

## Transcript episode 003

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because this is a new podcast, and a new concept to many, I really find it important to go into more depth about what really means to be high on life in all areas of life. For me, the first area of my life that I find it most vital to be, quote unquote, high on life is my spiritual life, so that's what we're going to talk about today. When my relationship with the Trinity isn't front and center. I noticed quickly building and working to have a strong relationship with Father, Son and Holy Spirit. Believe me anytime I have back slid or tried to live my life without God, for some stupid reason. I always end up spiraling, I know I don't ever want to do that again, which is why spirituality is at the forefront for me, or being religious at all, it's not about that for me. That's why spirituality is just so important to me

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I can't go a day without having God. Jesus and the Holy Spirit as a part of my life. With that said, I will tell you right now, I'm human, in case you weren't aware of that. This is a human being, speaking to you. I have screwed up more times in life than I can count or even care to count. I am so far from perfect it is laughable. I'm fully aware that I'm not perfect, despite what others may say you're fully aware, but as a Christian I know I am forgiven and I strive, each day to live a better life than the day before, do I always succeeded that no I don't. I believe that part of success, always involves failure. We learn from failure and therefore, how could we ever succeed without having learned something in the process of failing, in case you didn't listen to last week's episode 002, you can refer back to that. For more on the process of life, but the entire point of the behind life podcast for me is to help create a movement of people who want to find more joy, peace, love success, significance, and abundance in life. It isn't that it's just out there waiting for you. It is within you, and that's why I'm here to help you discover what you already possess. That's why for me I have to put my spiritual quote unquote high. First, in order for me to lead others on this movement and I want this to be a movement, it is the be high on life movement, movement, I need to be at my absolute best and that starts with my Savior and Lord Jesus Christ. One thing, if you don't already know this about me, I always aim to be honest and direct with people. The truth is, I do my best to begin each day with gratitude as soon as I wake up, I used to be great at this most days however many days lately I have woken up. Not with my heart and mind on the Lord. But on coffee. Yeah, you heard that right. This Christian girl has developed a love possibly addiction, we'll talk more about that another

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to coffee. And I'm not saying this with pride, only with honesty, I love my coffee, as soon as I finished my morning cup. I'm thinking about tomorrow morning's cup. But instead of shaming myself for this, I'm learning to make it part of a morning ritual of spending time with the Lord. So I can have my coffee and have God. I don't believe God wants us shaming ourselves, I just don't, if I can't love and forgive myself

through the little things, like my coffee. How will I do it with big things and how could I possibly do it for others. We can't give what we don't have ourselves. Even if we have it and we don't know it, then you can't tap into it and use it. I work with teachers a lot, and that's what I'm always telling them is you can't teach what you don't know if you don't know the alphabet, how are you going to teach it to children, if you don't know how to count to 10 How are you going to teach it. If you don't know love, how are you going to give it away, you're a child of God. He is love. He sent His Son to die for us, and his son left us the Holy Spirit. As a Christian, you have invited Jesus into your heart. He resides within you. Love is part of you. Now, some people don't behave or show this love, but it is there, you or someone that you love, may just need some help. I've been in that place before where I needed help finding or rediscovering God's love for me, my love for myself. What has happened is, and when we are in pain. Human beings are created our brains are created to respond to hurt with a natural desire to protect. We want to protect ourselves, protect our offspring, our families, protect our world, and there isn't anything wrong with this or God wouldn't have made us this way. However, we should turn to God when we are hurt, and allow him to heal us. Instead what many of us do is try to figure out how to handle the problem on our own. If you've read my book, defeating your greatest opponent, I share in the book about different things, different times, different ways in my life that I have tried to figure things out for myself, I've tried to do it my way and not God's way. And I have a feeling you know how that turns out. Not very well. Often we find ways to numb the pain and hurt in life, instead of turning to God or facing the pain we hide from it we run from it as though there is a panther on our heels. We want no part of dealing with pain, facing hurts, dealing with the overwhelm problem problems, issues, challenges circumstances, we seem to want no part of it. I don't know about you, have you ever been overwhelmed in life. I'm going to tell you I won't believe you if you say you haven't because life is overwhelming. Overwhelm itself may not be necessarily painful but often when we are overwhelmed. We don't know how or where to start. So we just don't, we don't do anything and before we know it, our lives are filled with clutter, be it physical clutter spiritual or emotional as the clutter in life builds, we start to drown. And it is a struggle to get our heads back above the water, my spiritual life has been cluttered before, Many, many times but several, several years ago, I would say about 1314 years ago, I was in one of the darkest times of my life. I felt just so on worthy unloved confused and unsure of who I was or what I should do with my life. I was defined by not good enough, and I went through a large portion of my life feeling not good enough. At this time, like I said it was probably 1314 years ago, I don't even, I don't even want to do the math, but I was going through a difficult divorce, that was, I think it went on about two years just too long. And when I finally started dating, I made a poor choice,

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followed by

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a succession of poor choices. And again, if you haven't read my book defeating your greatest opponent I share all about that in depth in there. I was making poor decisions from my perception, people would rather smile to my face and gossip behind my back instead of reach out to me. There were two people who did eventually asked me about this dark time in my life but it was months after. And I was already putting my life back together. By that point, I'm sure you can guess who was there for me though. God, of course, he was in the midst of my sin, my heart ache and pain. He was right there with open arms ready to welcome me back to the life that I knew I was created for and the life I needed. Have I made

mistakes and sinned, since then. Yep, I sure have. Am I proud of that. No, not in the least. But since that time I have continued to move forward on a pursuit to help others, especially women. I have learned to use my pain and not allow my pain to use me, because in the past, I allowed things like the game, Candy Crush, that became an escape for me so I didn't have to deal with all the things that were going on around me. They needed dealt with, I knew it, but I didn't want to deal with it. A lot of times I didn't know how to deal with it. So I just didn't. I allowed someone to shame me for playing that game, numerous times for months at a time. However, I finally realized, I'm playing for escape. I was often playing to escape, and not take care of all that needed to be taken care of, but I also played it sometimes to just relax, like I've talked about on previous podcasts, I have learned to set boundaries with the game, I learned to set the boundary for what would be acceptable for me, I recognize when I'm playing Candy Crush for too long. When I'm doing it to escape, and not deal with things, and so I've learned to put my phone down at those times, and that requires awareness which we will do another podcast episode on that, but we have to stop letting other people define life for us, and this is about spirituality today but it's also just life in general, If we're going to be happy if you're going to be happy. You have to learn what is best for you, what the boundaries are for you. As long as, as a Christian, it's in line with the Word of God. So I have set boundaries for me and my life that are aligned with the Word of God, I used to have a co worker that liked to gamble and she liked to go to the casinos, and have fun, but she also realized that she was doing this to fill a void in her life, and it kept her from dealing with issues that she had in her life and within her family and she finally got to the point where she went to all the casinos that were around, and she basically had herself banned. Apparently, the casinos have lists of people that are not allowed in, because of gambling addictions and other reasons. So she stopped going to the casino. And she started filling that void with Jesus, I've lost track of her over the years but I still think of the strength that it took for her the strength that it takes for people to admit that, hey, I'm hiding, I have an addiction, I need help. Not only that, but think about the courage to go beyond just admitting it and doing something about it, that's when you're going to find the true joy. Often it's on the other side of the difficult time. But I'm telling you, it's so worth the hard work that it takes. Not only can you have joy but you can have it in abundance, each and every day. Your days can overflow with love, laughter, peace, joy, and prosperity. You can be high on life, regardless of the difficult days that you may be in. God wants nothing more for you than to live like Jesus, and make the best of your days on earth, and that's why I'm here because I've been there. I want you to stop letting your hurts. Still your joy.

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Today, I challenge you to examine your life. Today I'm asking you to take a few minutes to write down all the blessings that you recognize you have in your life, big or small, write them down, what are they what are the blessings in your life, then I want you to spend some time with God and tell him how grateful you are for each and every one of them, and then read that list every morning until it's not a list on a piece of paper anymore, but it's ingrained in your head and on your heart, continue to express your gratitude toward God, because it will make a difference in your life. that is one thing I can promise, I can absolutely promise. If you do this, if you start to focus on the goodness in your life, all of the blessings and express gratitude, you will experience a positive change in your life. This is Kelly Renee Baker the queen bee. Thank you so much for being here

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