



Podcast Episode 156
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“Overcoming Your Emotional Instability – with Special Guest, Patsy Clairmont”

David Loy: Hi and welcome to *In the Loop* with Andy Andrews, I’m your host David Loy. And Andy we have yet another great opportunity to visit with one of your great friends, Patsy Clairmont. Patsy thanks for joining us again.

Patsy Clairmont: Well thanks for putting up with me for the second time. I’m loving this.

Andy Andrews: I am thrilled. I just, I love being with Patsy.

David: Absolutely.

Andy: She is my favorite tiny person.

David: Well and last time she was with us, we talked a lot about what’s going on with her and Patsy how you are shaking people’s trees. And if you missed that episode, make sure you go back and listen to it. Go to patsyclairmont.com to find out how you can have your tree shaken. Andy I think I need to sign you up, to get your tree shaken.

Andy: I’m thinking, I need my tree shaken. I think it’s such an awesome idea. And you know, a lot of people have ideas but it’s rare that somebody can pull it off to the full effect. And so what Patsy has done with this is to bring people into her home, people who are, they need to write a book or they need to do something

in their life that is in that creative mode. And man, she gets to the heart of it with these people, in a way that you really couldn't, if you're just saying, ok, here's how you do it or here's how you publish it. There is a missing piece there. And as far as I know, Patsy's the only one covering it, in kind of a corporate way, I guess because it is like a process that you take people through.

Patsy: But there are steps that I use. I don't call them steps but they're definitely, it's a planned way of getting in touch with some of the stories, that have been sitting inside of you for years that you may not have seen the potential in how they can be used.

Andy: So I think this is, I think this is important, not just for people who might be, you know, authors, I think this is important for corporate leaders, for community leaders. Because you know, as I deal, I deal with a lot of people in corporations and teams and this kind of thing, and I feel like the leadership sometimes is a notch or two below what it could be, because they don't know how to creatively deliver what they do. And so, you know, if you're listening to this and you're thinking, well I'm not going to write a book, this is not necessarily about writing a book. I think that this course could make somebody a better daddy, I think it could make them a better employee, it could make them a better employer. I think this has a lot of value.

David: Absolutely. So I'm excited to hear from the others, from the people that are going through it, and learn more about that. And again, I'm serious, we're gonna send you to this Andy. So you need some help.

Andy: Yeah, I mean, this sounds great. I want to hear about your new book Patsy. I wanna hear about *Twirl*.

David: Well I also want to, I know, I've heard you mention before that Patsy has some great stories about or examples about overcoming fears. I wanna make sure that we talk about that as well.

Andy: Yeah. Well, you see, she doesn't just have some stories. Dude, I mean, I sat with this woman for three years, watching her take 15,000 women at a time and putting them in the palm of her hand. And I think so many people deal with fear and Patsy, her life was dominated by fear, and then she was able to deal with that and overcome that fear. But then, then this is the big part, is she was able to harness that feeling that she remembered and the mental part of what she had learned. And was able to deliver it in a heartfelt way, that I saw, I just watch people just change right before my eyes. And so would you talk, just some about your background?

Patsy: Well, I was an agoraphobic by the time I hit my early twenties. That's agoraphobic not arachnophobia. Which happens to be about spiders and I could have that if I tried just even a little bit.

Andy: Agoraphobic is like, being by yourself, right.

Patsy: Agoraphobia is fear of open spaces.

Andy: What is the fear of spiders in open spaces? Arachnophobia-agropo.

Patsy: Fear of large groups of people and open spaces. So the fact that I speak in arenas to thousands of people, is just a testimony to do deliverance and healing power, that can happen in an individual life. I had a ruptured heart, I was really disabled in a way that I thought. And you know how that impacts a person, at every level. And I began to let my emotions rule my choices. And God never

designed emotions to think. I love the way that Marilyn Meerburg brought it down, made it succinct. And that is, emotions don't have brains. They were never designed to think for us. He gave us emotions to feel but brains to make choices with. And I was allowing my emotions to dictate the choices I made. And emotions are all over the map. One day we wake up and we love everybody and the next day we wake up and everybody annoys us. So we can't count on them.

Andy: You, the Patsy Clairmont quote. I mean, I want you to someday, write this on the wall in my office, because this is the quintessential quote that I have thought about so many times and it has to do with that. And Patsy said one time, I never forgot this, and that is, you have been created with the will that is stronger than your emotions.

Patsy: And that's where we find our freedom. When we began to grasp that principle, that our will is stronger than our emotions and we can choose in the midst of an emotional tirade, to do something that goes against our feelings, but is in our best interest. And when I learned I could make a choice past my emotions, that were not stable, then I began define solid ground. And that was a tremendous moment of discovery. And I had to implement it and it takes time, because you have to practice and again and again. It is not natural to go against your own feelings. But when you've allowed your feelings to become so diseased, that they are just programing our bizarre behavior, it takes time to conquer that. But through the counsel of scripture, for God has not given us a spirit of fear but a power, and of love, and of a sound mind, and I wanted to get to the sound mind. And he taught me how to do that through the casting down of the imaginations. It talks about it in Corinthians, to pass down imaginations and every high thing that would exalt itself against the knowledge of God and bringing into captivity every thought to the obedience of the Lord. And so I began trying to do that. I tripped and I messed up over and over again. But I was getting stronger. I was

having more success. I was learning, that a lot of my thoughts were my own personal theology that came out of my illness rather than out of the truth is scripture.

Andy: Say that again, say that again. You realize that a lot of your thoughts

Patsy: Came out of the disease and the imbalance of my own mental condition, rather than from scripture.

Andy: I think this is a huge thing, I think it is a huge issue, even for Christians. Because I think the big answer or the big question a lot of times, is who are you talking to, or who are you listening to? Are you listening to God or are you listening to yourself?

Patsy: Right. And I was listening to myself during those sick years. And I began to believe things that weren't true. Not only about myself and about the people around me. But about who God was. And I believed, I came to the place that I believed, that God had favorites and I wasn't on the list. I didn't make his list. Because if I'd made his list, he would've rescued me, from this disabled condition I was in. Because I was willing to be rescued. Now I wasn't willing to do much myself, but I was willing to be rescued.

Andy: Yeah, you wanted God to wave his magic wand.

Patsy: I did. I wanted microwave healing. I wanted to go to bed at night and wake up well in the morning. I wanted to rise up righteous and get on with great things in life. But I didn't want to do the hard work of getting well. And it was very hard work. So when agoraphobics come to me today and say, tell me what to do? I say to them, it's not going to sound like the good news, but trust me it is. It'll be the

hardest work you've ever done but what you will get from it, will be your greatest reward. Because you will find your sanity and you'll discover your dignity. Because when you begin doing what you know you should've been doing all along, there is something in you that begins to raise up and feel good about who you are.

Andy: Wow, wow. Patsy can I just say, I want to just give you a little bit of instruction my dear. Patsy's like, she's just my buddy. You are going to be speaking to Dave Ramsey's whole, I mean, his whole bunch. I mean, there's four hundred people that work at Financial Peace Plaza there. And can I make a request. Dave is a buddy of mine, you are a buddy of mine, I don't know if you guys have ever met but I want you to do what you just did. I want you to tell that story, I want you to talk about that thought process. You know, one of the things Dave has upon a wall in the lobby of that place, is the verse from Romans, about transforming of your mind. And your message there about overcoming that fear, I think it's so important and it's such a good message because you talk about what was happening, right? You know what I'm saying? David, she talks about how I, when she says that I realized that my thoughts were coming from the disease, mental process, and not from. I mean, so many people, that will help so many people because it'll just give people an answer. That's why you're thinking like you're thinking.

David: And that's why you're getting the results that you're getting.

Andy: Exactly.

David: Or not getting.

Andy: Yeah, so many people, I hear so many speakers or doctors to tell people how, well do this, do this and this is how you do it. But until you know why, it's hard to apply the how.

Patsy: And it's hard to listen to someone if they haven't been where you're at. And I found that this is where the power of story comes in at. If you will take the parts of your story, where God has taught you something, where it is caused you to grow and make significant changes, that's where it rings true with people. I remember my mother had Alzheimer's and toward, and she was actually in the beginning stages when a friend of mine, her son died. And I was going to the funeral home and my mother announced she was going with me.

Andy: I remember this

Patsy: And I said, no honey, you stay here, you just stay right here, with my husband. And she said, no, I'm going with you. And I said, you really not. And she said, Patsy Jean. Well that came back from my childhood. I said, yes ma'am, come with me. So I took her with me, to little four foot, ten inch gal, and we got there, and I embrace my friend and extended my condolences. And it was well received, but when my mom got up to her, she looked at her and she said, I know how you feel, my son died too. Immediately, the gal, her eyes, were so wide with recognition. And then she crumbled into some of her grief and scooped up my mother and together they kind of rocked each other, because they knew the heart and the depth of the loss of the other person. My mother told her story in such few words but it was enough to communicate right through the grief and into the heart of this other mother. I'll never forget that visual of the impact of story.

Andy: Wow. You see why, I mean, I spent three years with this woman. And every time she get through talking, I'd feel like, ok, let's just all go home. You blow me

away. I just, the way, the things that, because I actually kind of understand the communication process but man the way Patsy, the depth of what you have experienced, and the way that you are able to present it, I mean, it just blows me away. Your life Patsy, you and Les, you have meant so much and continue to mean so much to so many people. I'm just, I'm blown away every time I'm around you.

Patsy: Well I feel that same way about you. You just put sparks up that say to me, Patsy keep going, keep pressing on. There's more yet to learn.

Andy: Well you have to.

Patsy: There's another book to read, there's another person to meet, there's more hope to have. So I love the way you call people in the life.

Andy: You're very kind. Tell me about your book. This is the most beautiful book and the main reason I like it, because it has such a good picture of you, on the back. But I love the title, *Twirl: A Fresh Spin at Life*. And I love that little thing.

Patsy: That twirl, sure.

Andy: What do you call those? We have those when we were kids.

Patsy: A pen wheel.

Andy: A pen wheel. Tell me about this book.

Patsy: When I was a little girl my daddy used to pick me up under my arms and twirl me around and around and around, till I would be drunk with wonder. I would just fall and I heap on the ground, and watched to the sky meet the grass,

and the grass go up into the sky. And then after a while, everything would settle back into place and I would get up and run to him and say, daddy, do it again, do it again, twirl me. Well and today, it's very different, now all I have to do is stand up and I feel twirly. And they give a pill for it now. Not quite as much fun but what I find in life, is we can lose track of ourselves in a business. We forget who we are in our attempt to be all things to all people, which only Jesus can be. So what I hope to do with *Twirl* is to give ideas to people of how to self-nurture, how to take responsibility for yourself. Because the better condition you're in, especially in your inner life, the more you will have to offer another person that will really have value. Because when you're running on an empty tank, you're thinking thin thoughts. But when you're storing up good stuff, you can't wait to give it to another life.

Andy: That is awesome. When you're thinking about yourself, you're thinking thin thoughts. Thank you for being here.

Patsy: Thank you for having me.

Andy: Man, I appreciate so much you being here. You guys, I would really urge you that if you're not following Patsy on Facebook, if you're not reading her books, or you know, go on patsyclairmont.com.

David: You can get the book through your website, is that right? Patsyclairmont.com. Ok.

Patsy: That is true. And both of us are on twitter, you and I both are.

Andy: That's right. What are you, you're @patsyclairmont and I'm @andyandrews. Seems to be, wherever I go, I'm always @andyandrews

David: Well and I wanted to say real quick, Patsy thanks again for joining us. Andy, Stephanie, my wife, you know Stephanie, her favorite speaker of all time is at this table right now. Unfortunately, it is not you.

Andy: It isn't me is it?

David: Patsy, Stephanie saw you at a Women of Faith, four years ago, and just completely changed her life and one of the tens if not hundreds of thousands or millions of people that have been impacted by your work. From a personal standpoint, thank you very much for what you do.

Patsy: My pleasure, thank you.

David: And make sure you go to patsyclairmont.com, follow her, be her friend on Facebook, do the same for Andy. And thank you both for your time. Andy we'll talk to you again next week.

Andy: Alright buddy, thank you.

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Would you like to run something by Andy? Contact us and your question might be featured on the show!

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