



# UNDER HIS WINGS

SEASON 5

EPISODE 74– Can Your Life’s Story Be Someone Else’s Lifeline with Karli Cleaver

## SHOW NOTE HIGHLIGHTS

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### Episode Show Notes



Karli Cleaver lives in rural Eastern Oregon with her husband Zac & four sons. She loves mentoring people in her job with Becky Higgins LLC, and is a certified Creation Coach.

Karli enjoys reading a good book, building relationships, and snuggling up to a good show. Karli is passionate about recording stories. She loves opportunities to teach, speak, and coach about gospel principles, self worth, and building a personal & fulfilling relationship with Jesus Christ. She loves great tacos and considers the gift of weeping to be one of her best attributes.



This is the triumphant moment when Karli crossed the bridge!



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**Elder Eyring** told a story of when he saw his father-in-law do an act of service for their family that he could have paid someone to do. As he was watching, the Spirit whispered to him, ***“I’m not giving you these experiences for yourself, write them down.”*** He started a daily practice writing answers to the question, ***“Have I seen the hand of God reaching out to touch us, or our family today?”*** Here’s that talk:

[O Remember, Remember \(churchofjesuschrist.org\)](https://www.churchofjesuschrist.org)

Because Karli writes her stories, she remembers more. She has learned she is more present and has better vision. She says, “I am more grateful. I rarely battle feelings of comparison or jealousy. I am happier in my body, my home, and my family. It’s great free therapy. I am prompted when something I’m writing might help someone else.” Karli shares about a writing assignment/talk given in college. She was then asked to share this talk many times in other venues. She said, “That was the first time I remember really understanding on a deeper level the concept that someone’s **lived experience could be someone else’s lifeline**, so it’s vital that we each share our stories to strengthen each other.

Here is a link to that paper: <https://allunderhiswings.com/wp-content/uploads/2024/04/Image-Talk-2002.docx>

Another favorite talk on our bodies: <https://speeches.byu.edu/talks/larry-tucker/the-human-body-a-gift-and-a-responsibility/>

[the bridge photo](#)

**Pres Nelson** quote, ***“Sometimes we need to be reminded that a perfect body is not required to achieve one’s divine destiny. In fact, Some of the sweetest spirits are housed in frail or imperfect bodies.”***

Some great advice from Karli: “Some stories are painful to write. When I am thinking of getting the messy, hard stories down on paper, I remember the quote from **Neal Maxwell** who said, ***‘As to that portion of our past which is relevant and instructive, the Holy Ghost will bring things to our remembrance. He will also comfort us, so that any remembrance can be redemptive in its effect rather than debilitating or discouraging.’***”

**Pres Spencer W Kimball**, ***“Get a good notebook, a journal that will last through all time. Maybe the angels may quote from it.”***

**Elder David A Bednar** said, ***“Living and loving covenant commitments creates a connection with the Lord that is deeply personal and spiritually powerful as we honor the conditions of sacred covenants and ordinances. We gradually and incrementally are drawing closer to Him and experience the impact of His divinity and living reality in our lives. Jesus becomes much more than the central character in scripture stories. His example and teachings influence our every desire, thought, and action.”***

**Elder Jeffrey R. Holland** (referring to Moses’ terrifying encounter with Satan after his heavenly vision with the Father) said, ***‘Like Moses in that vision, there may come after the fact some competing doubts and confusion, but it will pale when you measure it against the real thing. Remember the real thing. Remember how urgently you have needed help in earlier times and you got it.’***”



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Integrity Talk referenced: Integrity: [A Christlike Attribute \(churchofjesuschrist.org\)](http://churchofjesuschrist.org)

Karli’s favorite quotes and Mantras and life lessons:

“God does not begin by asking us about our ability, but only about our availability, and if we then prove our dependability, he will increase our capability.” (Neal A Maxwell)

- Jesus is the breath of life
- Everything is as it should be
- What is awesome about this?
- Measure the gain, not the gap.
- Gratitude changes me. It rarely changes my circumstances, but I am changed when I am grateful.
- We find what we’re looking for.
- Scared=Sacred.
- Find joy in every season. Don’t wait to be happy. Delight in the smallest things.
- My body is the least interesting thing about me.
- There is no one you wouldn’t love if you knew their story.
- Lean into your strengths. (As a mom, as a friend, as a wife and minister. We can’t do everything perfectly, but we can do some things really well).
- Jesus is the answer. (If in doubt, turn to Him).
- Let go and let God

**Elder Pieper said, “Sometimes the best way to learn to trust God is simply by trusting Him.”**

Link to Memory Keeping Mentoring session with Karli: <https://classroom.beckyhiggins.com/courses/memory-keeping-mentoring>