

Kari | **Spirituality and Healing** (Watch full video [here](#))

- [Website](#)
- [Instagram](#)
- [Podcast](#)

Briefing Document: The Intersection of Spirituality, Emotion, and Physical Healing

This briefing document summarizes the key themes, ideas, and facts presented in the provided audio excerpts, focusing on the conversation between the host and guest, Kari, a traditionally trained pharmacist and now a virtual practice owner specializing in holistic healing. The central theme revolves around bridging the perceived gap between spirituality/faith and science/physical health, exploring their interconnectedness in achieving holistic healing.

Summary:

The fundamental premise is that true, lasting healing is holistic and encompasses the emotional and spiritual dimensions in addition to the physical. The guest, drawing on her personal journey and professional experience, argues that neglecting the emotional and spiritual aspects can hinder physical healing, even when conventional or even holistic physical approaches are being diligently followed.

This briefing highlights the multifaceted nature of healing presented in the audio, emphasizing the interconnectedness of mind, body, and spirit, with a strong focus on the role of faith and emotional processing in achieving lasting wellness.

Main Themes:

1.) Bridging the Gap Between Spirituality and Science: The conversation explicitly aims to connect spirituality (specifically faith in the Lord, as discussed by the guest) and science (represented by the guest's pharmacy background and later understanding of the nervous system and biological processes). The host notes that these are "two schools" not usually bridged, and expresses excitement about exploring this connection for "holistically look[ing] at healing."

2.) The Guest's Personal Journey as a Catalyst for Holistic Understanding: Kari shares her personal story, highlighting how her struggles with infertility led her from a solely analytical, traditionally trained pharmacist mindset to exploring more holistic approaches. This journey, she explains, deepened her faith and introduced her to concepts like the impact of toxins and diet, and later, essential oils. Her experience teaching others about these and replacing her pharmacy income allowed her to pursue a virtual practice focused on finding the "root of their issue." She emphasizes

that constantly asking "why" when physical interventions weren't enough led her to understand the "whole emotional, spiritual connection to physical health." *"...that's what really sent me down the journey of like the whole emotional, spiritual connection to physical health because I just kept asking why. Why do people still struggle with these things even though they're doing all the physical things?"*

3.) The Nervous System as a Key Connector: The guest repeatedly highlights the nervous system's role in this interconnectedness. She explains that the body/mind is constantly scanning the environment for safety. If it feels safe, the parasympathetic nervous system (associated with healing) is dominant. If not, the body remains in a state of action/stress (sympathetic nervous system), hindering healing. *"...if you know a lot about the nervous system or really know I guess anything about the nervous system it's all about safety our our body is constantly scanning or really our mind is constantly scanning our environment and just asking the question is this safe..."*

4.) Safety Found in Faith: A central tenet of the guest's perspective is that true, ultimate safety is found in one's identity in God and making Him the "firm foundation." This provides a stable anchor in a world that can feel uncertain and unsafe, thus positively impacting the nervous system and the body's capacity for healing. *"...I just felt like God truly led me to the fact of like the truth really is that if we don't find our identity in him and if he's not our firm foundation then that's the only truly safe place we have..."*

5.) The Critical Role of Emotions in Physical Health: The guest emphasizes that unprocessed or suppressed emotions significantly impact physical health. She references Chinese medicine concepts and the scientific idea of neuropeptides being released when emotions are suppressed. This emotional "baggage," if not worked through, can block organs from working properly and affect physical health at the cellular level. *"...so many of her chronic health issues were because she just had all this emotional baggage that she had never worked through." "...our body keeps score right that's a book and it really that's the best probably way to explain it but yeah"*

6.) Developing a Deeper Relationship with God: For those new to faith or whose spiritual relationship isn't as strong, the guest recommends intentional effort to get to know God better, similar to building any relationship. This involves spending time in His word and sitting in His presence, not just for self-help or finding formulas to fix problems, but to surrender to His way and become more like Him. *"...just like you wouldn't have a new friend and only talk to them a couple of times a year and expect to have a close relationship, you can't really do that with the Lord..." "God doesn't work in formulas. That's what I've realized. You know it's like that's the whole point that we have to surrender to his way..."*

7.) Surrendering Control for Safety: The concept of surrender is acknowledged as potentially scary, especially for those who crave control. The guest counters that true safety in surrender comes from knowing *who* you are surrendering to – an all-powerful, loving creator with good plans. This is a daily process of "picking up our cross and we're going to walk with the Lord every day," acknowledging that mistakes will happen but the goal is to get back on the path. *"...How how do we... give all of it... to the Lord?"*
"...How do you feel safety in that surrender? I think you have to know who you're surrendering to."

8.) Breaking Through Distraction to Hear God: The guest identifies the modern world's distractions, particularly technology and the feeling of needing to constantly "be doing something," as major hindrances to hearing from God. She advocates for intentional periods of stillness, quiet, and being present, such as sitting without distractions or taking walks without audio input. *"...our world is so distracted." "...trying to I think sometimes we don't even realize how dysregulated we are because we're on our we're feeling the time with scrolling or just doing not even not even maybe it's not the phone, maybe it's just feeling like you have to be doing something all the time."*

9.) The Importance of Foundational Physical Care: While emphasizing the emotional and spiritual, the guest strongly stresses that foundational physical care is crucial for supporting the body's energy and capacity to heal on deeper levels. This includes eating enough and often, maintaining circadian rhythm (sleep, light exposure), and proper hydration with minerals. Neglecting these basics can hinder emotional and spiritual healing processes as the body lacks the necessary resources. *"...your body physically needs to heal to a certain degree first before before it can really have the energy or the space to start to heal emotionally." "...These are foundational things that people have heard of and so they're like, 'Oh, I've already tried that.' But what I've realized is I we can all get off, we get busy, and then we don't do some of these things and then our body tells it..."*

10.) Mindset and Prioritization, Especially for Moms: The guest addresses the common challenge, particularly for mothers, of feeling too busy to prioritize self-care. She is direct, stating that "we make time for what we want to make time for." She encourages a mindset shift, recognizing that neglecting self-care ultimately impacts their ability to serve their families effectively. This involves potentially saying "yes" less often and questioning societal pressures on mothers. *"I'd be straight. I'm just a straightforward person... So, I'm just like we make time for what we want to make time for."*

11.) Addressing the "Why" Behind Lack of Rest and Prioritization: The guest suggests that the inability to rest or prioritize health can be a starting point for exploring the emotional component. Asking "Why don't you feel like you can rest?" or "Why don't you feel like you can't prioritize your health?" can uncover underlying emotional issues.

12.) Emotional Regulation vs. Over- or Under-Expressing Emotion: The guest clarifies that emotional regulation doesn't mean being overly emotional or showing no emotion. It means not bypassing or stuffing down emotions, as this dysregulates the nervous system.

13.) Journaling as a Tool for Emotional Honesty: A practical tool recommended for leaning into the emotional component is a specific type of journaling. Instead of recounting the day, it involves sitting with a blank page and writing down *how you are truly feeling*, using prompts like "How am I really?" or "What is disrupting my peace?" This daily practice fosters honesty with oneself and with God and is described as "so healing" for uncovering and processing hidden burdens. *"It's basically you you don't recount it's not a journaling type that you recount your day. It's more of a you're going to sit with a blank sheet of paper and really write down how you're feeling. Like a good prompt is how am I really?"*

14.) The "Window of Tolerance" and Healing: Sitting with difficult emotions, even if it's hard, is described as expanding the "window of tolerance" for the nervous system. This allows individuals to

handle more day-to-day stress without becoming overwhelmed, numb, or burnt out, which is a significant aspect of nervous system healing.

15.) Healing in Layers and Supporting the Process: Healing happens in layers and requires energy. When processing deeper emotional issues, it can be a stressor on the body, necessitating increased physical support (rest, nutrition, nervous system tools) to prevent feeling worse. Having a strong physical foundation beforehand makes processing these deeper layers easier. *"...our body does heal in layers... a lot of times your body... needs energy to then start to peel back the those layers." "...when you do un unlock deeper levels of healing, your body doesn't feel it as much."*

16.) Breaking the Stress Cycle: When dealing with chronic issues like weight gain linked to stress, breaking the stress cycle is crucial. This can be achieved through foundational physical support (eating enough to blunt cortisol), nervous system regulation techniques (breathing, gentle movement, somatic exercises), and prioritizing rest, especially quality sleep at night. *"Because the whole thing is we're stuck in such a stress cycle that really when somebody's trying to, you know, heal, you have to break up that stress cycle somehow."*

17.) The Danger of a "Fix-It" Mentality: Approaching health with a mindset of needing to "figure out what's going on and I'm going to fix it" can hinder healing. While taking steps is important, true healing ultimately comes from God. This "fix-it" mentality, even when doing the right things physically, signals non-safety to the mind and keeps individuals stuck in the stress cycle. *"when we approach our health with a fix it mentality we're not fooling anybody like our mind knows that we just want this fixed and that is not signaling safety..."*

18.) Replacing Lies with God's Truth: Recognizing and replacing the lies believed about oneself (often stemming from the "enemy") with God's truth is vital for signaling safety and promoting healing. Believing lies about being "not good enough" or "disgusting" is not God's truth and contributes to feeling unwell. *"I believe that there's an enemy that's constantly telling us lies. And so if we go through our life believing those lies, that's not signaling safety either."*

19.) The Difference Between Spiritual Bypassing and True Embodied Spiritual Healing: The guest implicitly defines spiritual bypassing as "just checking the boxes" of religious activities without a real, honest relationship with God. True embodied spiritual healing involves this deeper relationship and a willingness to be truthful about one's feelings and struggles with God. This honesty, not just outward adherence, is deeply healing.

20.) Grace and Self-Compassion for Women/Moms: The guest emphasizes that women, especially mothers, often lack self-grace and are too hard on themselves. This self-criticism signals non-safety. She advocates for treating oneself with the same kindness and compassion shown to one's children, recognizing one's inherent worth as a child of God and the importance of investing in oneself for His purposes. *"I think as women especially... and as moms specifically... we don't give ourselves enough grace and being hard on ourselves does not do anything for anybody because just thinking about all we just talked about you know it just signals non-safety all the time..." "...we would never talk to somebody else the way that we talk to ourselves and that really does make a huge difference..."*

Most Important Ideas/Facts:

- Holistic healing requires addressing the emotional and spiritual alongside the physical.
- The nervous system's perception of safety is fundamental to healing, and true safety is found in a relationship with God.
- Unprocessed emotions significantly impact physical health by creating energetic blocks and dysregulating the body.
- A deeper, honest relationship with God, beyond just checking boxes, is crucial for spiritual and overall healing.
- Surrendering control to God, while challenging, fosters a sense of safety that supports healing.
- Mindful practices like journaling, quiet time, and limiting distractions are essential for hearing from God and processing emotions.
- Foundational physical care (nutrition, hydration, sleep) provides the necessary energy for deeper emotional and spiritual healing.
- Breaking the stress cycle through physical support and nervous system regulation techniques is vital.
- Overcoming a "fix-it" mentality and trusting in God's healing power is key.
- Replacing lies about oneself with God's truth is crucial for emotional and spiritual well-being.
- Self-compassion and grace are essential for women and mothers, as being hard on oneself hinders healing.

Questions and Answers

- **Initial Request:** Share anything about yourself or how you got onto this journey and just a little bit more about you¹.
 - **Response:** The guest is from Georgia, living in her hometown with her husband of almost 18 years and two children (a daughter turning 13 and a son who recently turned 10)¹. She states that her work has helped her become a better wife and mom¹. Her background and struggle have been overwork, as she is an achiever and doer¹. She is a traditionally trained pharmacist¹. About 15 years ago, when trying to start a family didn't happen quickly after stopping birth control, it sent her down a journey of increased faith and research into why she wasn't getting pregnant¹. Toxins and diet matters came up as factors¹. This led her down a more holistic route, initially introduced to essential oils through cleaning recipes¹. She started following someone online talking about similar things and later got essential oils through her after having her daughter¹. This played a bigger role than anticipated; she ended up teaching others how to use oils and replace home products to help with health, which allowed her to leave her pharmacy job, replace income, and pay off debt¹. She is grateful God had that plan¹. She kept learning new things, got extra certifications around COVID, and started her online virtual practice to help people get to the root of their

issues¹. Asking "why" people still struggle despite doing physical things is what led her to the whole emotional, spiritual connection to physical health¹.

- **Question:** What role do you believe spirituality plays in physical healing and how is it shown up in your own life or practice?²
 - **Answer:** Coming from an analytical pharmacist background, the guest initially focused mainly on physical health and kept her faith separate, not seeing the connection between emotions and health². About a year and a half ago, an experience with a partner showed firsthand how much emotions play into physical health, particularly how chronic health issues were due to emotional baggage never worked through². This experience opened her eyes to the connection². This led her down a "rabbit hole" towards the faith-based side³. Many emotional issues stemmed from not being truthful with ourselves, holding onto things instead of processing them, which affected physical health and organs, connecting to Chinese medicine concepts³. The guest feels God truly led her to the truth that finding our identity and firm foundation in Him is the only truly safe place³. Understanding the nervous system shows it's all about safety; the mind constantly scans the environment asking, "Is this safe?"³. If it's safe, the body can be in healing (parasympathetic) mode; if not, it's in action mode³. This goes back to finding safety in Him³. Focusing on the nervous system is key because it allows asking "why" repeatedly to get to the actual root of what's going on, both for herself and for those she helps⁴.
- **Question:** How would you help someone or support someone or recommend someone to if their spiritual relationship isn't quite as strong as they'd like or they're new to having a relationship with the Lord? Like how would you strengthen that when our analytical mind is saying that that's kind of woo woo and I should be taking the pills, doing what the doc, you know, how could you?⁵⁶
 - **Answer:** Guest first points out that culture makes us black and white thinkers, feeling we have to pick one way or another, but it's not like that⁶. Doing holistic things doesn't mean you'll never need conventional medicine; for a broken leg, go to the doctor for medication⁶. Putting things in boxes doesn't do any good; we are one being and can't compartmentalize, although analytical minds tend to do this⁶. For someone new in faith, everybody's journey differs⁷. Building a close relationship with the Lord is like building a friendship; you can't only talk to them a couple of times a year⁷. We are made in His image and supposed to become more like Him by following Jesus, putting faith in Him as Savior⁷. To know Him better and become more like Him, spend time in His word⁷. Guest used to read the Bible like a self-help book for understanding and fixing problems⁷⁸. She realized God doesn't work in formulas; it requires surrendering to His way and what we thought was best⁸. Help comes from reading and meditating on His word, sitting in His presence, and asking Him for more knowledge or whatever is needed⁸. The journey of leaning into faith, physical health, and emotions involves truth and being truthful with ourselves and the Lord about how we feel, not sugarcoating things⁸.

- **Question:** How do you listen and how do you like I feel like the surrender question is a really hard one for a lot of people that like want that control and like it's scary and then our nervous system like scary, not safe. So like how do you feel safety in that surrender to be able to listen? And also how do you hear?⁹
 - **Answer:** To feel safety in surrender, you have to know who you're surrendering to⁹. People might believe in God but still want control because it makes them feel safe, even though in reality, we are never truly in control, which can be very dysregulating⁹. Surrendering is a process; it's normal to surrender one day and pick back up what was surrendered the next⁹¹⁰. This is part of walking with the Lord daily¹⁰. The world is very distracted with constant input, phones contributing to comparison, envy, anger, which are often just distractions¹⁰. We may not realize how dysregulated we are because we fill time by scrolling or constantly doing something¹⁰. Guest remembers not being present playing with her daughter, thinking about other tasks¹⁰. Learning how to sit and not do anything is a feat¹¹. Hearing from the Lord requires blocking out the world and sitting, or taking a walk without distractions like podcasts¹¹. If off track, she checks if she has been doing the things that help her hear from Him or give peace¹¹.
- **Question:** Everyone's here to be like, "Okay, but like how does it help with your physical healing?"¹²
 - **Answer:** In the bigger picture, the nervous system is scanning for safety, and true safety can only be found in Him¹². The emotional aspect is in the middle of the physical and spiritual¹². There are scientific facts, like in Chinese medicine, that show how emotions not dealt with affect physical health by blocking organ function¹². Suppressing emotions like anger or feeling left out, instead of feeling and processing them, causes the release of neuropeptides¹². Over time (days, weeks, years), this suppression leads to the body feeling it at the organ and cellular level¹². Our body keeps score¹².
- **Question:** If you've gone the really western medicalized route and the eastern medicine route, you are praying and you're just like, I don't understand. Like, I'm still gaining all this weight or these specific symptoms haven't gotten any better. I still have all these physical issues. I'm also in therapy. Like trying to do all of the things. What would kind of be some starting points as to how to bridge that emotional, spiritual, physical healing?¹³¹⁴
 - **Answer:** Healing happens in layers, and the body needs energy to peel back those layers¹⁴. The body physically needs to heal to a certain degree first before it has the energy or space to heal emotionally¹⁴. This means ensuring foundational physical needs are met: Are you eating enough? Are you eating often enough?¹⁴. What about circadian rhythm? Are you sleeping well? Getting first morning light? Blocking blue light at night?¹⁴ Are you hydrating well?¹⁴. These are foundational things that people have heard of but often stop doing when busy¹⁴. Many people are depleted in minerals, which cells and adrenals run off; cells need minerals for energy¹⁵. Organs blocked by emotional things need energy and fuel to heal¹⁵. Ensuring these

foundational things are covered is the first step not to skip, even though it might not seem like "rocket science"¹⁶. People may think they've done all the things or want something more complex, but sometimes returning to these basics is necessary¹⁶.

- **Question:** If we know we're depleted, we know that we're drowning, we know we're stressed, we know we're not sleeping enough, but we can't change it because we're moms and we have to do all the things... I know, but I can't because I don't have time. How could we change that? And even Yeah. Like, how would you approach that with a client if that's that's what they're saying?¹⁶¹⁷
 - **Answer:** Guest is straightforward: We make time for what we want to make time for; it's often a mindset thing¹⁷. While moms wear many hats, you can't put everyone else first because you won't serve them best, so they lose out when you don't take care of yourself¹⁷. Taking care of yourself means prioritizing foundational things like eating, hydration, and sleep¹⁷. It could also mean digging deeper¹⁸. You need to take care of yourself to live out the mission God called you to, which usually starts with kids and home¹⁸. Maybe you're saying yes too much, or maybe your kids don't need everything you think they need¹⁸. Society puts ridiculous and complicated pressure on moms; kids primarily need presence and love¹⁹. A good place to start leaning into the emotional component is asking: Why don't you feel like you can rest? Why don't you feel like you can't prioritize your health?²⁰.

Explanation/Suggestion (related to prioritizing self-care and emotional component):

Context: Following the discussion about why moms struggle to prioritize health and rest, the guest elaborates on the emotional component.

Point: Having emotional regulation doesn't mean being overly emotional or showing no emotion, but simply not bypassing or stuffing down emotions²¹. Our body holds onto suppressed emotions, which is seen as non-safety and dysregulates the nervous system²¹. Healing the nervous system happens when we can sit with emotions, ideally soon after they arise²¹.

Suggested Practice: A specific type of journaling where you don't recount the day, but sit with a blank page and write down how you are really feeling²¹. Prompts could be "How am I really?" or "What is disrupting my peace?"²¹. This is a daily practice to be honest with yourself and the Lord²¹. It is healing because we may be carrying things or stuffed trauma without realizing it²¹. While it might seem simple, it can do amazing things²¹. It allows you to turn internally, be honest, be quiet/silent, rest, and open channels for communication with God²². Consistency is key; for the first few weeks, it might feel like nothing is happening, but eventually, things may come to mind that you didn't realize you felt²². Sitting with hard things, even if difficult, is when real healing happens and your window of tolerance grows, helping you handle more day-to-day life without feeling on edge or burnt out²². This is a great way to heal your nervous system²².

- **Question:** And as you start to heal, can we dive deeper into like what happens on the cellular level? What happens on the spiritual level, the emotional level, and how and like how you start to feel, I guess, like is there going to be a it's going to get bad before it gets better, or now you're detoxing, so you're going to feel like crap for months, or like just how does How does that look?²³
 - **Answer:** This is why the physical part is mentioned first²⁴. When processing heavy emotions (sitting with hard things), it feels heavy, may involve tears, and is a stressor for a bit on the body, taking energy as the body processes it²⁴. You might need more rest, more food, and more nervous system tools during these times²⁴. If the physical foundation isn't strong (undereating, not resting), your body will feel the processing even more²⁴. Having that strong physical foundation helps ensure that when you unlock deeper levels of healing, your body doesn't feel it as much²⁴. This is key because many women are severely undereating, which can backfire over time, especially as women are sensitive to stress due to their cycle²⁵.
- **Question:** Could stress be such a big enough thing that if you could bring your stress levels down and not overload your nervous system in that sense that you would start to see everything just kind of healing itself and and like fixing itself like organs, fat, mind, emotions.²⁶
 - **Answer:** The core issue is being stuck in a stress cycle that needs to be broken up somehow, and this looks different for everyone²⁷. Eating often enough and eating enough (combining protein, whole food carb, and fat) helps blunt the cortisol effect from stress²⁷. Food gives the body peace²⁷. Other ways to break the stress cycle include breathing techniques, gentle movement, legs up the wall, somatic exercises²⁷²⁸. You have to be intentional about breaking it up during the day²⁸. Breaking the stress cycle during the day helps with better rest and deep sleep at night, which is the biggest time for nervous system and body regeneration²⁸. It really comes down to trying to break up that stress cycle in whatever way works for you²⁸.
- **Question:** How could we give some of that to God too? Like offload that stress... How do we give some of that to the Lord?²⁹
 - **Answer:** Think about how God wants a real relationship with us²⁹. You can be doing all the right things but with wrong motives, like wanting to check boxes or look good²⁹³⁰. Approaching health with a "fix it" mentality is not signaling safety³⁰. While we need to steward our bodies, ultimately the Lord heals us³⁰³¹. Trusting in Him is healing³¹. This involves constantly reminding ourselves of His word and truth³¹. Recognize lies (from the enemy) and replace them with God's truth³¹.
- **Question:** Have you noticed like with your clients that the clients that do have a stronger faith-based spiritual practice do heal faster?³²
 - **Answer:** Yes, but it's nuanced³³. Many clients seek them out specifically because they are faith-based³³. People might be involved in Christian activities but may not

have a real relationship with the Lord, just checking boxes³³. Everything changes when that relationship deepens³³. The "truth piece" (recognizing untrue beliefs about God from background or upbringing) has been extremely helpful³³³⁴. Helping people get into a real relationship with the Lord has been extremely healing³⁴. This also relates to the difference between spiritual bypassing and true embodied spiritual healing³⁴.

- **Question:** How can people start integrating spirituality and faith into their healing process without bypassing their emotions and physical reality of their condition also like to where we go, oh, we'll just pray and everything will go away.³⁵
 - **Answer:** It's about the way we approach our health³⁵. Approaching it with a "figure out what's going on and I'm going to fix it" mentality is not the right approach³⁵. There are steps to take, but the Lord will lead that³⁶. It requires having open hands, or surrender³⁶. Guest used to make her own plan and ask God to bless it, which was her wanting control³⁶. Humans don't understand how much they want control³⁶. Lack of control doesn't feel safe unless you know who you are giving that control to (an all-powerful, complete God)³⁷. It goes back to knowing who you're surrendering to by spending time in the word learning about Him and His heart³⁸. Realizing you're surrendering to the one who created everything, is in control, and has good plans (as the Bible states) helps³⁸. Leaning into the truths that God has good plans and will provide everything needed has been very healing for her³⁸.
- **Question:** How do you personally connect to your own body when you feel out of alignment or unwell?³⁹⁴⁰
 - **Answer:** She always asks herself if she is covering the basics: Do I need a snack? Did I eat enough? Did I have a rough night's sleep? Do I need more physical support?⁴⁰. She asks if she's chasing after the wrong things, like comparison, worldly success, or not spending true time with the Lord⁴⁰. She also asks if she has said yes to too many things⁴⁰. These are her check-ins⁴⁰. A practical thing when feeling stressed or tense is breathing exercises with an essential oil to calm the mind and body⁴¹.
- **Question** (asked by Host, related to guest's slight cold): So even something as simple as a cold is this where you would just come back and be like I need to provide the right nutrients and space for my body to heal itself because it is like a miracle.⁴¹
 - **Answer:** Definitely⁴². She is currently trying to take more rest, take baths, go outside, put her feet in the grass, and just be at a slower pace⁴². She needs extra time to reflect, see if she needs to say no to some things, take things off her plate, and figure out where she needs rest⁴².
- **Question:** What's one belief or truth about healing that you wish everybody knew but no one talks about.

- **Answer:** As women, especially moms, we don't give ourselves enough grace⁴³. Being hard on ourselves signals non-safety and doesn't help anyone⁴³. We would never talk to somebody else the way we talk to ourselves, and this makes a huge difference⁴³. We need to "mother ourselves" and know that we are worth investing in because we are children of God, part of His plan to share His word and help people heal, and that is important⁴³. She thinks that is not talked about enough⁴³.