



## Trim Healthy Podcast with Serene and Pearl

### Episode #322 – The Inside Job

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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

00:00:00

S This is the PODdy with Serene.

P And Pearl.

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

D It's the Trim Healthy Podcast. Hey, remember the epic days...

S That doesn't match your outfit.

P Not at all.

D I'm still in the same [overtalking].

P Sorry everybody.

00:00:15

D Should we do a new outfit change?

P Last week, same outfit because...

D It's bad underneath. Are you guys ready for this? You asked for it.

P I didn't ask for it.

D It's almost summertime. I'm going to have to step off the camera.

P Most of you know we film two poddies at a time.

S Have you got a summertime one underneath it?

P No, I don't have a summertime one. I just checked.

S Dan and I... Oh, my goodness.

P Oh, no. It's worse.

S Did he plan on that?

00:00:42

P He changed his hair.

S Did he plan on us asking him to take the Indian stuff off? That's grand. Oh, my goodness, he looks like he's a meth head.

D It's the Trim Healthy podcast with Serene, and Pearl, and I'm Danny. We're so glad you're tuned in today. Because let me tell you something, it's going to be good.

P I'm so sorry for everybody watching right now.

D This is the only thing that works with this as an undershirt because I made it.

P Yes, I can tell.

S You wanted to wear that so badly you made an undershirt.

D Hey, rocking it too. I made an undershirt.

S This is a base layer to keep you warm. You made a special signature singlet for that outfit.

D It's worse. I've made undershirts for all my shirts. I've got some shirts that are summertime shirts but I don't want to bust sweat up in them, so I've made custom undershirts that are patterns to shape to the shirt.

P Wow.

00:01:45

D It's a little trick I've got.

S But you need better scissors.

D Who says?

S I've been told by our producer John that we have to make this a quick podcast. I have some steak to throw on the barbie. I brought my telly. My good, old telly is right here. I still have my bad hair day because we're recording two poddies that we did in a row. My last bad hair day, it's the same one.

D It's like Malibu Barbie and Crackhead Willie.

P It is.

S What's she?

P I'm the same.

D Just mom.

S Just same soccer mom.

D That's our mom.

00:02:16

S Let me just start. I'm going to just zoom through it like it's telly when I read it like a politician. It's all about the inside. Are we doing them in consecutive order like what we just recorded? Because our last poddy was very external, it was all about the booty.

P It was.

S Now we're going to talk about the inside. It's all about the inside.

P Next, all about the booty, John.

D Like booty call or something?

S It's all about the inside is the name. I just want to go straight into it. Most people in life try and fortify their outside world to keep life under control. We strengthen all that people see about us and we try and fortify our life from what we see around us. We protect ourselves from all outer agitations or we try to. We protect ourselves from annoying people, annoying relationships, agitating environments, annoying jobs, frustrations from all of the above. I have been in that boat of trying...I remember getting adrenal fatigue and thinking it was all because of my external agitators. I remember like, okay, I've got to go to bed at eight. I'm going to masking tape off every blue light on the alarm clock and get special shades. I had some particularly annoying people in my life. My wonderful brother is so lovely, but he is a Christian jerk. He's a spirit-filled jerk. He loves the Lord but he always ends up making me cry.

00:03:45

D I feel like that describes me really well, a Christian jerk.

S I was like, I have to protect myself from my brother. I did not get better blood work on my crashed adrenals. I got worse. This is a bit of a personal story. I found out through my life trials that it's all about the inside. Let me keep going on my Telly,

D Please.

S But the truth is that all this outside control does nothing for us really. You're like the guy at the movies crackling the bag.

P He's got some healthy Mexican wedding cookies.

S You should have just brought the popcorn at the movie theater, but you brought your own bag that crackles. I'm always that woman at the movie theater and I'm bringing my own natural snack but it's got the crackly bag.

P You keep going.

S Today's podcast has been brought to you by Siete Mexican wedding cookies.

00:04:30

P We need to know. We haven't approved those yet.

S I have approved them. They're so sweet. It's disgustingly sweet. How can you do that?

P Is that coconut sugar?

D It's stevia.

S [Overtalking] sweet.

P That's good. I like it.

D Children, hold on. You're right. It's coconut sugar.

P Everyone quiet.

S Shut.

D What a pro.

S Listen, if Lesley says shut up, it won't sound bad because it'll be with an English accent.

L Hush up.

00:04:48

S Hush up. There you go. The truth is that with all the outside control, there's nothing for us really. Of course, if we can live on a perfect-weather island, then great. If it's all open doors for us, then we move. If we can get hired or start up a better job or career, then great. I'm not talking about purposely living below awesome opportunities. But what I want to talk about today is that the outside world, even if we could control it perfectly, does not keep us in joy, does not keep us in peace. Peace and joy are an inside job. External agitations never are the drivers of frustration and we think they are. They're never the drivers into quitting in life. Anxiety, worry, negativity, anger, the list goes on. We are the drivers. The sooner that we get that, the sooner we find real peace. Our reactions are always a choice. No one and nothing forces us to think or feel a certain way. We choose to respond in these ways and it's always an inside job. Today I want to be clear. I'm not talking about very traumatic rituals and sexual and indescribable abuse that has happened where people are victims. I'm not talking about that today. Even though I believe that recovering and healing from those situations is an inside job through the power of God. But I'm not talking about that. I

want people to think, something happened to me and I feel like I have a right to blame all the trauma in my life about this, I'm not even going there. But I do want to say it's still going to be an inside job. But what I really want to talk to us today is more about just the regular stuff that we end up blaming. It really just takes away the heat from where we really should be focusing on. I just want to read a list here that I wrote. I'm sure you that's listening could write your own list. Pearl and Danny feel free to just chuck in as I say. You'll get the point as I say. If he or she weren't such an idiot, I wouldn't respond so ridiculously.

P Insert their own language for idiot.

S Is idiot bad to say?

P I don't know. It's like jerk.

D It's a great English word.

S Insert jerk. If life wasn't so rough, I wouldn't be so stressed out all the time.

P Or insert for a woman. A lot of people like if she wasn't such a B I...

S Yes. If my job wasn't so stressful, then I would be more emotionally healthy. If my marriage wasn't so miserable, then I would have never done such and such. If 2020 didn't happen, then I wouldn't have gained back 30 lbs. If my mother or mother-in-law wasn't so controlling, then I would have a better life. If my children were not so rebellious or maybe if my children didn't have such special needs, then my home life would be more joyful.

00:07:58

S If it wasn't for that jerk at work, then I wouldn't be so angry and wound up when I get home. If it wasn't for jerk drivers, then I wouldn't get such road rage. I would have more confidence. But my mother always told me growing up fill in the blank. I was always teased and left out at high school so I've always felt like a reject. I wouldn't eat ice cream every night if my days weren't so stressful. I can't get a hold of my diet because no one in my life wants to support me in this.

S If my financial situation wasn't so tight, I wouldn't have this high blood pressure. She makes me insane. He makes me crazy. This whole economy is turning me into a worrywart. I can't sleep at night because of what he said to me. I can't sleep at night because of my child's illness. Some of these responses, especially the one that I just last said, they're natural responses and they're out of a compassionate heart. But still, they don't have to drive us into this place of misery, and anxiety, and this place of darkness. It's really our choice over it. Pearl and Danny, you could add to this list but I think we all get it.

P We get it. I saw myself in many of them.

S I've said plenty of them. The point I'm making is that the true fix to all this is not the outward stressor changing or going. It's all on the inside. All of this is an inside job.

Living in a perfect bubble does not fix or strengthen us. We are weaker than ever and more susceptible to breaking if we step one toe out of our bubble. That's the point too with keto. People think keto is fixing my insulin resistance and I'm getting better blood work. I'm not getting such high blood sugar because I'm on Keto. You're not giving it the stressor. You're not putting any sugar in. Nothing, not even natural sugar.

P You're staying in the bubble.

S You're staying in the bubble. But when you get out of that bubble, you become carbohydrate intolerant. Your numbers are worse. It's temporary. It can be fixed. But you can actually put yourself into almost a little diabetic state. That's why in pregnancy if you've been on a keto diet and you get that test, the gestational diabetes test, you usually fail it. Anyway, a little side point there.

P That's a good analogy. I like it.

S True wholeness, true peace, true joy, true rest is all an inside job. It's got nothing to do with the booty. When we realize this, when we stop blaming everything...

P You know I'm doing my booty talk from last week, eh?

S No, because I'm all about the booty. But peace and joy don't come from the booty.

D Hey, you can do side bends or sit-ups, but please don't lose that butt.

00:10:38

S It's not going to give you... Have you seen some famous Hollywood...? They're probably silicone butts.

P No. They're real.

S Real? Okay, great.

D Some are.

S But still, you hear about their lives, you read it when you're in the tabloids getting your grain-free Mexican wedding cookies, they've all got miserable. It's an inside job.

D I say have both.

S That's right. Then we stop blaming everything and everyone else. We start becoming true, resilient people when we stop. Even situations that seem impossible to breathe easy and keep joy in and things that seem so unfair are all completely possible to find glorious rest and joy within because it's all an inside job. I don't want you to think I'm talking through a hole in my head. This whole thought process came about so that I could fall asleep because I felt like my son had a week to live. Because I thought, I didn't want to mention some of the other things. But it's all an inside job. When I say

job, this might be a quick PODdy because I'm just going through the teleprompter to just keep it swift.

00:11:55

P I'm letting you speak because it's good stuff.

S When I say job, I don't mean grunt work and a grinding effort that comes from yourself. I mean finding that inner sanctum within where you just fall into perfect peace and perfect love that casts out all fear. It's more about rest and surrendering than work.

S It's more about a relationship with God and through a deep communion with Him in a secret place inside. That hidden place is a place we're all designed to have. We were designed for it. We were designed to have a secret place inside where we commune with God. Let me just see here. Life lived with Christ and as governing nature deep inside is the plan from the beginning before time for every human. It's the only way to maintain homeostasis through the chaos of life. The chaos, this is the interesting point that I've learned through some deep and hard places, is only but a challenge to go deeper and dive more fully into this hidden place. God has us waiting to discover now. I remember, for new peeps in the room, my eldest son was battling cancer. He's doing so wonderful now. But there were times I didn't know tomorrow what it would hold. I look back when I realized I was going to go insane unless I went inside. I couldn't work on the external because it was out of my hands, so I went inside and I did some inside work, which is inside rest. I think in the depth of that, I was living in more peace than I'm living in now because I had to go deeper because I had to go there for shelter.

00:13:45

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

S I'm Serene. Premium meals don't have to come at a premium price because Butcher Box provides you with the best meat and seafood on the planet, so you can whip out quality meals on a budget. Pearl, it really is not that bad. I would say it's about how much, \$6 per meal for this wonderful high-quality meat?

P Yes, Serene. It is surprisingly less than going to your grocery store and getting it there. But not only is it grass-fed, I mean the beef, as we keep saying here. It's not just grass-fed, but it's grass-finished and that's the difference. All of the meat is humanely sourced. It is fish, regarding the salmon, you bet that's properly wild. Not just wild caught, no. It's properly wild.

S I love that. The fish is my favorite.

P Hey, Butcher Box, there's a really fun special going on for you guys right now where you can get their chicken nuggets which are organic. They're gluten-free. They're a

slightly personal choice but have really clean ingredients.

S Very clean.

00:14:55

P They're great for your family. Children are going to love these. You get them free for a year.

S 22 oz bag of gluten-free chicken nuggets in every order for a blimming year.

P Plus 10% off your first box, any Butcher Box when you sign up today. Hey, claim this deal. I think your children will love these chicken nuggets. They're at [butcherbox.com/trimhealthy](http://butcherbox.com/trimhealthy) and use the code trim healthy.

S This is the PODdy with Serene.

P And Pearl.

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

P You know when you say one of your things was I can't sleep at night because the health of my child and you've obviously lived that. Practically, what does that look like when there are circumstances that are so hard and you need to go and you need to sleep? How did you learn to sleep at night? It was just practicing this rest. It was just surrendering all trust. What does that look like? What are your thought processes like? What is your prayer like as you go to bed and you don't know about the life of your loved one?

00:16:00

S You know what, I tried everything external. I was on Google till two in the morning looking for the next best cancer treatment. Also, the prayers were not what helped me either because they were all desperate prayers that had no faith attached. It was those rest, just you've said that you're his healer. Just resting. The only thing that ever worked for me was rest.

P A rest surrender prayer. Just a rest like, I will be here in your rest and then you could sleep.

S I feel like it was like I had a picture, like a little place I went to. It was a little secret garden and it was inside. It was not out here. It was inside and I went there and my father was there. He just held me and I just knew that he was the one that was in control, not me. My point is every stressor can be looked at as a trigger to take us further into our adventure into perfect peace, into our discovery of its expansive and never-ending heights, widths, and depths. I would think, okay, well, I've found a little bit of peace here. And then I get worse information. Or had come back and then we're all back into it. And then I'd find, oh, there's a deeper level here to this peace. Oh, wow, this is a big place. This is a big country, this country of peace. I say all this, that the sooner we realize that we are the choosers of our destinations, the no one else makes us hangry. Nothing makes us miserable. We chose it.



P What makes us is what we call in our current culture triggers.

00:17:54

S I say but this trigger, you can twist it around and you're triggered into this inside job. It's this trigger into rest. Because we can choose to let stressors stress us out or challenge us to go deeper into love and into our secret place with Christ.

P It's just the natural way for all of us because this is a different way. This is a different way that the scriptures exhort us to but we need reminding every single day.

S But does the other way work, is what I'm trying to say.

P No, it doesn't work.

S It doesn't. It doesn't give you peace. It doesn't give you joy.

P But it's the first natural response of our body of ourselves, our natural selves.

S This is all about the inside. The last PODdy was on the booty. It was outside. But to get that booty, did you do what felt natural?

P No.

S You didn't sit on the couch.

P I wanted to scroll all day on my newsfeed.

S You had to get up and do some pretty uncomfortable things. Then when you felt like throwing up, you went, and you had to take a smoothie and you didn't want to eat [?].

00:18:55

P Your natural instinct, you've said it once to me before, Danny, I just laughed and laughed, was I don't want to go out to work for my family. I want to play video games. Right?

D Yes.

P But our natural instincts cannot be relied upon.

D When people are like, you become a billionaire and you don't have to do anything for money. That's covered. What are you doing? I'm like, video games and one other thing I won't talk about. That's it.

S I think it's our natural instinct to think it's all an outside job, to think that just have a hissy fit will make it all better.

P Or to stress more. That's my thing. When I get news that is not all Pollyanna perfect and my life is so easy, isn't it wonderful. When I get news that's like, hey, this is challenging. This is hard or this has to happen. My natural body wants to go into this worry, panic, oh, no, what if?

00:19:49

S I was challenged today writing this thing on the telly because I wrote three-quarters of it. Today was busy. It was just busy and my daughter is overdue to have a baby and I was thinking we got the poddy. But what if she goes into labor and I want to do that? Then I had grandbabies over and they were falling down the stairs and all my children were fighting. One had snort falling into its mouth and I was trying to tap away. Somebody knocked coffee over near the computer and I did this and I lost all the points that I wanted to talk about. I'm like...I was getting all outside jobbie. Then I'm like, you hypocrite. Even if I have to write it again, I have inner peace. I really had to go there. I really had to do some inside job and it took a few seconds. But then I did the whole thing again. I was huffing and puffing when Pearl walked in for a meeting before this. It's been a busy day and I lost it again. But this time it was hidden behind some other documents.

P Ben found it.

S Yes.

D Your process is much nicer than mine.

P Yours includes a few curse words.

D No. I scream punch a pillow into the couch. You put it on the couch. Couch will go back just a little bit with each hit if you have feelings of...

00:21:14

P Does Mrs. V. enjoy you doing that?

D No. I go to my office. It's an old brown...

P Because I can tell, as a wife, I wouldn't appreciate that.

D No. These are acts of violence.

S You know how they say if you're angry, go and do a punching bag. I think it's so not true because it doesn't do anything on the inside. It agitates the inside.

D I'd love to put it to the test. I'd love to test you.

S But there's even a place that my children went to for fun because they were invited to a bride...

P I really, really hoped that that didn't show up on the camera because I just realized my zipper was not done.

D She went full send.

S That's okay. Look, if he can wear that, he can zip his zipper up.

D Dude, what a redneck. We're on a YouTube podcast and you're just adjusting and zipping your pants.

00:21:55

P Listen, I have sat here, this is...

D This is filmed before a live studio audience.

P I know. One and three quarters.

S Yes, your weird shirt self.

D As I sit here like the crackheads of homeless.

S With all your hairs grown out, growing into the holes in your shirt.

P Your Spanish hairs and your underarm hair.

D Mexican wedding cookies now. We're professionals. Tune in every Wednesday.

P We're into one three-quarter poddies because last week I sat here the whole time. We'll see how it comes out in the wash.

S See how it comes out. But anyway, my children went to this place. It was, what do you call those bachelorette parties? I don't even like bachelorette parties. It's crazy. But anyway, it was a Christian bachelorette party. They went to this fun place because you could go be in a smashing room.

00:22:39

D Smash plates and stuff.

S Throw plates for fun. They said it was so fun. I'm like, no, it wasn't fun because you're teaching yourself to just let yourself go. You shouldn't ever enjoy ruining things.

D Mommy says you didn't have fun last night and you didn't.

S That's what I said. Mommy said you didn't. But anyway, all that, it doesn't really work because I do not believe in harsh discipline. But I do believe in having good boundaries and rules. Some of the children that don't have that and they're just allowed to do the...

P Demonstrate themselves.

S Demonstrate themselves. You feel angry? You release that anger, honey. See, that's called anger. You know what I'm saying? It never works for them. It doesn't work for them.

D They grow up and abuse their spouses. Their spouse must deal with it eventually.

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

S I'm Serene.

00:23:41

P Serene, you and I would never knowingly wash our kids' clothes in detergents linked to critical illnesses, right?

S No.

P Our family's bedding and towels and chemicals are known to cause cancer and eczema and allergies and asthma, but guess what? We've done it.

S We have done it. I don't do it but I've done it.

P I know. Even some clear and free laundry detergents that you can buy now these days in the aisles of the grocery store, it's a bit tricky. They hide dangerous chemicals.

S Because it says free and clear, does not mean really clear.

P No. But I'm telling you what is really clear is Enviro Kleanse laundry detergent. There's two reasons. One, it's created by a safe and natural mineral technology that eliminates stains and odors. No dangerous chemicals. No fragrances. Two, everything comes out of the washer fresh, clean and pure, even foul, yucky, disgusting workout clothes.

S Those synthetic clothes where all the deo gets trapped inside of it. Even that?

P Yes, even that. Odor-free, looking new.

S I'm acting surprised but I know it's even that. Enviro Kleanse is epic. Can I say that?

00:24:50

P You can say E P I C.

S Yes. Because you wouldn't think laundry soap could ever be called epic. But I'm saying Enviro Kleanse is epic. We've got a great discount for you and it's a perfect time. If you want to switch to epic Enviro Kleanse... That's not its name, epic Enviro Kleanse. It's just Enviro Kleanse. But you can switch and you will get their power pack laundry detergent and enhancer at 15% off, plus free rushed shipping.

P Protect your family's health with Enviro Kleanse laundry detergent. Visit [EKfresh.com](http://EKfresh.com) and use code trim healthy, of course. That's [EKfresh.com](http://EKfresh.com). Don't forget to use the code trim healthy. [EKfresh.com](http://EKfresh.com), code trim healthy.

S This is the PODdy with Serene.

P And Pearl.

S Get it right. It's P-O-D-D-Y. Anyway, I can get producer John happy here by closing up in one minute and you guys can do a rant.

D That's how we do it.

S We choose to let the stressors stress us out or we can be challenged to go deeper. Remember how I said it's an inner sanctum?

00:26:02

P Inside job.

S That it's like a refreshing garden. Let me be poetic for the poets out there.

P You know when you always say this refreshing garden stuff and I know your brain sees it, my brain doesn't see it so I like inside job. There's other people that have gardens.

S But listen, if you are whirling tornadoes outside, children and hospital, Pearl. When you have, and maybe situations where I've never been in, abusive husband about to walk in the door at 12 midnight or whatever, you might want a refreshing garden. An inside job is just too light. I've been in times in my life where I'm like, poetry is where it's at. I have to go to the garden.

P I think it depends upon the person.

S I have to see the wells. For those people, we've already done the unzipped zippers.

P I like an inside job.

S Let me end with some Shakespeare. It's actually some Bible. Inner sanctum is like a refreshing garden. There's a whole lot of yummy fruit in there to sustain and revive like the fruits of the spirit. They grow in that inner place. They grow love, joy, peace, all of them long-suffering, patience, goodness, gentleness. These are all yummy fruits in that garden and you only find them if you go in. You only find them. This inner hidden place of the heart is where we find our new nature that God wants to give us. Because our old nature wants to stress us and stressful stuff, go bananas, scream, throw up our hands, leave in a huff.

P Throw plates.

S Throw plates, yes. I won't say any of those things. But our inside job self says, no. I'm going to take a breath. I'm going to come inside. I'm going to go a little further, now a little deeper. This is the place. I'm going to stay here where I can hear. The stillness here, it's quiet. I can hear the still small voice, the kind whisper of my creator, of my father and I'm going to eat some of those scrumptious fruit of the spirit, and I'm going to find my true identity and hear my true self.

P Can I interject?

S Yes.

P Because I'm a pastor's kid, PK, grew up with the Scrippies.

00:28:20

S Give us a Scrippy.

P They have taken a lot of Scrippies into my own life. But I have never put two and two together until this very moment that the fruits of the spirit are to be eaten. Have you ever put that together?

S That's why you've got a garden in there, Pearl.

P I know. But garden aside.

D She swatted you.

S I got nail marks.

P How do we get these fruits of the spirit, love, joy, peacefulness, kindness, meekness? They were just fruits of the spirit. All my life I've thought, we got to use those fruits of the spirit. But how do you get a fruit? You ingest so it becomes a part of you.

S But you can't ingest it while you're on the way in your angry fit. You're going to whip everybody in your house.

P No. But that's what I'm saying. When we eat something, we partake, we make it a part of ourselves, we ingest it and it becomes a nutrient for us.

S Because that's why we find our true identity when we eat the fruit of the spirit because we become what we eat.

00:29:20

P Yes. But I have a whole new picture.

S You have pictures too, like gardens?

P Yes. Now I'm just eating that fruit of the spirit. I'm eating up so its nutrients become a part of my very self, so I am love. I am peace.

S Hey, you would have understood it more. I missed a whole paragraph on my telly. You would have understood the whole garden because, listen, I missed it. Isaiah 58:11 poetically describes... You respect good, old Isaiah.

P If you give me a Scrippy, I'll be more garden-centric.

S It describes this inner sanctum where we can be watered by an inner well that never runs dry and keeps us refreshed even when everything external is like a desert. Here it is. And the Lord will continually guide you and satisfy your soul in scorched and dry places, and give strength to your bones. And you will be like a watered garden and like a spring of water whose waters do not fail. Then Psalm 91. You respect David? You may not respect your little sister.

P I respect the Psalmist.

00:30:17

S He explains this hidden inner garden refreshingly simple. He says, he that dwells in the secret place. You know we're the secret garden growing up. Of the Most High shall abide under the shadow of the Almighty. We have an internal shade that we don't use. The hot scorches, the hot outside temps cannot affect us here.

P I get that. If I am a garden inside myself like a fairytale place, all I'm saying is...

S You aren't because you are your stressor. We have it inside.

P No. Go back to that one script. I'm going to show you something.

S The Isaiah one?

P Yes. Go back to that.

S And the Lord will continually guide you and satisfy your soul in scorched and dry places and give strength to your bones.

P No. The other one. Can you read that one?

S Psalm 91. The one that says, and you will be like a water garden, like a spring of water whose waters do not fail.

P I will be that. For me, it's just a different brain. I don't go in and picture the drooping leaves and the fruit. But if I picture myself or I say that I am a watered garden, then I know just how to practically apply that.

00:31:21

S I do both. I do that too. It just depends on the weather when I want to wear pink or brown.

P Yes, exactly. It's just two different ways of looking at it. I am love because I've eaten its fruit, right?

S Yes.

P I am a watered garden because I decide not to be out there in that scorched place. I go, like you say, internally and hear.

S But sometimes I have to go internally before I know that I am. Because when there is external stressors like beating down your door, so much like you need to take some time. You need to go in to the water garden and then you're like... You take that rest, you feel the shade, and then you decide, no, I am of this place so I am a water garden. Because I feel like in the moment, you just want to react.

P So true.

S You don't have time to say I am a watered garden to the one that says you ugly thing, I've never loved you for the ten years of marriage. You know what I mean? You don't feel like saying, but I am a watered garden, husband of my ten years. You'll be like, I just need to go inside to my place with my father.

00:32:29

D That was like a scene out of Raising Arizona. You know what I'm talking about?

P Yes. What was she watching [overtalking].

D Go bring me that baby, huh. That's the greatest film of all time.

P Whoever he was, needs to be kicked out of the door.

D You know what I'm talking about?.

S Yes. Whatever that guy was, you can go into your inner place but he still might need to be locked up.

D It's in my private collection.

P That was some good stuff, Serene, and so very timely I think for so many of us walking through these scorched places.

00:32:54

S But even if we're walking through just junk job stuff, it's not your job making you miserable.

P I know.

S It's not. It's your choice to be miserable in that job.

P Or your daughter, or your husband, or your coworker. You're right.

S It's all inside.

D Bye, everybody.

S Situation.

P That was good.

00:33:24