

THE BEE HIGH ON LIFE PODCAST with Queen Bee, Kelly Renee' Baker

Episode 003 - How to be Spiritually "high" on life.

Summary: Spirituality doesn't mean the same thing to each of us. However, you can still find love, joy and laughter in your spiritual life. Find out how.

Topics/timestamp:

- * What it means to be high on life spiritually (:28)
- * It's not about religion or being religious (1:45)
- * Learn from your failures (3:00)
- * You can't give what you don't have (5:35)
- * Humans have pain (7:25)
- * Defeating Your Greatest Opponent (8:00)
- * Defeat the overwhelm of your spiritual life (9:20)

Resources:

kellyreenebaker.com

<https://www.facebook.com/groups/KellysChampionsVIP>

Episode transcript:

<https://www.kellyreenebaker.com/single-project>

* disclaimer

This podcast cannot and does not contain [medical/legal/fitness/health/other] advice. The [legal/medical/fitness/health/other] information is provided for general informational and educational purposes only and is not a substitute for professional advice.

Accordingly, before taking any actions based upon such information in this podcast, we encourage you to consult with the appropriate professionals. We do not provide any kind of [medical/legal/fitness/health/other] advice. The use or reliance of any information contained in this podcast is solely at your own risk.