



This is the *Health Matters* podcast.

Four Little Known Secrets Standing Between You & Destiny with Linda Williams

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 why we can't connect our realities with what we really want and where we should begin in uprooting self-defeating thought patterns.



This week we're going to be talking with Linda Williams. Founder and CEO of Whose Apple Empowerment Center, Linda Williams is an author, life and relationship coach, trained psychotherapist, educator, and motivational speaker. Her new book, "Whose Apple is it, Anyway!" is described as "The Battlefield of the Mind" meets "The Purpose Driven Life" against a background of the Master Plan. She has a Bachelor's in Organizational Leadership from Calvin College; a Masters of Social Work from Western Michigan University; and Graduate Certification in Substance and Alcohol Abuse. She is a doctoral candidate at The Harold Abel School of Social and Behavioral Sciences at Capella University. Welcome Linda.

Linda

Thank you. It's an honour to be here, thank you.

Kimberley

Glad to have you. We're going to jump right into the questions. So tell us what is at the crux of why our lives don't reflect what we really want?

Linda

Well the key to that is simply this. We have two sets of expectations. We have the expectations of which we are conscious like we think about, “I want this in my life. I want that in my life.” But the things that are sidetracking us are the internal expectations about which we’re unaware. So basically it’s like you come here, you have a purpose, you have a destiny and then life comes along and knocks you off your path of purpose. Now you get up, you brush yourself off, you move on. You might be in a situation, say you’re a mother in a domestic violence situation and you have to take care of the kids so you might leave that guy but you’re not leaving the scars of that experience behind you. Now these scars are what perpetuate the internal expectations. For instance, “I’m never going to let anyone do that to me again.” Or fear of rejection might become evident where you push away good relationships or your whole psyche could get twisted by traumatic experiences. Now the internal scripts are born out of those unconscious things that you tell yourself. We call them scripts. Now you’ve written a script, so and so in 1979 did something to me, it was traumatic to me, I’m just never going to let that happen again. So when you do that what you do is you develop a morphed personality. You’re morphed out of what God had created you to be. Now as we move through life we’re not aware of how the internal scripts are informing the way we view the world, the conclusions we draw about the world and people around us. It can lead us into making self-defeating decisions in our life and those decisions are really taking us off our path. So it’s the internal scripts that are writing what we are seeing in our life now, as opposed to us knowing consciously that I want better, I’m willing to do better, I’m willing to wait for better. But all the wishing and waiting doesn’t go anywhere because we fail to address this internal expectation track.

Kimberley

Wow, that’s very interesting. So we should be caring about our past then?

Linda

Yes. And I’m so glad that you said that because as a coach we don’t get into that past. We don’t get into what you went through. It’s all about us kicking you down the road, getting you unstuck and moving you along. But I’m also a trained psychotherapist and my psychotherapist side always wants to dig into that to the extent that I have to educate you about how what you went through is affecting your here and now. So as a psychotherapist I’m going to care about that. Even if you were to go to the Bible, the Bible tells us that—and for you Bible believing people—the Bible tells us that you’re supposed to forgive and forget. It doesn’t say anything about that. It says God will forgive you and He will forget your sin. He never tells us to forget because, guess what, you have got to remember what you went through. You’ve got to sort out what they did to you is their bad to bear, and it’s not your fault. You’ve got to realize you can leverage the lessons you learn, draw some boundaries with yourself so you don’t cross those boundaries. And it moves you into a better life. As opposed to more of the same.

Kimberley

So when we don’t deal with our past is that why so many of us become frustrated with achieving our visions?

Linda

Yes. You have to turn around and face it. You have to, okay. And I want to acknowledge to your listeners here, don't beat yourself up about this because a lot of the stuff that twists us and morphs us out of our true selves, the true persons that we are, are things that we might not even remember. We might not even remember. It might have been so traumatic, Kimberley, that we just don't even remember. And that's where professional help can assist you. But to the extent that you do remember the trauma and the hurt, then you really need to take some necessary steps to turn around and face it, sort out what decisions you made might have had a part in that, and then allow those other people to own the wrong that they did to you. This is an absolutely necessary step, Kimberley, in making sure that we don't become the wrong that was done to us.

Kimberley

Now the title of our session is called, "Four Little Known Secrets Standing Between You and Destiny". What would those secrets be?

Linda

Number one: Destiny cannot deny you but you can deny destiny. Destiny comes out of the heart of God. He is immutable, unchangeable, nothing surprises Him. But as we go through what we talked about, Kimberley, what we do is we get knocked off our purpose. So it's not that our destiny is not set in eternal stone, it's that we get knocked off course and we have to find our way back along that path.

The other thing is, how long is your "good enough for God" list? I can't do this because I got to do this, that and the other first. No I can't walk into that opportunity because I've got to do this, that, and the other. The bottom line is this: Because your destiny is immutable you have to be willing to have the courage to step into it. Do it anyway. Joyce Meyer talks about how she went to some friends and told them about what God said about the big teaching table ministry. They told her—probably true—you ain't ready. We're not seeing you with the personality that would take. And that broke that friendship. But what she talks about sitting in a Bible study smoking cigarettes with short-shorts on and she stepped into her destiny anyway. Please, I'm encouraging you guys, don't get held up by a "good enough for God" list because, guess what, your very being here, your very breathing is evidence of the fact that He's given you everything that you need in order to reach your purpose and your destiny in this life. And it's a good one. So the "good enough for God" list has got to go. Do little steps. Step into what you want to do.

The third thing is this: it doesn't matter what you see in front of you, it doesn't matter what you've been through, it's going to be very necessary to have a list of truthful trusted others in your life. People you know have your best interests at heart. And people who are strong enough to deal with the backlash when they tell you the truth. That means you've got to trust them enough that no matter how your emotions take off in the middle of the mess, in the middle of what they are telling you, that you have confidence that these truthful trusted others really have your best interests at heart. And that you can trust what they're telling you. I'm not saying that they're going to hit you with something or that you're going to get emotional backlash but your part in that is to deal with the truth and the message.

And then finally, you have to trust the process. You have to trust the healing process. Understand that when you go into this healing process that it's going to feel foreign to you because you've been doing it another way for so much of your life. So just know that even though it feels weird, you're doing the right

thing. This is going to be a determined effort on your part. It's freeing. It's not going to be as bad as you think it will.

Kimberley

So the secrets, if I could sum them up, would be the first one: Your destiny cannot deny you but you can deny destiny. Number two: "good enough for God" list has got to go. Three: you need to have a list of truthful trusted others in your life. Four: trust the healing process.

Kimberley

Now, we're going to move on to the BEEP round. Linda 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?

Linda

Personal relevance in Bible study is so key because when you're in a time with God He's giving you guidance for that day. He's giving you guidance for your life. So if your Bible study leads you into, off the track in a little book you read everyday to tell you what to read, then go there. Sometimes it's sitting quiet with Him. It's a lot of listening involved. So enjoy that time with God as a way of developing relationship with Him.

As far as eating healthy, make sustainable changes in your life as you go along. Diets aren't going to work unless you're going to eat like that the rest of your life. One thing that I really strongly suggest is that people get off of the genetically altered grains; you always want to eat GMO types of grains. Make sure that you're not eating a lot of processed foods. Basically whatever change you decide to make, make small incremental changes because that change will be sustainable throughout your life. And overtime you will see results.

Exercise? Just do it. What was that Nike commercial years ago, just do it. Whatever it is, trust me, I was shocked I was doing 60 pound weights and step aerobics for a number of years and then was shocked at how much weight I lost just taking a leisurely walk. A leisurely walk is good for you and helps you readjust and spend that time with God, do that.

And prayer? Let's not keep doing the old, "Oh Lord God, yada yada yada, Oh Heavenly Father, Heavenly God." Bottom line is this: He created you to have a relationship with you. So you can talk to Him all day, every day. While you're out for a walk and see a beautiful flower you can say, "Lord, that is gorgeous," and think about that. When you talk to God, talk to God. When you're in this healing process what you're going to do is you're going to be real with Him about exactly what you feel at that moment because it's no surprise to Him, but it's healing to you to be able to talk to Him. Try to see Him as the loving God and one of your closest friends.

Kimberley

That's just wonderful. Linda, can you tell us a little bit about your book, "Whose Apple is it, anyway?"

Linda

“Whose Apple is it, anyway?” is a well balanced combination of multiple years of sound behavioural science and the spiritual that we get in church. I found that something was missing. I have a dear friend who had come out of drugs and she was doing real well—her testimony’s out on the internet now—and the next thing I knew she had gone back into crack and wound up dying in the street. That was hurtful to me. Whitney Houston died while I was writing the book. I wrote about her in the book. I dedicated this book to both of them because we can’t major on the spiritual to the exclusion of our humanity. Humanity is the one thing we share with everybody walking this earth. Humanity is what Jesus Christ had to endure in order to accomplish His purpose here. And it just hurt my heart to see so many people in the church going on out backwards. So “Whose Apple is it, anyway?” Empowering Purpose to Achieve your God-Ordained Purpose is a rubber-meet-the-road, not your grandmother’s self-help book that’s talking about all the mistakes I made and what God has shown me what the way out is. You get two powerful tools in that to walk you through every situation and I guarantee you that if you incorporate these tools in your life that you will walk out of the mess onto your path of purpose and on to your destiny.

Kimberley

Where can people get a hold of your book?

Linda

Go to www.whoseapple.org. One stop shop. You can see the trailer. I’ve got all of the links to some of the places it’s available. It’s at Barnes and Noble, Schulers, Amazon.com. Everything you need is at that website. All my social media connections are there. Follow me at WhoseApple on Twitter, all the Facebook connections, all of that is right there at whoseapple.org.

Kimberley

Thanks again to Linda Williams for her expert advice and thank you for joining us today.

This interview has been brought to you by [Women of Strength – a devotional to improve spiritual & physical health](#). Women of Strength is the perfect companion for your health program. There are four divisions to follow the seasons. Each season is further divided into 6 sections that include an inspirational devotional, a fact on common health and fitness questions, a reflection, a prayer, a Bible verse, and an energizing exercise. You can discover more about this book 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.

About Kimberley Payne

Kimberley Payne is the host of the *Health Matters – Healthy Spirit Healthy Body* podcast. She is author of *Fit for Faith – a 7-week program to improve spiritual and physical health* and is a motivational speaker offering workshops and online courses based on her book. She hopes to inspire women to live happier, healthier lives that glorify God. She is happily married and lives with her husband in a village east of Toronto, Canada where she hikes and bikes. Visit her website at www.kimberleypayne.com

