

Molly Larkin - Episode 10 - 56 minutes

<http://jumpstartyourjoy.com/2015/11/episode-10-molly-larkin-speaks-about-meeting-all-things-with-loving-kindness/>

Tell us about what you loved most as a child, or in school. What were your early sparks of joy?

You are currently a nurse and a life coach. What was the path like to get to both of those?
How do you “balance” the two?

Was there ever a time you’ve felt like giving up on nursing, and if so, what strength or inspiration did you draw from to “stay the course?”

In a recent blog post about time (You Don’t Need More Time), you made the reflection “When we change our relationship to the moment, these dysfunctional ways of checking out fall away quite naturally.” You observed that in the past, you’d binged on food to halt time .. “Bingeing on food was my way of stopping time for many years. In the frenzy of a binge, there was only the next mouthful, nothing else existed.” I can totally relate to this at some level; I definitely have an unbalanced relationship with chips, and anything that has peanut butter and chocolate in it. What has your experience with food been?

At the heart of the matter, how do we change our relationship with food?

If someone listening is struggling with an eating disorder or loving their own body, what would you tell them?

(feel free to plug you upcoming course on 11/15)

I know you are a fan of Byron Katie, and her book (and talk) “Loving What Is.” I discovered her only in the last year. Can you explain “The Work,” and what it has meant to you?

How do you see Byron Katie supporting inner joy?

You have mentioned to me that you have cultivated a deep connection to God.

How did this connection start?

What have you learned about surrender and love along the way?

Many people have a hard time making the connection to God, especially when they are not a part of a specified religion. If someone has that sense that there is a higher power, but isn’t sure how to connect with it, what advice would you give them?

What is the wisdom of your bright heart?

What have you done to help set boundaries between you and your work, and what kind of “self care” have you found to be helpful to keep yourself energized and not drained by the demands?

What do you think would surprise most people about your work?

If someone listening has a big dream about how they could make a change in the world, what advice would you give them about bringing their dream into action?

And last, and most joyfully, what are three ways you can think of to jump start joy in your life, in the world, or in other people's lives?

Notes:

You Don't Need More Time:

<http://www.mollyklarkin.com/you-dont-need-more-time/>