S1E1: The Psychology of the Vivid Life Transcript

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Welcome to the Vivid Life

You're tuned in to vivid life the podcast with dr. Marceline girly We are all in need of healing You may not see it now, but I assure you that you need healing You may ask from what and I'm glad to list those for you.

You need healing from insecurity, validation, addiction, attention seeking behaviors, unforgiveness, offense, fixed mindset, poverty mindset discontentment, loss, grief, broken relationships, Dysfunctional eating, nutritional deficiency, physical, mental, emotional, spiritual disorders and diseases.

Should I go on? If I haven't listed your area of healing, I'm sure it will naturally come up in conversation because we all need healing. Healing can come in different ways, methods, styles, products, and substances.

Healing is not always direct and definitely not linear. But one thing for sure, healing is a choice. And another thing, for certain, there is always hope.

I want to present a foundational scripture today, which is in John 10 verse 10. The thief comes only to steal and kill and destroy. I have come that they may have life and have it to the fullest.

What Healing Means

Jesus said this. I love this scripture because it reminds me that God wants us all living life to its fullest. God want us, all healed and whole. He wants this free and filled.

he wants as living, life, a full abundant life. And it's not about merely surviving. It's about thriving in the purpose, health and peace that God provides.

Many believers settle for less than what God has called them to because they don't know the fullness of what's available to them. And if this verse were a picture, I would describe it as bright, engaging, like the most beautiful summer day where the sun is shining.

The grass is green, the trees are blowing in the wind, and every color in sight is vibrant. Everything is vivid. And that day would be etched in your memory as the most perfect day of summer.

Everyone deserves to experience the beauty of this day. All are welcome if they're willing to see what God sees. If they are willing participate and own their part.

And finally, if they are willing to accept the opportunity to live the vivid life. Now you're probably asking, what is the Vivid Life? Well, it's not just the name of this podcast.

Scripture and the Vision of Wholeness

The word vivid means intensely bright, clear, and full of life. It represents something that is deeply felt, powerfully real and richly experienced. it describes something is strikingly distinct, dynamic, full, of energy.

The vivid life is essential. because it aligns with the divine blueprint of wholeness, where our minds are renewed, our bodies are strengthened, and our spirits are in communion with God.

Yeah. It's an invitation to live fully awake to God's truth, healed from the inside out. and walking out his design. It is where faith, wellness and the human experience intersect, leading to transformation in the mind, body and spirit.

So welcome to the Vivid Life Podcast, where Faith, Science and Psychology Collide. where wellness and

spirituality intertwine and where listeners are empowered to heal, grow and evolved, living the vivid life as God intended.

Oh, and I'm Dr. Marceline Gurley, your host. I'm a dual board certified family and psychiatric mental health nurse practitioner with 20 plus years in the healthcare field, working in various areas and holding various certifications.

But I won't bore you with my resume. And if you desire to know more about me, feel free to see the link in the show notes for more details. But one thing I want you to for sure is I've witnessed healing firsthand and I have come to realize that I need healing even on my best days.

And I want healing from the inside to spill over on the outside. And that is my hope for all of you who have decided to take the vivid life journey with me.

Who This Podcast Is For

I do want you to know that healing, from inside out is not just a hopeful idea. It is a biblical promise. Because in Romans 12-2, we're told, do not conform to the patterns of this world, but be transformed by the renewing of your mind.

This tells us that true transformation, true healing begins internally with the renewal of our minds through Christ. Additionally, Psalms 147.3 says, he heals the brokenhearted and binds up their wounds.

This scripture reassures us that God is deeply invested in our healing. The truth I've come to understand is that God designed us holistically, our spirit, soul, and body.

And when we align ourselves with his design, healing flows from the inside out. You may be wondering if this podcast is for you or your neighbor. So touch your neighbors.

and say, I think she's talking to you. This podcast is for anyone who feels stuck in cycles of brokenness, whether physical, mental, emotional, or spiritual, it's for those who desire a deeper connection with God and wants to understand how faith and science work together.

It is, for, those are ready to be challenged, stretched, and ready for transformation. for those who are willing to surrender to God's way of healing, which is not always a common way that you've witnessed before.

It will benefit those are struggling with anxiety, depression, or mental battles who need to see the intersection of faith and psychology. It will benefit people seeking healing in their bodies and wanting to understand functional wellness from a biblical perspective.

It'll also benefit anyone desiring a deeper intimacy with God and a better understanding of their divine purpose.

The Host's Role and Mission

it will also benefits leaders, ministry workers, and professionals who give so much to others but struggle with burnout. In a nutshell, it's for you. I pray that listeners will come with an open mind and a willing heart, ready to unlearn toxic mindsets and embrace God's truth about their health, relationships and purpose.

As Matthew 13-12 says, to those who listen to my teaching, more understanding will be given and they will have an abundance of knowledge. So my role as your host and my promise to you is that I know that God has called me to be a voice at the intersection of faith, healing, and wellness.

So, my roll is to inform you by bringing knowledge from both scripture and science to help You understand yourself holistically. My role is to educate on how our bodies, minds, and spirits function and what steps we can take towards healing.

my role. Is to encourage through testimonies and biblical truths that remind you, the listener, that healing is possible. I'm also here to challenge you to shift your mindset, break limited beliefs and take bold steps towards transformation.

I want to inspire you by showing you real life examples of healing and growth, proving that God's power is still at work. I hope to enlighten by connecting faith and psychology, proving that God is the foundation of all science and truth.

The vivid life is not just about information. Again, it's about transformation. And no, I won't do this alone. There's a Haitian saying that states, the load is lighter when many hands are carrying it.

And by the way, I'm Haitain.

Guests, Surrender, and the Healing Journey

I won't be carrying this load alone. i will have some amazing and trusted guests to join me on the vivid life journey, bringing their expertise, their insight, Proverbs 11, 14 tells us, where there is no guidance, a people falls.

But in an abundance of counselors, there's safety. So I've gathered your personal counsel for you. Thank me later. They too are invested in seeing those around them live out their healing with faith and on purpose.

And one thing I refuse to pretend to know everything about health and healing. I refused to cheat you out of what you need. So get excited now. because the guests this season are bringing the heat.

And I can't wait to share them with you. I want you to know that this journey isn't easy. It's one of necessary surrender. it's a time where looking in the mirror and identifying something that God needs to touch.

I'm not telling you to have a vivid life because it's fun and cute. I am personally walking a journey where I need vivid As we journey together, I will share my story and place of desperate need of God's healing touch in this very season.

So tune in for the next episode. And before I go, it's time to spill the juice. I'm an avid juicer and a certified juice therapist to some. Juice is a method that I use to heal my body from the inside out.

Closing Juice Shot: Show Me the Melon

And today's shot of healing is one I always find refreshing, sweet, and soft, as it reminds me to enjoy the sweet things in life. This juice is called Show Me the Melon.

from my book called There's a Juice for That, Exploring the Power of Juice, who is sponsoring this segment right now. You can find the links to purchase this book in today's show notes.

In this juice, it features cantaloupe, honeydew, and golden melon. Melons are high in water content and often carry about 90% or more of water, making them the perfect form of hydration, especially during the hot summer months.

So remember that today's water intake equals tomorrow's hydration. What you intake today determines what you put out tomorrow and how healthy you are tomorrow.

So let's toast and close with this in mind that there is always hope for a vivid life. Happy healing.