How to Bridge Divides with Bishop Kevin Foreman Transcript

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Opening and Guest Introduction

Hey friends, I'm your host Dr. Elizabeth Samantha, the intuitive psychiatrist, and you're listening to Stepping Into Soul Power. Friends, friends so no man is an island and we are on the spiritual path, we're on our spiritual journey and part of that journey is learning to connect with other people.

And sometimes it's the people who are very different from where we come from or what we believe and You know, we are in a period where we're faced with some heavy problems.

There's a mental health crisis. We got food insecurity. People don't have housing. The problems are real and the problems our global and we will need to work together and figure it out.

Our next guest is wonderful. Creating bridges, not barriers, unlocking ways to collaborate with compassion. Bishop Kevin Foreman, a pastor, coach, author, philanthropist.

Welcome to the show. I am so glad to be with you today. Thank you so much for having me. And thank you for what you do. I think those two signs behind you, inspire and love, are so apropos for you because I love your holistic approach, mind, body, soul.

Uh, I loved it. What good is having, you know, a great body and you lost your mind. You know? And so I, uh, love the way you what do you. So thanks for me and I hope you keep doing what Oh, thank you.

Thank you, Thank You. Well, let's get into it. I work in medicine and I see this where we've got our political leaders here. We've Got our spiritual leaders, here medical establishment is here healers are here creatives are Here and everybody's in there these different camps these Different silos, but we we collectively have some huge issues.

What I'd like to hear from you is what do you think is keeping these people apart and how might we transcend these divisions?

Breaking Silos Through Collaboration

Sure. You know, I think one is that sometimes it's just really easy to get caught up in doing what you're doing and not realize that what your doing is a part of a bigger whole.

Like I view the world as a big puzzle and we all are a piece in the puzzle, but we're not the entire puzzle. And so sometimes, it is so easy get to caught in just what we are doing, and realizing the power of collaboration and that collaboration starts with very simply doing we do right now, conversation.

It's difficult to collaborate with people that you cannot relate or have any connectivity to. And so, you're right. Everybody's in their own style of doing their thing.

I think it's important to realize that I'm a piece and a puzzle, but the puzzle is much bigger than me. The people who are most effective are people realize life is bigger then just them.

You said it at the onset, we're not just an island, but most of the times we see our lives as we are this island out there by ourselves, there's nobody to help, nobody that understands, and nobody there.

And really, that is false. That is not true. So I think one is recognizing that you're NOT isolated, you are not alone, your peace and oposal. And the puzzle's bigger than you.

But I think number two is then being intentional to say, what are the conversations that need to start now? Because

we can move one of two ways. We can moved tactically or strategically.

Tactically is all about what I'm doing right now. And so right now you and I are having this conversation. So tactically, this is what we're doing. But strategically says, but let's think longer term.

Let's thing bigger picture. That's the down the road about the larger goal. And, so I think that it requires a combination of both tactics and strategy.

to say how one of the conversations that need to be happening, who do we need begin to have those conversations with, and how can we begin weave these things together while each, it's like a symphony.

Symphony comes from the Greek word symphonio. It means everybody sounds together, but everybody doesn't sound alike. An entire symphony is not a violin.

You have violins, you have trumpets, other instruments, Everybody keeps their own instrument, but we're just sounding those instruments together to produce something, you know, something symphonic in nature.

So, I think that those two things are really important. And again, it starts as simple as doing what you're doing, having conversations that then lead to something greater in a strategic sense.

Beautiful. You know, maybe let's go down that road. So, when we have these conversations, tell me about the place intention plays. Tell me, about aspects that we should keep in the back of our mind as we're moving down.

Yeah, I think one is understanding the goal. Is the go to be right or is the gold to me better? And I thank many times connectivity is stifled because the goals to the right to shine and to see versus to get effective and get results.

I've always been a results guy. So whether it's been, you know, a lot of things in the political world but on the policy side. What do I mean by that?

Because unfortunately, I believe that many faith leaders and faith has been hijacked in this country and made a political tool and a weapon. So what I learned years ago is that I have to engage on the policy level.

That's my assignment. What does that mean on a real pragmatic basis for everybody listening? is that you've got the political stuff. Those are the speeches, those are rallies, the marches, and the outward demonstrations.

Intentional Conversations and Policy Impact

But the policy says, let's get in the room with the people who are writing the laws, writing bills. These are laws that are going to be inactive. Let's get into the legislative process, the judicial process the executive process.

You know, particularly in America the three branches of government system we have here. That being said, I learned a long time ago to have those conversations and understand what was the goal.

So this made I have to sit down with people who perhaps thought very differently about things that I did. But I had to understand the gold was not to leave the conversation right.

The goal was to lead the conversations with results. And so I'll use one quick example. In Denver, for example, we've now moved our headquarters to Atlanta, but when we were in Denver it was during the pandemic, how did the George Floyd protest?

And I remember seeing, I lived downtown Denver at the time, and I remembered seeing the marches going by. And it grieved me so much, not because the issue didn't grieve me as an entirety.

It grieves me much. I picked up the phone. I made a call to one of our state representatives and I said to him, listen, you know, I am not my assignment is not up on the front line with the picket, picketing.

I say, that's good. And that is necessary, but that not what I do. The legislators were known to send me bills to red line them, give them my thoughts rewrite the language, tell them this, that type of thing.

You know, when there was, you know elected officials, they would often have me in to, speak to them, to their folks, pray with them encourage them give them counsel.

What do you think about this? When there needed to be police reform, the Attorney General of Colorado would bring me to lead and spearhead some of those efforts to help in those ways.

So I learned that I had a lot of power, but I needed to wield that power in conversations that weren't necessarily popular, that maybe was dealing with people who thought differently than me.

and that it wasn't about it being public. So it was about see me, everybody, see what I'm doing right now to have this conversation, me and so on. I have a rule.

My rule was they could never take pictures with me. There's only very few that have allowed to take picture with. Because I recognize that the policy can get missed in the politics.

Interesting. So, for me, I recognized that results were the thing I was all about. I didn't care if you are R or a D or an I, Republican, Democrat, Independent.

To me it was, if your not getting results for the people I lead, you gotta go. I see. Point blank period, bottom line, and let's work on these things so that people get results in their life.

And to the example I was giving in Colorado, we saw the nation's first comprehensive police reform and accountability bill that was sparred by one phone call.

And Colorado is like 4% African-American. I know, I live there. Yes. Yeah, you know it, right? So it is not like it's this Atlanta-like way now where it has a total antithesis.

It's that. So that's just an example of knowing when you go into the conversation, what's the goal? To be right or get results. And if you pick results, You'll always end up being right.

Beautiful, beautiful, you had mentioned that you were clear on your assignment. And I guess, it strikes me that your balancing all these different things, working with all of these people.

How do you maintain your center as you're navigating through these groups? That's so good. I realized this, that people come, people go. So, you know, I had to realize, and this is really a broader philosophy of life, is this a lease, not a purchase.

And that philosophy helped me so much because I was able to realized that Many times in life, as we're navigating through things, we overvalue present decisions.

We over value, well if I do this, if do that, do I this. And so when you over-value it, you normally have over analyzed it. When you overanalyze, that analysis produces paralysis in many instances.

And then that typically lives with one foot on the gas and one on foot the brakes, so you end up becoming your own resistance. So you create this enemy in your imagination, but really it's your enemy that's fighting your energy.

For me, to your question was how to keep the center, I realized this is the least.

Centering Through Purpose and Perspective

So at some point, I gotta give it back. Right? And that's with everything in life. So it helps me to realize, don't get pulled away over here. Don't let this stress you out.

And don' be apathetic about it either. It's okay to remain focused on what I was sent to the earth to do. For me, I'll just tell you, it's really simple.

I literally have it written in my notes. To change as many lives as I can, as fast as can while I. That's it. That's it. You said to change as many lives as I can, as fast as i can.

Uh-huh. As many lines as, I while I, can as best as. I know. Okay. And then what, because change is a very broad, you can change people's lives in all kinds of ways.

Like what does. Yeah. So I guess what kind of change are you looking for? This is good. So for me, it goes back to the previous question. It's always going to be results oriented in the direction of positivity and prosperity.

And prosperity is bigger than money. Prosperity is a wholeness word. it's this Hebrew word, shalom, which means nothing missing, nothing broken, and nothing lacking, all is well.

So, I view life through the lens, this is why I love what you do, through a 360-degree component. So if we're only dealing with spiritual stuff, right?

So you know, we are spirits, our subconscious mind, so that's important. But what about your finances? What about your family? What your fitness? So to me, the change that I always endeavor to bring is positive change, that is bringing prosperity into the lives of people.

With the understanding that prosperity is so much bigger than money. In fact, I believe money is the lowest form of wealth. You know, it's a part of wealth, but it is the lowest form of well, because you can have money, that doesn't get you health.

You can get money that does not get your mental health, you're going to have friends, money doesn' t get love. It's part, not all of it. Okay, okay. So you mentioned some other forms of wealth.

You talked about, it sounds like friends. It talks about health, I guess. Can you expand upon that? What are the highest forms? Oh, goodness. I love this.

The higher than money. Because all of us have seen people with money and you look at them and say, I learned that lesson as a teenager. I remember seeing the first multimillionaire that I knew personally.

And I was a teenagers. This is what I said as teenagers, I say, you're an evil person. You are evil. you are wretched. You are vindictive.you are a backstabber. I'm observing these traits.

In that moment, I said, money can't buy class.

Wealth Beyond Money and Health Transformation

It can't buy morals, it can buy advancement. It doesn't by a good heart. And so at that moment I was able to detether the two because sometimes from the outside looking in, you could think that somehow money will make things better.

it just magnifies what you are. Doesn't necessarily make anything better, It magnify what a person is. So, in terms of wealth, I think, one, health is part of the wealth.

Being able to enjoy your life, being able breathe, exercise, eat well, all those things. I was on a journey, and I lost 120 pounds. Originally, it was 95, now it's up to 120. And part of that was that I was successful, very successful.

But I said, but, you know, I preached the two Sunday morning services and then I'd get home and I just eat and just fall out and go to sleep. I say, this is no way to spend a beautiful Sunday like sleep because you're wore out because ultimately you are not in the best physical shape.

So to me, health is one of those things. Healthy relationships is of one those thing. I think having the right people in your life can be one the greatest forms of therapy.

Absolutely. your ability to heal. Conversation to me is therapeutic. So, you know, there's a scripture that says iron sharpens iron. I like to have iron around me.

Aluminum won't know what to do with me, aluminum won' t think I'm too much. But other iron, iron will know to what do. If you keep your circle tight, keep the circle right.

And so, healthy relationships. And I would say another is a healthy relationship with God to me is absolutely important. What good are any of those other things and you have no sense of connectivity to who created you.

and why you were created and while you're here. And so to me, that's really important. I think those are much higher forms of wealth than money. Now, again, don't get it twisted.

You need money, but it's a resource. It's not a source. it doesn't make you, it just makes you be able to do things. Love that. It's a resource, it's not a source.

Not a sort. Yes, It is a tool you can use. Hey, they're higher things. High goals, call it. And so as you, you know, I'm thinking you've done a lot, like 120 pounds is no small feat.

Just as a physician, even helping someone to move towards 10, 20 pounds is a huge deal. How did you do it? So great question. You know, one, it was that underpinning saying, okay, this is not the healthiest and best you.

Right? Number two, it was a physical. So I'm a big proponent of men. You know, sometimes, you know the stats. A lot of times men are not good on taking care of their health.

I was always different. I was the type of man that I would go in and every physical I believed in using my benefits. So every annual physical, I used my benefit.

Uh, I remember one year I said, you know, I got all these benefits and said I want to use them all. And they said well, sir, You don't need this test. They said doctor for me.

You Don't Need This Session. I need to say, do I pay for it? Yes, Sir. Well, every test on here that I paid for, I won't. Because, you know I'm gonna use my benefits. I remember one year I was getting the ideology test, i was sitting in the room, doing that because I just believed it was important to know your health and to where you stand and what you need to do.

And in one of those annual physicals, my primary care physician, Celia, you are one click away from being pre-diabetic. I said, no, not me. Not the pastor, the bishop, counselor, coach, entrepreneur, me, pre diabetic.

What is this? And so that prompted me to say, okay, you have to make a change because what, I heard a great saying the other day, and I told her the first two times I say it, that I would give her credit, but this is the third time, so now it's mine, is what goes in your mouth determines your health.

What comes out of it determines you wealth. It's one of the most important organs in your body, or features of our body. And so I literally prayed. I said, guy, you got to give me a strategy.

Because I tried everything. Slim, slow, slim, fast, all the protein you want, no carbs. Drink this juice, drink that juice. P90X, Tabo. You know, I try everything, and things will work for a while.

But I say I need a lifestyle change. The problem is my lifestyle, very busy, you know, I like the word productive versus busy. Very productive, full schedule, travel a lot.

I have to do something different. And I literally pray for strategy. The day I prayed that I saw a documentary on

Netflix, can't even tell you the name of the documentary anymore, because it's not on netflix anymore.

Haven't been able to find it since then. the Documentary essentially walk me through You know food and I was a fast-food connoisseur you name the restaurant I could tell you the meal if you say Burger King I'd say give me a number six add cheese at mail and onion sugar cut in half fries and rings And then I thought I've been healthy and let me get a diet coke with that you know I Was doing something And so, but it wasn't healthy.

But because of the way my life was and schedule was, that's what the options were. And that day, cold turkey, I saw this documentary, and I said, bingo, got my answer.

I stopped eating fast food, cold turkey. I stop eating. So that was 2013. And since 2013, I've had fast-food three times. Wow. Once because the vice-chairman of my board.

Oh, listen, once I lock in, and I'll lock you in. The vice chairman of board of directors, he said, Bishop, you gotta try this particular burger joint that is in Texas.

You know I don't eat fast foods, but you just have to try it. I tried that burger and said, you made me break my thing for this. I said this was not worth it.

And the only other two times were a chicken restaurant where somebody said you have to try their grilled nuggets. As I literally fought it and I was like, okay, with their grills.

Okay, so I talked myself into it, I'll do that. But stop eating fast food. Stop eating after six. Before intermittent fasting was really a thing. Yeah.

They made a series of other changes and started walking. because I really recognized that gave me a sense of creativity when I was able to just get moving, I felt better.

And the first 75 pounds I lost pretty quickly in three months time. Wow. I didn't even know I wasn't losing the weight. Just thought I just started eating different.

Wasn't taking anything, there was no pills, no surgery, nothing like that. The way I found out is I went to speak at a leadership event up in Vail, right there in Colorado.

I've been dressed pretty casually that spring, in the winter going into that, spring. And I'd been just pretty casual. So I didn't really pay attention to the weight difference.

Just like, okay, it's feeling a little different. Okay.

Bitterness, Healing, and Community Change

The way I found out is literally, I was getting ready, had to put a suit on for that evening, because it was a group of leaders I'm speaking to. and I went to go put on my suit.

And I reached for my assistant, I called for assistant. I said, whose suit is this? They said sir, that's your suit. And said no, it's not. This suit's hanging off my body.

These pants are hanging on. Said this is not my suit, and said y'all didn't pick the wrong suit up from the cleaners or this your suits. Like this not suit and I promise you I was mad.

As we say in Assam, how does fist grease? I say, who's suit this. I said, sir, this is your suit. And so I was frustrated. I can't believe this. So I literally have a picture from that day where you could see the pants hanging off me.

Couldn't even wear the jacket because it looked like somebody else's jacket. It was hanging out for me, and I didn't

have scale at home because years past, looking at the scale was just not something I wanted to do.

When I got one on the way home, I looked and said… Wow…. I was 175. That was 250. Five, nine. I carried it like a middle linebacker. So I looked like I prayed for the Falcons or the Broncos or something.

And I was 175. How did this happen? What is this? And then from there, continued to lose and what have you. Only recently in the last few years that I get into the gym and resistance training and things like that.

But I literally pray for a strategy. There you go. to your point is that for some, what works for everybody else may not work for you. And so sometimes you need a divine download.

I believe it. You prayed for a strategy, you listened and you got an answer. As a physician, I am a huge fan of intermittent fasting. In our culture, we eat a lot.

We eat many times and I think that the body needs to rest. We need to recharge. Love, love, all the strategies. And so you have a history of transforming yourself in many different ways.

I wonder if we could funnel back to this community building, transformation. I wonder if there is a specific example where you were able to bridge the spiritual and practical differences that led to not only just a profound change out there, but a profile change in here.

Oh, yeah. Well, I mean, one, when we just talked about it, is the physical. That was a big thing. One of the things that happened with that, as I began to shed the fat, I discovered something internally, that I was bitter.

And as i began shed that fact, and I believe bitterness is the painful, is a residue of painful experiences we've had in life. As I begin to shift the fact I, was able to see some areas, you know I've been a, started my first business when I 12, got a ministry at 12. So I had these two things, Um, that ran simultaneously.

You know, I was a pastor, associate pastor at, you know 18, 19. Um I, was, a senior pastor. At 21. And, but you, know I built businesses and built companies.

I've been hiring people doing all that stuff since my teenage years. So, i had dealt with a lot of people and a, lot, of stuff growing up. I grew up of an amazing mom who's my greatest fan to this day.

But growing up, my stepfather was an abuser, he was a womanizer, a cheater, all the things you look at in a man and say, don't be that. So I took on this very parental nature and very parentified and paternal nature very early.

I was a defender of my brother and sister and protector of them. Same for my mom. She never asked me to do that, but there was something in me that innately felt like I gotta be this protector.

So my whole life I'm living with this mentality like, I got to protect everybody and everything, so here I am, a teenager thinking like a dad, an adolescent thinking a like dad.

You know, in my 20s, 30s etc. thinking I like that. And I have no natural kids so but the point was is what that did is that would make me solve a lot of problems that weren't mine to solve and Inject myself in situations that were not mine To inject myself into and be the hero for people who frankly, you know did need a hero What they needed is they need to go to God for themselves, but I would step in and do these things well over the years of doing that you develop you can develop bitterness and I did and i didn't know it and so inside there was this um there were this resentment and this bitterness that as I began to Said that way several things happen one it inspired many other people to get in shape physically And so I mean there's been so many great testimonies of people who lost way more, you know hundred fifty pounds hundred seventy five pounds They said miss if I saw you do like I literally watch you.

Do it in the boat, but I watched you So that was great to see lives change people improving their health people no longer diabetic people knowing our medication people No longer, You know and those types of situations but then

internally I was able to recognize that, and this is a powerful principle I think for everybody, if ever you feel burdened or burned out or frustrated with what you're doing, sometimes what your doing isn't the issue.

The way you are doing what are you doing is the issues. I kind of view it like carrying a, you know, if you ever come from the grocery store and you're trying to go into the house and trying make it all in one trip and so you've got like tons of bags on both your hands and and your trying get stuff and it's like, oh this is so heavy, this uncomfortable.

It's only uncomfortable because of the way you are carrying the bags. It's not that there's something wrong with the weight that you're carrying. So for me, that was one of those experiences that changed me internally and that also brought change to other people and impacted the community.

We literally started a whole movement called Fit Harvest as a result of that. And so we would do workout classes at the church and people would, you know, and it was so amazing because people, they would look and they already looked to me as spiritual leader and then so many other things, business and some of the other thing, but now all of a sudden they're like, okay, well, my past is also my trainer.

And, so, there was a whole nother level of accountability because they were not missing those workout class. They're not miss this class, which was good thing.

So, a lot of people got a great results. You bring up a lot of really important points. I think that as we go through life, as life is life and we can, sometimes we have intense emotions and especially when there's a lots going on, don't necessarily have the time to process, let go.

And so release is really And I want to ask you, now that you've been through that, what are the ways that found to be helpful for release for you so that don't carry bitterness, so you're able to navigate these relationships with grace and ease?

Oh, I love that question. So it took time for me to learn what worked because, again, from a kid I just had one button on. That was the only button. You know, just have one setting.

Like, we were off. What is off? I don't even know what that is. I had to realize because of the various responsibilities from ministry to business to community, whatever it was, that again I have to find what works for The way that one of the strategies and methods that I use was say, okay, I can't look for what works for everybody else.

Release, Faith, and Daily Practices

I have to find what worked for me. Because some people they will shut down sit down for a few days shutdown for weeks and that kind of thing I said, that's not an option.

I have to refuel my plane in the sky. My Air Force one I can't land to play I got to find a way to Refuel this thing while it's in there. Yes, there's the plane is too big to land this think um And so but thinking that way helped me so I found other ways to do it one exercise became a thing I used to hate going to the gym, now it's therapy for me.

I don't miss it, not just because of the physical benefits, I'll miss because it is a release for you. Yeah. And I'm able to think through things and say, you know what, why are you mad about that?

Leave that alone. You know, what? Why did that bother you? Let that go. Um, conversation, which we touched on earlier, is therapeutic for many. Uh, and I am able have great conversations with people who can do two things at one time and everybody can't do this.

they can respect who I am and also receive the humanity of who am, and there not be a degradation of either. And that's rare, because sometimes people aren't vulnerable because they don't want to show their cart camp, Because they think that that somehow will make them less than.

And so you gotta have people who can see your car, can't, but still know you're Superman. Still know that you are

Superwoman. Respect that there's these dynamics of you as a human being and you know, you not always gonna be in a smiling mood.

You not gonna always be the happiest of places but you'll get back there. So conversation is one of the others. And then I think thirdly is being able to, and I this is so important, a lot of people talk about relationship with God, but it's not really a relationship.

Because a relationships involves constant communication. Like, what husband and wife, or seriously dating couple, do they see each other once a week for an hour?

But for most people, that's kind of the way they navigate their relationship with God. And so, a relationship requires constant communication. So, it's one of those things that, to me, is part of my daily life.

Where somebody sees me. I might be driving down the street. They may think I'm singing a song. No, I am praying. I love it. It's a relationship. So if it's relationship, there's constant communication.

If you love somebody, you're texting them throughout the day. You're communicating with them through out the days. There is a constant symbiosis. there is constant exchange back and forth.

And so to me, that is one of those things that has helped me also to release. Because there are certain things you don't tell people, You just tell God and then that's the end.

Yes. Yes. Oh, I love it. You are not just talking the talk, you walk on the walk. Yeah, let's strive to. I strive too. Do you know what frustrated me is when I would see people, as a kid and teenager, and you see pastors preach and they would talk.

And I was like, oh my God, they just seemed so deep and so far away because the vernacular was different. The experiences were different the way they were described.

And I was like, oh man, I don't know if I'll ever be able to have that type of relationship. I've never been able do that. And, and I love being authentic and real and, you know, as much as possible, because I think that when we're real, that's when you can heal.

You have people as a physician, if people don' tell you what's really going on, you are not gonna really be able to give them the help and the counsel and expertise that you have.

And I think that that is, as a leader, to me that's super important that, you know, I create a space and an environment and a culture where you can be real so that way everybody's always gonna be to heal.

I love it. There is an art to holding space. It's beautiful. as we're moving through this, are there practical daily habits that listeners can use to help bridge divides at work and their community at home?

I think so. I mean, you know, I, think home sometimes is the most difficult place to do that because you often see people in their best and they're worse.

you see people in their public persona and in there private persona. And so one of the things I think that's always helpful, back to what I just mentioned in my conversation, is recognizing that everybody is a human being.

So the same grace we want, we have to give. The same mercy we want we have to give, the same understanding we won't we to have give. So if you start by giving that, it makes what you're trying to get from a person by way of communication or understanding or whatever, makes it a lot easier.

Because I'm giving you what I want, which is grace and mercy and understanding and all of that.

Bridging Divides at Home and Closing Remarks

And it make it so much easier, I think that's key. Then I just say one other thing that I thing is super helpful with that is recognizing that the goal isn't to convince people or convert people all the time.

Sometimes the go is to just have the conversation. Now you know where I'm at. I stopped trying to, and this is years ago, I said I can't convince anybody of anything.

So I came up with this saying, there's two things that are true about people. One, people are gonna do what they wanna do. The second is like it. People are gonna do what they wanna do.

So, at the end of the day, I am not responsible for another person's life. I can't carry their weight, their beliefs, any of that. Sometimes the goal is not to convert, it's not change, just to have the conversation.

Lovely, lovely, lovey. Um… I know that our listeners are going to want to connect with you. How can they do it? Oh, it's super simple. BishopForman.com.

Books are on there, messages, music, all of our socials are there. I'd love to get a DM from somebody if you're watching this, hearing this. Add a value to your life.

Foolish Grozer. Get about 200 to 300 messages a day on Instagram. It takes me a minute to respond, but I do respond. I'd love to know if something added value.

And on social, all of it's at Bishop Forman, F-O-R-E-M-A-N dot com. There's tons of resources that will add value to the lives of people. But again, the website, bishopforman.com, or just follow me on one of the social networks or any of them.

the content's always going to add value to your life. I like to call it life-giving content. Ooh, beautiful. Bishop Foreman, it has been a pleasure to have you on the show.

Thank you, thank you. Thank you for being you and doing the work that you do. Um, I just see you continuing on to do great things. Thank you so much for having me.

And again, thank you for what you do in creating these conversations. Only eternity will tell how many lives are impacted by you doing what do. If you haven't heard it yet today, I appreciate you.

The soul in me honors the soul and you." If you want to see more episodes like this, please subscribe or click here. And friends, if this spoke to you, leave a comment below.

We would love to hear from you!