

TRICIA ZODY  
*Another Beautiful Life*  
PODCAST GUIDE

This guide is intended to be used as a complement to my podcast “Another Beautiful Life.” It is best utilized after listening to the corresponding episode. Please take some time to be contemplative in your answers. My suggestion is to ask the Holy Spirit to lead you through it before you begin. I’m already praying you hear His voice clearly.

**Episode 87 - The Healing Formula**

It is possible to get lasting, powerful, transformative healing. But sometimes we don’t know how to get it. Wouldn’t it be nice if there was a formula to follow? Well, there is! So, let’s start using that formula for your healing right now: **Holy Spirit > Gratitude > Mindfulness > Playfulness > Restoration**

**Start by inviting the Holy Spirit into your situation.** You might say, “Holy Spirit, I invite you in to bring your wisdom, knowledge, and discernment as Your good counsel for me. Strengthen me with power in my inner being as I walk through to my healing.”

When we recognize His presence in our lives, He reveals to us His goodness which bring gratitude.

- 1) Ask Holy Spirit to show you how you can see your difficult situation from a place of gratitude. Record what He reveals to you here:

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**Gratitude opens you up for mindfulness.** You are able to integrate all that we’re rapidly learning about brain health (brain science) and integrate it with your Biblical faith through mindfulness.

The Bible tells us to be careful of and give consideration to what we’re thinking on and the messages we entertain. We should give space to find out why we are thinking the way we are.

- 2) What are the thoughts/messages that you’re constantly thinking on regarding your situation?

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- 3) What are the emotions that are prevalent for you surrounding this situation?

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Begin to get curious about why you're thinking and feeling the way you do. Try to bring some logic and reasoning to the situation. As you've invited your brain to examine the situation, watch how the Holy Spirit helps you identify the lies you're believing, and then guides your mind into truth.

- 4) What is it that you're thinking that's a lie and/or is not moving you forward to healing? Remember to ask Holy Spirit to show you.

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**Mindfulness accesses regions in your brain that creates playfulness.** It's the same region of your brain where you'll find imagination and creativity reside.

- 5) Use your imagination to create new understanding and awareness to reframe your situation in a way that it's experienced as personally interesting, and/or intellectually stimulating, and/or entertaining to you. Get creative here:

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Playfulness directly contributes to experiencing emotions such as joy, glee, and happiness.

- 6) Where else in your life could you purposefully plan for playfulness? What would that look like?

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**Playfulness results in restoration.** Researchers are finding the vast benefits of adult playfulness. It can add joy to life, relieve stress, and help you connect to others and the world around you.

- 7) Record any new thoughts and emotions you're discovering now that you've walked through this formula. It may take processing through the formula a time or two before you're able to notice the change, and that's okay. Take your time.

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This is the healing formula to transitioning through a season of change: Holy Spirit lets us see our situation from a place of gratitude. Gratitude opens you up for Mindfulness. Mindfulness accesses regions in your brain that creates playfulness. And playfulness, and all its benefits, results in restoration.