



This is the *Health Matters* podcast.

Wholeness in Life and Business with Angel M. Barrino

I'm your host Kimberley Payne and this is the show for women who want to improve their spiritual and physical health.

In this episode, we'll be talking about helping people tap into their God-given potential, gifts, skills and abilities to overcome life challenges, sabotaging behaviours and create multiple streams of income.



This week we're going to be talking with Angel Barrino. Angel is an author, speaker, coach and owner of several businesses under the parent company Angel B. Inspired which are dedicated to assisting people in life and business. Her full biography can be read at www.bit.ly/ThePraiseNetwork. Welcome Angel.

Angel

Thank you Kimberley. It is so exciting to be here with you today. I am honoured and humbled that you have asked me here. Thank you so much for this opportunity.

Kimberley

I'm glad to have you with us. So why don't we start off with having you tell us a little bit about your parent company Angel B. Inspired and about The Praise Network.

Angel

Absolutely. Thank you so much. The Praise Network has been in existence a little bit longer than Angel B. Inspired Inc. Angel B. Inspired Inc. was formerly Angel B. Enterprises LLC and I began rebranding in December of last year. And Angel B. Inspired was what the Holy Spirit gave me. The Praise Network is a full media broadcasting company that includes television and radio, and we are about to transition over

to cable as well. Angle B. Inspired Inc. comprises businesses that help you with life, business, life coaching, multiple strategies, marketing, broadcasting, publishing. I'm also a publisher which I became a full publisher last year. We just really like to take people's messages to the world. We focus on people who would otherwise not be known or seen by other people and highlight their gifts and their abilities and teach them how to create multiple streams of income using those particular gifts.

Kimberley

That sounds wonderful. We can always use the help, for sure. Now I know that in my own life, as a woman, I do have a tendency to sabotage myself. How can women overcome challenges and sabotaging behaviours?

Angel

One thing they can do is start with their mind. A lot of the things that we do come from our socialization as children and things that we've experienced throughout our lives. So we begin to act out those behaviours and act out those things and we don't realize that we're doing it. So if we retrain our thought process to do the opposite of what we would normally do. If we're doing the sabotaging behaviour then we need to rechannel our energy to focus on what would help us to overcome this. And that comes by basically renewing your mind. The Bible tells us to renew our mind daily. So that we will be more victorious. So that we will live healthier lives emotionally and spiritually.

One of the things I do in my coaching is to teach ladies (and gentlemen because I do coach men as well) how to cope with life when life is hurting us. How to cope with that. How to survive in adversity. I teach them certain strategies on how to cope with those things.

Kimberley

Now I've seen in your literature the G.R.O.W. acronym. What is the G.R.O.W. acronym and how can it help women?

Angel

That is an act of will. It is something I teach people in the coaching. It's something that we do every single day where we overcome challenges and we do things to improve our lives. By growing and by implementing strategies that will help us to grow. To help us to change our will, to change our resistance to certain things, to overcome obstacles. And that's really what the GROW acronym is all about.

Kimberley

So what does it actually stand for?

Angel

The GROW acronym actually stands for Growth – your growth in life, your growth in business, your growth in everything that you do. It's your Reality, what your reality is right now even though your

reality may be a challenge you don't have to stay in that particular reality. You have options. The O in GROW means Options. You have options in your life. You don't have to stick with the things that you would normally do. You don't have to adhere to everything that people want you to do. You have choices. Your Will, your personal will – sometimes a lot of people get trapped into thinking that they are subject to whatever life is handing them. And they don't have to stay that way. They can change their will, they can change their choices. They can make a better choice for their lives.

Kimberley

I like that acronym, GROW. So the G stands for Growth, the R for Reality, the O for Options and the W for Will.

Angel

Absolutely.

Kimberley

I like that. What faith based interactions do you take with individuals to help them overcome obstacles?

Angel

In my coaching I take a different approach. I'm not sure how other coaches do this but I am a faith based coach, a spiritual life coach and I start every coaching session with prayer. I've found since I've started implementing prayer in my coaching that the coaching sessions go a lot better. That the client, and myself, we develop better strategies in that coaching session and they are more able to clearly see what is the vision that they are supposed to be doing. And implementation processes and strategies and goals that they can work towards, they're able to see those better when we open it with prayer.

Kimberley

Prayer is definitely something that I feel very strongly about. It's part of my BEEP acronym and that's what we're going to move onto right now, the BEEP round. Angel will give quick tips on the four disciplines of Bible study, eating healthy, exercise, and prayer or BEEP. So what do you have for us for a quick tip for Bible study?

Angel

One of the things that I do for Bible study is, because I'm a really good time manager so for me what works best is, when I don't necessarily have a topic or a subject I will use a devotional. I will search for topics that align with maybe what I'm feeling or what I'm experiencing at the time. And I'll search out scriptures that align with that devotional. Each devotional writer generally gives you a base scripture or a foundational scripture but when you begin to study and search you stumble across other scriptures that align with that as well. So that is what works for me. If you have 15 minutes in your day I admonish

anyone to take that opportunity and that time to just use the devotional, get your Bible, get your notepad and wait and be prepared for what the Holy Spirit will share with you during those moments.

Kimberley

What's your quick tip for eating healthy?

Angel

For me, eating healthy starts with Herbal Life but you know I don't push that for anybody. If you are able to do a quick smoothie or a green smoothie or a shake really packed with vitamins and minerals and nutrients that you need I found that those are the best and the healthiest especially for breakfast. And then you can do the variety of organic vegetables and fruits and stuff like that to add to it. That's what's worked for me because in 2010 I was diagnosed with Lupus so I had to make lifestyle changes with foods especially those foods that cause inflammation. So I try to stay away from those.

Kimberley

And your quick tip for exercise?

Angel

30-minutes a day, walking. I love walking, aerobic exercise. One of the things that my doctor shared with me is that at least 30 minutes per day, each day of the week, if you're able to. It will help increase your heart rate, lower cholesterol, lower blood pressure and all those things. And help you to lose the weight as well if you need to lose weight or just help you stay fit and keep your lungs healthy.

Kimberley

And finally your quick tip on prayer?

Angel

Quick tip on prayer: pray, pray, pray all the time. In season, out of season, each and every moment. What I've learned is not only setting aside time to pray but I just pray every day, throughout the day, whatever I'm doing, no matter what I'm doing. Prayer and praise and worship kind of go together for me so I'll find myself sometimes signing songs or praying Psalms just walking around the house doing housework or whatever. Whatever task that I'm doing, I'm praying at the same time.

Kimberley

I understand that you have a gift for our listeners. Can you tell us about that?

Angel

What I have for your listeners is an autographed copy of His Purpose, My Praise, my debut book and also an autographed copy of Organized Obstacles. What the listeners would have to do is email me at angelbinspired@gmail.com in order to receive those.

Kimberley

Wow, that's awesome. So they need to email you at angelbinspired@gmail.com So is that the first person who emails you or are you giving out 100 of them?

Angel

The first five people.

Kimberley

And they can choose either book or both books?

Angel

They will receive both books.

Kimberley

Wow, well that's fantastic. Again your email is angelbinspired@gmail.com. I'll make sure that I'll also put that in the show notes.

Thanks again to Angel Barrino for her expert advice and thank you for joining us today.

This interview has been brought to you by *JumpStart* – a free 2 week challenge to get you into the habit of spiritual & physical routines. You can discover more about this free challenge and other health programs at my website at www.kimberleypayne.com.

If you liked this episode please help spread the word by leaving a rating and review on iTunes.

This has been the Health Matters Podcast, believing that prayer & Bible study are to the spirit what exercise and healthy eating are to the body.

Blessings on your journey to health.