

153 Marnie Swedberg Final

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SUMMARY KEYWORDS

god, christ, marnie, love, good, amethyst, talk, peace, book, water, created, life, breathers, infatuated, lies, vibrating, years, trust, live, put

SPEAKERS

David Sandstrom, Marnie Swedberg

D David Sandstrom 00:00

We maximize our health potential by aligning our lives more fully with God's natural design for spirit, mind and body. You know, we wouldn't turn the keys to our house over to somebody a perfect stranger, right? We'd want to know something about that person. So why would we turn our lives over to God if we don't know him first, right? And when we do, we'll, we'll, we'll realize and discover that he is trustworthy and he is loving and kind and generous and all of that. So yeah, much, much, much easier to surrender or align our lives more fully with God's design when we when we know him better.

M Marnie Swedberg 00:35

Most of us have no problem at all trusting God for our eternity. What we have a problem with is trusting him for our next 15 minutes. How much do I trust you with my finances? How much do I trust you with my health? How much do I trust you with my moves? How much do I trust you with my relationships?

D David Sandstrom 00:55

Welcome to the Christian Healthy Lifestyle podcast where I help Christians over 40, age gracefully, live abundantly and be thoroughly equipped for every good work. I'm your host. David Sandstrom, naturopathic doctor and biblical health coach, and this is episode number 153

D David Sandstrom 01:18

Hey, Dave Sandstrom, here I'm starting something new, and I need your help. I'm going to be doing lifestyle audit episodes. Would you like to be on the show with me? You tell me what your pain point is, and I'll offer my advice. There's no charge. You'll be helping me create some great content for the show. When you're done listening to this episode, go to

Christianhealthylifestyle.com/audit, answer a few questions, and you'll be good to go. I look forward to hearing from you. Today we have in the show. Marnie Swedberg, Marty is an international leader, mentor, the author of 14 books, the host of her own radio talk show, a media expert and a keynote speaker for organizations around the world. She's here today to talk about her latest book, flow through vessel Marnie, welcome to Christian healthy lifestyle.

M

Marnie Swedberg 02:07

Hey, thanks. Great to be here.

D

David Sandstrom 02:10

Yeah. You know, I really am looking forward to this conversation, because we have so much overlap in what we believe and what we like to share with people. You know, if you're new to the show, here at Christian healthy lifestyle, we maximize our health potential by aligning our lives more fully with God's natural design for spirit, mind and body. And I know that Marnie is very much aligned with that message. And in order to do that, we have to walk with God, right? We have to be willing to trust Him in all things, in order to surrender to him, right? So could you talk a little bit about that and how that fits into your book?

M

Marnie Swedberg 02:42

Yeah, absolutely. I have a actually, I have a chart. It's, you can get anything for free over at marnie.com that downloads of the book or the chart or whatever. But there's a chart in there about trust levels with God, because it's, I always say it like this, okay, you're invited to go on a roller coaster ride, right? And so you go, yeah, sure, that sounds interesting. That sounds fun, or whatever your response is. And so you get in, you get all harnessed up and buckled up, and then you go for this ride, and it's crazy, and it's upside down, and it's flying really fast and around curves, but you're okay, because it's on the tracks and you're buckled in. Now, take that same invitation and say, okay, but there's no buckles and no harnesses on this one. Just hang on. You'll be fine, or worse. This has never been tested. We're not sure if it's going to work, you know, but it should be interesting, you know, hop in and see how it goes and to neither of those last two scenarios would any sane person say yes, right, right? So what we expect people do with God is just, just believe him, just and all the other authority figures you've had in your life who have let you down, who have abused you, whatever it is, don't worry about that. God's not like that at all. Okay? So what happens is we bring these experiences we've had with human authority figures and with human phrases that we hear like ultimate power corrupts ultimately. You know, absolute power corrupts absolutely. We bring those kind of subconscious things into our relationship with God, then we wonder why we trust the, you know, refrigerator repairman more than we trust God. There are reasons here. So I love to, I love to start with that trust piece, that foundation piece, and like you say, we have to get to know him better in order to trust him more. And that's, that's our number one, actually, privilege as well as responsibility in life?

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M

Marnie Swedberg 08:58

Yeah, there's a whole section on trust issues with God, because we all have them. And there's actually a test you can take. You can take it today. And what's really funny is most Christians that I work with, and Christians, a Christian is almost not a word we can use anymore today, but I'm just going to say it like this, Christ in you people, most of those people that have accepted Christ to come live in side of us. Most of us have no problem at all trusting God for our eternity. What we have a problem with is trusting him for our next 15 minutes or for our next big challenge that we have. We think he's got the eternity thing down, which, okay, which is harder, right? My eternity or my next 15 minutes. So it's crazy talk, but at the same time, when we take this test and we and analyze, how much do I trust you with my finances, how much do I trust you with my health, how much do I trust you with my moves? How much do I trust you with my relationships? And we take this test and then we say, Now during the night. Six months, I'm going to really focus on getting to know God better who he says he is. I'm going to really test it out in my life, you know, ask him to show Himself to me now, take that test again six months later, and you're going to have different levels of trust there, and you're going to be able to see that God has not changed, but how you perceive him has changed, and that changes everything for you.

D

David Sandstrom 10:23

Yeah, that's really good. You know, I know that you talk about in your YouTube channel about a dolphin being an air breather, but living in the water. And I love that metaphor. Would you share that with the audience right now? I think it's really great.

M

Marnie Swedberg 10:36

Yes. So that verse, first, Thessalonians, 5:17, pray without ceasing. That verse made me crazy for decades. I was like, Why do you tell us to do something that's impossible? Because we

for decades. I was like, why do you tell us to do something that's impossible? Because we simply cannot always be consciously in the presence of God, with him, in our conscious awareness, he's always with us. But consciously I have to address my brain to you know, I was just yesterday, you know, the doing the checkbooks. You know what he calls reconciling checkbooks. Oh, that's really, you know, focus on to make sure, Where did that money go? How come that's missing? So what happened was, I would just get so frustrated. Why do you ask us to pray without ceasing when it's impossible to both live on planet Earth and be in constant conscious awareness of you in prayer. And so I kept asking him this, because I was really wanting to, and I was really trying to, and I couldn't do it. And yet I know that whatever he calls us to do is possible. So I kept going back, show me the way. Show me the way. So he showed me the dolphin analogy, which I just love. A dolphin is a water dweller, but an air breather. It lives and works under the water all the time, eating under there, doing all of its you know, everything under the water, but it has to come up for air every three to five minutes. So is it always above the surface? No, no. But is it constantly coming up for air. Yes, yes. So it is constantly breathing, even though it's not constantly above the water, okay, it's it's always within reach of the water. It's always knowing I have to go up every few minutes. This is how I'm built. I This is how I function. Now. We are earth dwellers, but prayer breathers, so we are built to live and do our work and make our make our impact in the world here on Earth, but we are actually prayer breathers. So Ephesians two six says, in the present tense, it says we are seated in the heavenlies with Christ right now. How in the world is it possible for me to be on Earth and yet seated in the heavenlies with Christ? But that's what that verse says. So I think what happens is that we are earth dwellers, but we're prayer breathers, and when we pray, when we bring God into our conscious awareness, we actually get to be seated with Him in our souls, in our spirits. We get to be seated with Him in the heavenlies, where we always are seated, but we don't always experience it, because we are earth dwellers. So it's a little maybe complex, but I love the dolphin analogy. We are earth dwellers, prayer breathers. You want to be so ready to go out for prayer anytime that no matter what situation you're in, that fast I'm in the conscious awareness, the presence of God.

M

Marnie Swedberg 13:23

I love it. You know, that's, it's such a good metaphor. The first couple times I use it, I'm going to credit you, but after that, I'm just going to use it. Is that alright?

M

Marnie Swedberg 13:31

Yeah, just go for it.

D

David Sandstrom 13:32

That's really good. Yeah, that connection with God. And then we get grounded, right? We get more we enjoy more peace that transcends all understanding, as the Word says. And you know, we all know that peace is health promoting. You know, our bodies prefer to do their detoxification and rebuilding and hormone rebalancing and all that when we are at rest, right? A lot of it goes on when we're sleeping, but, but we want to experience that as much as we can throughout the day. We can press into stress, but then we have to back out of it. You know, whenever does we weren't designed to stay in that stress response, right? We want to press in. You know, we might have a deadline at work or whatever it is, you know, some something's

going on with the kids at that moment. You know. You know you're playing taxi mom, and you're driving kids all over the place for sports and you name it. Life gets stressful, that's okay, but we have to make time to to get grounded again and reconnect with the source right, to plug back in and get our batteries recharged. I think that's kind of what you're saying. And I, and I really enjoy the reminder once in a while, it's good.

M

Marnie Swedberg 14:36

I think, I think that it's actually how we're built. We're built to actually live in peace with God. Okay? And so then when, in the mornings, when I just suit up real quick in the spiritual armor and putting on my day clothes for life, and then I'm suiting up real quick, you know, I put up my shield of faith and put on my helmet of salvation, breast plate of rice, and tie on the belt of truth, tie my shoes of peace. Peace and grab my sword and I'm out the door. You know, that's kind of how I how I flow in the spirit in the morning while I'm also getting physically dressed. And I think about those shoes of peace, so the shoes of the gospel, of preparation, of peace. And I think about when I hit stress in my day, it's Colossians, 3:15 let the Holy Spirit be the umpire. Let peace. Let the peace of the Holy Spirit be the umpire in your life, deciding with financially, what's going on here. And so when I feel my shoelaces coming untied, my spiritual peace shoelaces coming untied, that's when I know it's time to go up for a prayer. That's when I have to go up for air. And it's like in this moment, I can choose to push through that stress and and and own it and massage it and feed it and all of those things, or I can choose to invite spirit into that thought process right there. And what's happened for me, David is over a period of years, my little mini vac just started up, so he might be coming and visit me over the period, over a period of years, what's happened is I've gotten faster and faster at making that flip from staying under, submerged under, and feeling the pressure of the you know, when a dolphin doesn't come up for air, what happens? Pretty soon, you can't breathe anymore. It's going to die. The stress gets too great, and that's what happens for us too, is that when we don't go up for air, when we just try to manage all the stress that we're experiencing, we experience that more and more, and it's a problem.

D

David Sandstrom 16:35

So Marnie, I want to go back to something you just mentioned. Was the the armor. And you know, the armor talks about warfare, right? So we're going to battle. We're in a battle with a great struggle between good and evil every day of our lives. And I think that one of the things the enemy often uses against us is our sense of identity. He wants to attack who we are. You know, when he came after Christ, after his 40 days in the wilderness preparing for his ministry, he started off every attack with, if you are the Son of God. So he attacked Christ's identity, and he wants to do the same with us. He wants us to get distracted and not remember our true identity. And I know that you have some verses that you've put together, and could you just share a couple of the truths about who we really are in Christ?

M

Marnie Swedberg 17:19

Wow. It's such a huge topic. So what I did is I put together an A to Z. You can find on my YouTube channel for free. It's an A to Z, who I am in Christ and who God is. So it starts with the names of God, which I've collected well over 200 names and character qualities of God and and

then also who I am in Christ. And I put them into an Excel document, turn them into, you know, A to Z thing, and then I listen to it a lot before I go to bed. It's, it's several, I think I don't remember if it's nine minutes or 18 minutes or something like that. It's, it's quite long, but it goes into all of these. So to try to just say who we are in Christ here in a second is hard, but basically the key is, who does he say he is, and who does he say I am? Because the world is telling us all kinds of lies about this, about who God is and about who you are. You're hearing things from people well, you're just a loser, or you're not very good at that, and you're hearing things in your own head from yourself about that also. So you really want to focus in on who God says He is and who God says you are. So I would say it this way. When he strung together your 3 billion base pairs of DNA, he did it in a particular way, and he loves you just the way you are, even if nobody else can see it, even if you can't see it, God is madly in love with who you are, who he created you to be. And so the joy of life comes in discovering how he put us together. I'm so different from you, David, we're different from any other listener. How he put us together is the gift that he gave to us and the gift that he wants us to give back to him. This is our greatest gift, to give him our whole real selves. And I totally agree with you. There is a direct assault on your identity going on right now. The enemy does not want you to know who you are, and it's all lies. You know you're talking about spiritual warfare. The battle was won. Jesus on the cross. The battle is over. What we're doing now is we're standing firm with that armor, up defending against the lies and the schemes and the plans and the plots that are coming against us to take what Jesus did for us already. So it's our responsibility not to win a battle, it's already been won, but to stand firm in the freedom that Jesus bought for us on the cross.

D

David Sandstrom 19:51

Yeah, I love it. You know, I'm going to borrow from John Eldridge with the ransomed heart podcast. I'm sure you've heard of him, but. He talks about in his book *Wild at Heart*, yeah, you're familiar with this work? Yeah, very much. In his book *Wild at Heart*, he talks about the varying degrees of identity that we see the metaphors in the Bible about Christ in the church. At the lowest level, we're the clay and he's the potter, right? Nothing too flattering about being a lump of clay, right? But in the potter's hands, you know, maybe we are something, but then elevate one step up from that, and we are the servants. He is the master. And honestly, I believe most Christians are stuck at that level. You know, we're, we're to be, we're to be doing things from duty because we're supposed to, right? Not because we get to, but we're the servants. And that's, you know, it's better than being a lump of clay. But you know, we're really not quite there yet, you know. And then he says that we are His children, where sons and daughters are the Most High. Now we're getting somewhere, you know. Now we have a place to belong, we have a home, we have an inheritance. And then he goes even further, and he says that you are my friends. Friends. Know things about your parents that the children don't even know. There's a little bit more a level of intimacy there, and then the highest level is he's our lover, right? We are to experience the His love and enter into that love relationship, which is, which is an amazing thought, that I am the lover of the God of the universe. It's just a pretty amazing idea, and it's easy to it's a slippery slope to say, No, you know, I'm not that. I just I messed up really bad yesterday. I don't feel it. So therefore it's not true, but it is true even if we're not feeling it.

M

Marnie Swedberg 21:40

Absolutely my favorite book by John Eldredge. I love sacred romance too, but is beautiful

outlaw. I just love the book. It's just, oh, I actually read it like poetry. That's how it feels, right? Yeah. It's just such a beautiful, beautiful perspective of who Jesus is. And I for years, David, I would sign letters, I documents. I would sign in in his service, Marnie, in his service, the survey, you know, right? And then, and then there came a change. And after the change, I would sign it in his loving arms, Marnie. And just a few months ago, I, adopted another name. I'm not sure if he assigned it to me or if I just assigned it to me, but I adopted another name for myself that he has called me or assigned to me, and now I call myself the infatuated bride of Christ, and I love that one, because I don't have to apologize for how absolutely ridiculously in love I am with God, I just get to be full. You know, when we're infatuated with new love, I've been married to the same guy for 40 years, and so, you know when early days when we were infatuated in love, you know, you just can't stop thinking about him, and you just have to figure out what's in his head and what's he thinking about, what's he doing, what's he going to do next? And how's this going to work? And you have all these thoughts about it, and that's how I am with God. I'm just constantly wondering, you know, what do you think about that? What do you think I should do here? And you know, when are you going to talk to me again? And all these thoughts, you know, like that. And I just love that we get to move in that progression. And that progression comes from back to circling back to where we started here, that progression comes from a trust factor. You don't actually fall in madly in love with somebody you think is going to really hurt you really, you know, break your heart. You don't. You can't let yourself be that open and free. But as you come into this more deeper awareness, and I think that's what faith really is. I Jesus doesn't use faith quantitatively so much. You know, he's just like just a mustard seed. You can move him out, and he's not so much quantitative about it. Yet we move from faith to faith. So how does that work? I believe it works by how we see God as we see him more fully, as he truly is, compared to what we've thought he was, what people have told us he was, what we even believed ourselves based on our experiences. As we come into the deeper awareness of who He truly is, how good he truly is, the love can't help but grow. It just grows. So does the faith, so does the peace. So all of that is so intertwined, intertwined and all

D

David Sandstrom 24:18

Yeah, you know what you're talking about doesn't really come when you're a new to the faith, does it this? This is, this is a level of maturity, yeah, you have to reach right?

M

Marnie Swedberg 24:28

You have, you know, you have that first love. You have that first love when you know that God can do no wrong, and you really believe that, and then the enemy comes in with lies. And even, I'm afraid, other god believers, even other Jesus lovers, come in with lies that strip that down. Oh, you'll get over that. You know, you'll it's so fun to see a new Christian because they're just so deluded. They're actually seeing him as he truly is. It's life that deludes us. Yeah, it's lies that delude us. He really is as good as all that.

D

David Sandstrom 25:06

Yeah, yeah, for sure, I really like what the message is from the book. And, you know, wish you had time to read the whole thing before we did the interview, but I know that you talk a little bit about purpose. And going to circle back to John Eldridge for a minute, and I went to one of his

Wild at Heart boot camps, and at the end of the weekend, we're talking about, you know, who you really are created to be. You know, we're not created to be just good little boys and girls and your altar boy Christianity, you know, manage managing our sin. You know, that's really not what Christianity is about. It's about it's about that love and relationship with God. And John says to the group, there's probably 300 guys in the room. And he said at the end of the weekend, he said, you know, don't go home and quit your job tomorrow. But in terms of what you want to do with this information and how you want to live the rest of your life, ask yourself this question, if you could do anything you wanted to do, failure is not an option, and success was guaranteed. Money's not an object. What would you do? And I knew right away I'd like I would write books and talk about it, and that's kind of what I'm doing here with this podcast. But a lot of guys were saying, you know, I don't know what I would do. I have to get that some thought. I really don't know the answer to that, but it really talks to our purpose. You know, why God put us here for a reason? Well, no, he didn't put us on this earth, half ah haphazardly. We're here for a reason. We're here for a time such as this. Can you speak to that a little bit about finding your purpose and walking in that?

M

Marnie Swedberg 26:34

Yeah, I love mission vision, and there's a whole free training over at marnie.com on how to find your mission and vision, to identify that, to bring it to the surface. And it is so important that the first step, actually of it all, is to just identify the reality that God created you like you are, and to say, I'm not a mistake. I am not hateful to God. He is not looking at my sin, at my problems. He's looking at the beautiful gem that's in there.

M

Marnie Swedberg 27:08

We went to, we went to an amethyst mine. Amethyst is a purple gemstone, and we went to an amethyst mine on a family vacation many, many years ago. And it was really interesting. The Miner took us down a path, and then we saw this big wall of ugly, hideous rock. And he says, he started the tour with these words, this rock wall is full of Amethyst. You know, David, I stood there and I looked at that rock wall. I could not see one bit of purple. I couldn't see anything sparkling. It was just hideous. It was ugly, and yet he, as the amethyst minor, knew that that wall was full of Amethyst, and that's how God is. He's not seeing you the way you see yourself. He's not even seeing you the way your worst enemy sees you. He's seeing you as the as the creator of the amethyst that he knows is inside of you, and that's what he's focused on. It was, it was just a hoot, because the guy go next, he goes, he goes, this rock wall here, this is going to take us about 70 years to mine. 70 years, about the lifetime span, right? And then he says, it's going to take so long because we can't use jackhammers or anything like that. We have to use high powered water guns, or we will damage the stone. Well, that's the water of the Word, and it was so important to me, not only what he said, but what he didn't say. He didn't say, I hate it that that stupid Amethyst got itself locked into that rock wall. No, it is part of the deal. God knew what He was get when he was getting you. You know? I mean, he's not surprised at all. And so for us, our our responsibility is to say this life that I have is the gift I've been given from God and the gift he wants me to give him back. That's a whole deal. And when we say that, then we become willing to pursue our mission and vision from his perspective, and to let him show us. Why did he put us here? I have another analogy I like to use. You know, if you were a bicycle and you just want to race, you would think you were pretty hot stuff. But then you'd see a race car drive by, and you're like, oh, I don't even have an engine. And then the

race car, you know, wins the Indy 500 and feels like he's really cool. But then he sees a jet plane go across, and he's like, Man, I'm stuck to the ground. Then the jet plane flies over and thinks he's pretty high and high and mighty. And then he sees a rocket ship go out into outer space. He's like, Oh, no, I can't do that. Then the rocket ships out in outer space, he sees a shooting star, and he's like, Man, I'm tethered to this engine thing. You know, whatever you thought you wanted to do with your life, if it is not in line with how God created you, if he created you to be a race car, you will never enjoy being a bike or a rocket ship. It's it's us saying, I recognize that you made me a particular way. I want to discover what that way is and what. You want me to do with my life. And the the beautiful thing is that when you actually get in alignment with your true identity, not only are you so much more useful for God, you're having so much more fun because it's actually what you created and designed to do. It flows perfectly with how with your design, because you've been trying to bike faster the whole time to become a race car, and you're never going to be a race car. Settle down, enjoy the ride. You're a bike or whatever you are. You know, I'm a jet plane. That's what I am. I'm a jet plane. I say I'm either flying far and fast, or else I'm not flat out on the tarmac recharging.

D

David Sandstrom 30:36

That's great. I love, I love the vignettes that you use. You know, I was actually an aero professional airline pilot 35 years so I can relate to that one. That's fun, yeah, you know. And, you know, you get you flying, you fly your first jet, and then all, oh, well, somebody else is flying, the wide body, you know? Oh, someone else is flying international. It can always be that, right? Yeah, compared to all the grass, grass is always greener, right? But I'm thinking of, you know, you know, you watch these nature shows, and when you watch a penguin walking on the iceberg, it looks pretty clumsy, right? They're cute little animals, but they're clumsy, but they're actually birds, but they're water birds. And when they jump off that block of ice into the water, and you get a camera underneath, and you watch those penguins swim, it's majestic. It's beautiful. And you can almost feel their joy. They're doing what they were designed to do, and that swimming in that cold water, and they love it. And I think that kind of, you know, Aligns, what you were just saying when you know, when you find your purpose and you find your calling, and you're walking in that you get a reason to get out of bed in the morning. It does it does something to you. It energizes you, and not only you, but the people you come in contact with. And I know you talk about the Body Electric, so why don't we? Why don't we talk that about that a little bit, and how we are all vibrating, and it's not just inside of us. It's flowing out of us, right,

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Marnie Swedberg 31:56

Right. Yeah. So Body Electric, if I took a brick and stuck it up against the Live Wire, nothing would happen. But if we take you and stick you up against a live wire, we're in trouble, because you are actually electric. You are vibrating. And so if you think all the way, but everything that's alive is fine. If it's dead, it is not vibrating. A brick is not vibrating. But if it's alive, it's literally got energy that's causing it to vibrate at a certain frequency. So I can go sit in my van, and if I turn on my radio, I can switch it from channel to channel. All of those channels are always there, but one of them will resonate with me this time when I get in my van, and whatever that one is, I tune into that one, and I get to listen to that particular program or music or whatever it is. All the rest are all available to me, but one of them feels like me. Feels like what I want to listen to, what I want to hear. And that's how we are in every way. So if you take a pumpkin

seed and put it in the ground, it is going to vibrate like a pumpkin, and it's going to build a pumpkin from that little seed. If you put a baby into a woman, or into a seed into a woman, that that is going to vibrate like a baby, like a human baby, and it's going to turn into one. So basically, we are vibrational, and we can deny that, and we can pretend that our 3 billion base pair of DNA aren't ours, but we just have somebody else's, and we try to vibrate like them. But the fact is that you are vibrating in a particular way, and the sooner you align your brain, your mind, with how that is, that, how that is in you, the more likely you are to enjoy the journey of producing what's supposed to come out. And we all know for fact that when we plant a seed in the ground, maybe a corn kernel, we can water it, we can give it light, we can nurture it until it produces corn cobs, right? Or we can pull it out and it won't produce anything, or we can not water it, and it will just be this little, scrawny, little thing, you know? I mean, it's like there are things we can do to nurture how God created us to be but the it all goes back to the basic question, do you believe that God created you to be unique. Are you unique? And if you are, the sooner you accept that and embrace it, the more you are going to invest into discovering what that actually is, how that looks and how that can apply to your life. And it will change things. It will radically change things for you. It'll change your experience of life completely.

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David Sandstrom 34:40

For sure. You know, Ephesians 2:10 says we are God's workmanship. Created four good works that God prepared beforehand. He's in advance, right? He knew we were coming. We didn't take him by surprise. You know, we your birth might have been an accident to your parents, but it wasn't an accident to God. He knew you were coming, and he. He couldn't wait because we, Bible says we are the apple of his eye, right? And when you start to wrap your mind around that, it changes things. It really does, you know? And I wanted to just kind of circle back around here to the identity thing. Identity is also connected to self worth, and I believe that most of us, I mean, we all do it, and that is, we'll say things to ourselves that we would never say to a good friend, you know, we messed something up. Oh, we burnt the cake. Oh, I'm such a loser, you know, I'm such a bad cook, you know, I we would never say that to a friend. We will be far more respectful than that, than that, but we do it to ourselves. Can you talk a little bit about self worth?

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Marnie Swedberg 35:41

Yeah, so our self worth doesn't come from our self worth. Our self worth comes from God. It comes literally. You are the child of God. You are the creation of God. You are made in His image. And when you say to your self, self, you are such an idiot self, you're such a loser self, you are no good. You're saying to God, what you created is no good. You're saying to the Creator that he messed up with you somehow. And so it goes back again to who is God, and who am I? And I am, I am his darling lover. I mean, I I think I'm in his infatuated bride, and if I was going to, in fact, this happened to me. Someone was saying some terrible things about someone else that I knew. They were saying hateful things about someone else I knew. Am I going to sit there and just listen to that, or am I just going to say, hey, wait a second. I don't think you understand this person at all. That's not, that's not really who they are. Okay when you're talking to yourself like that, God is listening to that. You're offending him because he created you, and you're hurting yourself. So I totally agree. You know, I think that one of the things I love is that good and evil are so clearly different from each other, and they are mostly experienced as emotions. So if you think of the fruit of the Spirit, the fruit of the Spirit is love

and joy. You're feeling these things, peace and faithfulness and kindness and goodness and, like, you know, self control. All of these are fruit of the Spirit. Now you've got the other side, you've got you've got pain and you've got anguish and you've got anxiety and you've got fear and you've got lust and you've got I mean, it's really pretty easy to tell the difference between good and bad, right? And if I ever have any question, I just asked this question, since I'm seated in the heavenlies with Christ, I just asked this question, is this here with us? Here? Is this coming from down here? Like, where is the source of this what I'm feeling right now? Is it good and is it wholesome, and is it helpful, and is it moving me in the direction of God likeness, or is it of the enemy? Is it a lie? Is it a deception? It is? Is it a scheme to pull me down from the heavenlies into the depths of despair? And I would say the enemy's goal for all of us is to get us in a fetal position where we can do nobody any good God's position for us is total freedom, where we're walking through life with joy, with energy, with peace, with love, and we're not only experiencing it ourselves, but we're sharing it with other people. So I think that it goes back again to who is God? Is he truly love? Because if He's truly a good God, which he says he is the ultimate good, that he's really the definition of good, then why wouldn't I just, with my identity, fully trust him, that when He created me, He created me for good. He created me good. Not that I always do good. I sometimes choose to not do good, but the real me, the real Amethyst inside of this rock wall that other people maybe see the real Amethyst that God sees. That's the real me, and that's the one that we should be focusing on, is developing that and asking for more freedom in that.

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David Sandstrom 38:49

Yeah, you know, I'm thinking of Romans chapter seven, where that famous chapter where Paul is struggling with his own sin, and he's saying, you know, the things that I hate I find myself doing. And a lot of people read that and say, Yeah, you see, you know, we're bad to the core. And I would say, No, no, no, because he follows it up with but I know it's not the real me. It's sin living in me. It's not me anymore. That's not my heart's desire. I find myself doing it once in a while because my flesh is weak, but that's not who I am. The sin is not his identifying characteristic, and it's not ours either. You know, I think this is pretty cool. And one of the points I wanted to make was, you know, when it comes to our thought lives, if we have we're trying to discern whether or not this thought is from God or it's from us or from the enemy. Take that thought and follow it through to its natural conclusion.

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Marnie Swedberg 39:40

Absolutely.

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David Sandstrom 39:40

Where's that gonna where's that path going to lead you? And that will often illuminate whether or not that's one of those thoughts that needs to be rejected or not. Second, Corinthians, 10, five, we're to take every thought captive to the obedience of Christ, in other words, pursuing righteousness. You know when, when something's not going to lead us down that road of love, joy, peace, patience, kindness, goodness. Faithfulness, gentleness, self control, we need to just reject it and say no, that's not the real me, even though I had that thought, I'm not going to dwell on it.

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Marnie Swedberg 40:11

So that's the power. That's the power that we have is we have the power to choose. We have the power to say yes or no, and when lies and deception and when evil comes at us. You know, I often times when I'm praying with somebody, I say, just ask God what He wants you to know right now. Just ask God. And if they can't hear God, I say, Okay, there's something blocking that right now. Some lie or something's there blocking that right now. Do you want to keep that or do you want to hear from God? And mostly they'll say, Well, I want to hear from God. And then we'll just say whatever that is right there out, just out right now, you cannot stay. We've seen you here. You cannot say. You must go, whatever lie that is, or demon, or whatever it is, you have to go. And that's the authority we have on this side of the Cross, which is just such a huge gift. And we have to actually take advantage of that.

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David Sandstrom 40:56

Amen. Yeah, I love it. Well, you know, we're running out of time here, but I want to ask you one more question. What do you know today? Marnie, that you didn't know 25 years ago, and you wish you did?

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Marnie Swedberg 41:07

Oh, my goodness. How about if I just go something I know today that I know two days ago. Let's go with that one. How about that? Our walk with God should always be fresh. I am. I heard somebody say the other day, I was listening to a talk online, and I heard somebody say,

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Marnie Swedberg 41:28

you know that woman, when she came to Jesus, and she had that issue of blood, and she came to Jesus and He healed her, he said, now put yourself in that story. Do you more relate to the woman who touched Jesus or to Jesus? And I was like, yeah, probably more the lady that touched Jesus, right? And he said, No, no, no. He said, Christ in you, the hope of glory, you have Christ in you. Christ is in you. You're supposed to be relating to Christ, not to the woman who is going to if I'm reaching out here somewhere for something that's already here inside of me. What am I doing? So that's what I just learned in the last couple of days that I wish I would have known earlier. But it's all a journey. It's all a process. And like falling in love with anyone, you just learn more and more about them as you go. And it's a beautiful explorative process.

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David Sandstrom 42:17

I like it. So when we when we're living that way with Christ living in us, we're going to be more selfless, we're going to be more giving, we're going to be more generous and and compassionate and empathetic and all that, because that's what he was, that's what he exuded,

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Marnie Swedberg 42:31

and that's what we're supposed to be. We're just supposed to be this flow through vessel where he's just always flowing through us. It's not me producing good stuff, it's him flowing through

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Marnie Swedberg 42:40

Yeah. Alright, Marnie, if someone wants to get a copy of your book, where can they do that? Yeah, just over at marnie.com MARNIE.com, if you register over there, you can access all of this that we've been talking about for free, the mission, vision training, the flow through vessel book. I've got a bunch of great resources and training over there, and it's all free. The resources that are there, so just log in and and have a tour around. Welcome.

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David Sandstrom 43:04

Excellent. And I'll put links to all that in the show notes as well. Marnie, thank you so much for being here. I appreciate you sharing your wisdom.

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Marnie Swedberg 43:10

Thanks. Yeah, thanks. So much. Such a joy. Had a fun time.

D

David Sandstrom 43:14

Likewise. For more, go to the show notes page at Christianhealthylifestyle.com/153 there you can find links to all the resources that we mentioned, and audio as well as a video version of the podcast, a full transcript and a whole lot more. And don't forget, I need your help creating some episodes. I'm looking for people to come on the show with me and do a lifestyle audit. You tell me what your pain point is, and I'll give you my feedback and get you one step closer to experiencing all the health and vitality you're capable of. There's no charge for this. I enjoy interacting with the natural nation. It won't be live, so no pressure there. And an added bonus is you'll get a behind the scenes look at the Christian healthy lifestyle studio. For a limited time, I'll send you a copy of my book, the Christian's guide to holistic health as a thank you. Go to my website, Christianhealthylifestyle.com/audit. Answer a few questions, and you'll be good to go. I look forward to hearing from you, and be sure to tune into the next episode. I'm going to be doing a solo episode. I'm going to be talking about the spiritual component of health and what that's all about. So you don't want to miss that one. And remember, we're going to be posting episodes from this point forward, once a week. So every Wednesday, look for a new episode to drop. That's it for now. Thank you for listening. I appreciate you. I'll talk with you next time. Be blessed. You.