's world, and all that I can do for other people. I've chosen to not let the pain control me. Instead, I've learned to work with the pain. I embrace it, I pray through it. And most of all, I've learned from it. And I think that's part of the reason that I am here today is to help people know that even when we are in physical or emotional spiritual pain, we can still fight through it, and enjoy life. And you know, there's so many things that impact who we each are as a person, as women as Christians. And it can be anything from our God given personalities to the circumstances and experiences that we've had in our childhood, throughout our upbringing, how our brain functions if we've ever had any sort of brain injury, what our beliefs and values are, you know, and so much more. there's so many things that affect who we are as people, how we deal with life, how we deal with pain and suffering. I wanted to start this podcast with all of you because I do see so many people on social media, clients in my personal world, I see so many people who are hurt, and they're stuck in suffering. And like I said, suffering is part of life, we are all going to suffer at times. And we as Christians, we do share in the suffering of Jesus. But we also want to share in his glory. And so yes, this is one of those things that may be easier said than done. But I have discovered that the more we thank God, that we have gratitude and thankfulness for those hard times, that we praise him in the storm, He will be glorified. You and I will end up transforming and making progress in our life instead of staying stuck. And that's what I want. For you. I don't want to be stuck in the pain and the heartache forever. I spent so many days putting on that mask of everything's okay. In life, you know, everything's fine, I'm okay. And I was actually dying inside. And that was for a long part of my life. And many different times in life. We don't have to live that way, though. We can choose to be high on life, regardless of our circumstances. And that is why I'm doing this podcast because I want to help people, it breaks my heart, to see people on a daily basis that are pretending to be happy, when in actual actuality, they're miserable. And they're making themselves and everyone around them. Basically pay for it, even if they don't realize it. And awareness is something that we will talk about too, because it's very important to be high on life. But you don't have to pretend anymore. I don't have to pretend anymore. I won't pretend, wouldn't you rather actually love and enjoy your life instead of pretending to love and enjoy your life? You know, there's a saying the real thing is always better. And I can assure you that the real love, joy and peace of God and all that he has to offer. That's all you need. That is the real thing, the real deal. And again, there's no promise of easy. I can't promise you easy, I can't do that. But I'm asking if you will just give this a chance, give God a chance, give me a chance, give this podcast a chance that you will learn that anytime you try to make things easy in life, take the easy way out. It may be easier in that moment. But more than likely you're going to have to deal with more and the circumstances and the consequences down the road. You know, a lot of times pardon me, I hope this doesn't offend anyone. But you know, we have asked things we do things in a manner that it's, it'll do you know, like it'll do for now. I'm gonna just fix this partway so that it works. Even though if I did it the right way it would function fully. We do half ass in life all the time. I'm asking us to not worry about saving time, money, effort and energy right now. But do things right the first time and that will save us

the time, money, effort and energy down the road. It just makes sense to me. So I'm saying go full ass. Go full ass today. Instead of half ass because guess what, in the end, you're just going to end up spending all of the time, effort, energy, money, all of that. The half ass in addition to full last down the road, if you just do full ass now, you're going to save the half ass. So I hope this makes sense. And you know, there's so many stories that I can think of to tell you about. Try trying to save time, money, effort, energy in my life. And then down the road. Guess what? It's a greater expense. So just like home repairs, so sometimes with home repairs, we just want to do the half assed way. And just a little bit of fixing here and there. And then guess what, whether it's a day, a week, a month, a year later, we have to fix what we have asked. And again, it's better to just do it fully. Now, the first time, instead of having to do a little here, and a lot there just to be a lot, because the a lot ends up being less in the long run. Home Repairs that can be like, you know, I have nothing against trying to save money, my husband and I both like to save money whenever we can. But you need to be smart about it. So sometimes people will do things that seem like it's saving them time and money in the short term, but it doesn't pay off in the long term. here's a little story about a friend who was going on vacation with their family, and they didn't have a vehicle big enough to fit all of their family, kids spouses, luggage, all of that. And they didn't want to spend the money to rent a vehicle. So they used a vehicle that they had access to, that wasn't the best running wasn't the most reliable. this person spent time money energy effort, doing some work to this vehicle in hopes that it would make this long trip. Long story short, it ended up costing a lot more time, money, energy effort, and the end because the vehicle broke down. When the vehicle broke down, my friend got out to look at the engine and took the cap off the radiator, and it exploded on him, he ended up having to go to the hospital. there's hospital bills. And his family was left stranded, needing rides needing hotel rooms. So again, all of this was in an effort to not spend money to rent a vehicle or to have someone else paid or rent the vehicle for them. But in the end, it cost a lot more. And yes, it's difficult to foresee that except for the fact that this was not a very reliable vehicle to begin with. And also, there was some deception involved, because people were asked not to tell and share with other people that this van was going to be used. And to me, like, you've got to look at the whole situation, the whole circumstance and ask yourself is half asking stuff really going to help down the road? Now? Could a rented vehicle breakdown? Yes, of course. But in that instance, you're probably not going to try and work on it yourself. There's going to be road insurance and those types of things involved. I'm just making the point that, you know, yes, it's okay to try and save money. But we need to take the whole situation into account. And you're probably asking, why am I talking about those? And what does it have to do with the higher life because when we are high on life, we know that looking at God's way is best and God's way does not involve deception or pride. It involves the Word of God. And I'm not saying this out of judgment at all. I'm just saying this because when we do it fully God's way first, we're less likely to have problems down the road. And this can be attributed to relationships, finances, anything. Usually when we try and take a shortcut in life, it's not really a shortcut. And God would rather see us on that narrow, less traveled path then the wide path of half ass, because I think the half ass road is really wide. So just think about that story. Think about what you would do in that situation and what you should do in that situation. And you know, I'm reminded of the verse from second Corinthians, yes, Second Corinthians 4:17, where it talks about our light, and momentary troubles are achieving that eternal glory. And that far outweighs any trouble that we all have in life. So we should try to eliminate problems as best we can. But we also need to remember that when we do face problems on Earth, they're nothing even though they may feel insurmountable. They're nothing compared to the glory that we will see in the future, when we are with Jesus for eternity. So think about what it would mean to be high on life to

you. And understand that I understand life is hard. As I mentioned earlier, I have had all sorts of health problems throughout my life. Just about a year ago, almost a year to the day, I started having some symptoms that scared me, I thought I was having a stroke, I had numbness on the left side of my face. It was drooping. If it looked not near as bad as it felt, I felt like my face was like hanging down on my knees, I had so much numbness, it started moving down the left side of my body, my speech was slurred. I was scared. I ended up having my husband Take me to the emergency room, I was first diagnosed with Bell's palsy, which I knew I did not have Bell's palsy. But they, you know, had done a CT scan. And, you know, they said there was no sign of a stroke. But I knew something wasn't right. He knows when something's not right. And long story short, they think I ended up having an infection somewhere in my body that went to my brain, which caused all the issues that I had. And I also had an MRI done and several other tests, which revealed that I had lesions on my brain, and it's one of those chicken or the eggs. They don't know if the lesions were there. And if they were bothered by this infection and inflammation in my brain, they don't know if this infection maybe caused the lesions, they don't know if the lesions were residual from migraines that I have had. So again, it's kind of like, didn't really know what to do. During this same time, my dad started experiencing some very similar symptoms, was having cognition problems, you know, just things weren't right, they kept getting worse instead of better. Long story short on him, he ended up having had COVID and had it for probably a month and a half before he's actually diagnosed with it, and then spent several months trying different medications and protocols to help him get better. And I'm sharing this with all of you because it was a scary time for us. It was scary to see my dad like that it was scary for me to be like that. And I think we both still do have some residual effects from whatever happened with us. We think that the COVID did go to my dad's brain as well. So even though I did not have COVID, I was tested for COVID. I was tested for antigens and antibodies and all of that. And apparently, we had two different things at the same time that impacted our brains. I share this because we turn to God through these situations. And we praise Him regardless of what was happening. We were praising him and thanking Him and giving him glory. And it was hard because yes, there were moments where fear would creep in. But we knew that we had to turn to God and thank God for all that he was doing in our lives. And so that's why we thank God and praise Him regardless of what's going on. Because he knows the future, he's already been there, he walks ahead of us, we have to put our faith and trust in Him. And know that he knows the outcome already. And again, I know it is so much easier said than done. But the more you do it, the more you put your faith and trust in God and just thank him. You don't necessarily have to thank him for the bad or negative situations. But thank him for what you're getting out of it, thank him for being there with you through it. Even if you don't feel like he's there for you he is, and he will show you through and guide you. Too often, we try and take control of the situation. It's just like I've been talking about the bees, there are certain ways to deal with and handle bees. But if you're not careful, you'll get stung, and I'm trying to prevent you from getting stung, and instead enjoying all that bees have to offer this world. Because if you haven't heard without bees, there would be no world. I want to thank you for joining this introductory podcast of the be high on life podcast. I look forward to many more episodes. I look forward to hearing from you. Your questions, your comments, anything that you have to share stories, I would love to have you reach out to me if you need prayer or anything like that, whatever I can do to help you. I am here to serve and do my best unto the Lord. thank you again for joining us for this very first introductory 000 podcast. For the be high on life podcast. I'm Kelly, Renee Baker. And I am here to help you remove the sting in life so that you can be high on life in all areas work life relationship and finances, health. Everything. Sorry. Maybe have some editing to do. We'll see y'all have a great day.

