



***The Laura Longley Show  
The Synthesis Effect; A Simple and Powerful Method for  
Creating the Life of Your Dreams  
with Dr. John McGrail  
March 10, 2014***

**Laura:** Good morning. I'm Laura Longley and you're listening to the Laura Longley Show on Transformation Talk Radio. Stay with us for the next hour and let us help you to experience ways to get unstuck and live an inspired life full of meaning, purpose and happiness. Each week on the Laura Longley Show we have some of the most gifted practitioners, speakers and authors helping you to make authentic and lasting changes in your life.

Today I'll be talking with John McGrail about his book, *The Synthesis Effect: Your Direct Path to Personal Power and Transformation*. Later in the show John will be giving away a free copy of the book as well as an audio download, since he is a hypnotherapist, of your choice. Be sure and stay tuned for that.

First, we'll start out with our healing meditation as we always do. Today what I'd like for us to do is to send love and healing to people who have experienced sexual abuse. This includes the things we typically think of as sexual abuse such as the abuse of a child, and forcible rape. Let's also include love and healing for anyone who has participated in a sexual act when they really didn't want to, even though they may not have been physically forced to do so. Let's help them find hope and forgiveness for the perpetrator and for themselves.

Let's begin by taking a deep breath in. Release. One more deep breath in. And release that. Thank you for helping us with that.

One more piece of news before we get to our guest. I'm looking for a "real job". For those of us who are self-employed, this means a job where I am actually going to be receiving a W-2 from someone else. Over the last couple of months you might have heard me talk a little bit on the show about whether I'm going to do this, think about it, weighing the options, the decision to do so has really been a long journey that began with terror and resistance and has led to acceptance and even excitement about it. During this week's Light Bulb Moment later in the show I'll share a bit about my journey with this and why taking what appears to be a step backwards can in reality be a step forward. Be sure to stay tuned for that.

For now, let me introduce you to today's guest. John McGrail, PhD is a renowned hypnotherapist, personal success coach, spiritual teacher, and a leading media expert on the topic of personal improvement. A former military officer, aviator and mass media professional, he has combined more than 30 years of teaching, coaching, mentoring experience with his work in clinical hypnotherapy to create what he calls Synthesis, a powerful process for creating personal change and transformation quickly and profoundly. Synthesis begins with rule #1, life is supposed to be fun. We're going to talk a lot about that today. His new book, *The Synthesis Effect*, shares and teaches his synthesis techniques and is receiving rave reviews. Let's welcome Dr. John McGrail to the Laura Longley Show. Hi John!

**John:** Hi Laura! How are you?

**Laura:** I am well. As we talked about before the show started, we've got another gray day in Seattle. You know what? I've lived here all my life and I guess that we just go with the flow. We learn to deal with it.

**John:** You know, the gray days allow us to appreciate the sunny days. If we didn't have them we'd start taking the sunny days for granted.

**Laura:** That is very true. Although, you live in a place where it's a little bit more of the opposite. You're in LA. Maybe all your sunny days give you an opportunity to value the rain.

**John:** It's-literally, we do. We look forward to rainy days. It's so nice when you can actually just kind of hunker down and put on a big pot of soup or chili and not go out, read papers. That's a treat for us. Most of the time it's so bright and sunny, you feel compelled to do something and be outside.

**Laura:** Right. You need to take advantage of it.

**John:** Exactly.

**Laura:** Let's just leap right in and talk a moment about the title of your book, Synthesis. Say a little bit about what that means.

**John:** You know, it's a funky kind of word. When I was putting the thing together, the concept of synthesis of course is bringing disparate ingredients apart together in synthesis to create a stronger whole. In essence, my methodology, which evolved over several years-as you mentioned, I started as a clinical hypnotherapist. That was sort of my main thrust for a long time. As I got more and more into my PhD work and started doing research and bringing in my interest of native philosophies and techniques and methodologies, gradually this whole process that really incorporates conscious cognitive models and techniques with the more subconscious models and techniques together to create a stronger whole, the only word I could come up with that made sense that seemed to explain it was the word synthesis. That's what this process is. It's about really integrating and balancing the parts of our mind physically, emotionally, and spiritually to create a stronger whole person and, of course, a better life.

**Laura:** Speaking of a better life, you do say that rule #1 is life is supposed to be fun.

**John:** Absolutely.

**Laura:** Say a little about that.

**John:** You know, when people hear that at first they think I'm talking about an endless series of hedonistic indulgences, which is sort of the teenage version of a fun life. What I mean by life is supposed to be fun is we are all born inherently happy, tons of self esteem, unconditional love abounding. Through the course of growing up it gets beaten out of us. Unfortunately, western culture-what I mean by western culture is what I would say technology driven culture, which is most of the world today, a good portion of it-has grown into epidemically negativity. We think about lack. We think about insufficiency. We're always looking at the dark side of the moon, so to speak.

What I mean by life is supposed to be fun is the opposite. When your life is fun, when you wake up in the morning, you look forward to the

day, you like what you do for a living, or even better, you love what you do for a living, if that's possible. I always say go for that. You like your relationships, you like the way you're interacting with your friends and the choices you're making, what is happening is you are attracting abundance and happiness and joy. It really is very, very pleasurable. You can get to a place where you're virtually not suffering. I think that's a fun life and that's the way it's supposed to be. It's not supposed to be pain and suffering and hardship. I don't know where we got that as our norm, but it's wrong.

**Laura:** I think that I can at least think as far back as the Puritans.

**John:** Funny you mention that, when I thought back at where did we get this, as you know I grew up in New England in the 50s and 60s. I date myself. It is a very sort of stiff upper lip, the Puritan ethic. That's where I think it started. Misguided as it is, I think you're right. I think it was the Puritans.

**Laura:** I think of modern history-I'm not really a historian or anything. When you think of the history of our country and our roots back in England and Britain. That really, to me, is what comes to mind. That's really what we're known for. We're known for having a work ethic. We're known for that-you make it happen kind of thing. I, personally, have found in my long life that that doesn't bring me joy or happiness or fun.

**John:** It's interesting. I think a work ethic is great. We have sort of been engrained with the ethos of no pain, no gain. I've got to suffer to get ahead. If I really, really suffer-this is sort of a phrase of one of my favorite spiritual teachers, Abraham Hicks. Abraham says over and over in his teachings that we have this ethos in modern society that if I suffer enough, those people who get the statues erected in their honor. I'm really going to try to make my life painful and suffer and maybe I'll be one of those icons. The truth of the matter is the more we try to force things, the more resistance we create. That blocks the flow. I make a lot of reference to some of the discoveries in quantum physics about the nature of energy and flow. Whether we like it or not, we are basically bundles of universal energy. Energy can flow easily and effortlessly or it can really, really struggle. It's like going down to the river and rowing up stream. Or as Abraham says over and over again, drop the oar and let the natural flow of well being take you with it because you're going down stream anyway.

That makes such sense. It's such a great metaphor. It doesn't mean you're not going to steer your boat, but if you try to row up stream it's exhausting. That's what people try to do. I see this over and over and over again with my clients in my clinical practice and my seminar/workshop students. Everybody is trying to force the issue. What they have to learn is to just drop their oars. Once you do and once you learn how to channel your energy that way, it's amazing how well your life begins to work.

**Laura:** On that note, it's time for us to take our first break. When we come back we'll start talking about some of the concepts in the book that will help people to be able to drop that oar.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. You can find me on Facebook at the Laura Longley Show and at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today my guest is hypnotherapist, John McGrail. He is also the author of a book called *The Synthesis Effect: Your Direct Path to Personal Power and Transformation*. Before we continue, I want to make sure everyone knows how to find John and how to find the book. John, would you share that with us please?

**John:** I would be delighted. Thank you so much Laura. The book is available on [www.amazon.com](http://www.amazon.com) and [www.barnesandnoble.com](http://www.barnesandnoble.com). It's had its first run in stores. Retail shops don't keep books on the shelf very long anymore. You can get it online at Amazon or Barnes and Noble. *The Synthesis Effect: Your Direct Path to Personal Power and Transformation*. I do invite the listeners just to go and check it out. Read the review and see what readers have said. When you write a book you have an intention for it but the proof is in the pudding. The pudding are the people who actually pick it up and take a look at it. I'm very proud of the results we've gotten so far.

As far as reaching me, easily done on my website. [www.drjohnmcgrail.com](http://www.drjohnmcgrail.com) or if you're more interested in the hypnotherapy side of things, my hypnotherapy website is [www.hypnotherapylosangeles.com](http://www.hypnotherapylosangeles.com). That's more geared toward hypnosis, hypnotherapy and the power and potential of that particular modality. Thanks for that opportunity. I do hope people take a look. If

you reach out to me via email or phone I do respond as much as I can personally.

**Laura:** That's good to know. Before the break, we were talking about how our cultures worldwide have shifted over the last millennium or two. We're really in this place now of what we're calling western culture but is becoming very global where life is about hard work and pain and struggle and not so much about having fun or going with the flow.

I know that the book is a tool to help us get more in that place. Before I start sharing a little bit about what's in the book, I will say that one of the things I really appreciated about it totally separate from the content is the layout of it where at the end of each chapter where you go back and you highlight what were the major points in this. We can get lost, especially when we start thinking about things like quantum mechanics and stuff like that. It maybe sometimes gets a little overwhelming. I really appreciate having that summary point by bullet point.

Also, you have exercises. I don't think you call them that. What do you call them?

**John:** I call them action items.

**Laura:** Action items. We can actually start doing something right then that is going to start that shift for us. I wanted to give you that feedback that I love that format. I think it's really helpful to anyone who is reading the book.

**John:** Thank you. I wanted it to be something that was not just fun to read but also practical. As my readers are learning about what synthesis is and how it works, you're actually doing the-it starts right at the introduction. You actually start doing the work. By the time you're at the end you're really integrating a lot of different techniques that over and over again people are finding very powerful. I appreciate that comment. Thank you.

**Laura:** Do you feel that the book really is a progression and that people need to work it start to finish? Is it something that people can dip into here or there?

**John:** Well, you can dip into it here and there. There's sort of three sub structures to the way the book is written. I don't want any of the

listeners to think that it's complicated. I wanted to make it as much like a therapy session or a session with me as possible. It's written in a very casual tone, first of all. I put as much humor as I thought I could in there. Again, life is supposed to be fun. We shouldn't take ourselves so seriously. The way it's set up is as you're learning about synthesis you're doing it. Also, we start by creating understanding. I have found over and over again through my clinical practice especially that a lot of clients come in, they have stuff, they have issues, first of all. When we're honest enough to say I've got this thing, it's not working, whatever "it" is, I'm not having success at changing myself. I'm going to get some help, which is what people like me provide, that assistance. When I ask a new client, "How long have you been feeling this way?" "Oh, as long as I can remember." "What started it? Where did you get this?" "I don't know. It's just always been that way."

The first thing I have to do in a clinical setting when I'm working with someone one on one is create understanding. Here's the deal, here's how and why you're feeling and thinking the way you do. Part of it is just evolution. That's the way the human mind has evolved. You need to understand how your mind works and how it was formed. Then once you have that understanding-you can see the light bulb go off. "Oh, it's not just me. I'm not a weakling. I'm not inferior. It's just part of being human. Yay!" That's the first part. The second part is here are the tools, which of course you're already using. Here's how the tools were developed and here's how they work and why. The third part is the process through which we use the tools. It is best I think to go from front to back and not dip in. That progression is sort of important. 1) Create understanding. 2) Provide the tools. 3) The process to use them.

**Laura:** That makes a lot of sense to me. I do have to say that I appreciate that it is written in a casual way. Most of us are not scholars and academics. It makes it a lot more accessible for the average person like me.

**John:** When you talk about quantum physics most people's eyes cross.

**Laura:** Exactly.

**John:** It's fascinating stuff because it is the essence of how the world and we, which are part of the world, work. I wanted to make it as understandable as possible and along the way, as you know, I share lots of stories of real people with real issues including my own. There



was a point in my life when I was not a very happy camper. I had a lot of my own stuff that was holding me back. I freely share part of my story and what I call my rediscovering yourself. Stories of people I've worked with over the years-everyday people like you and me. I am not some guru. I don't want it to be preachy. Here's some stuff that I've learned. It works. Maybe you want to give it a try. Here are some people that have gone through it too.

You can see yourself as a reader, "Hey, I'm just like Betty, Susan, Linda that they have the same stuff. He's talking about the same stuff I'm dealing with." It helps people realize that there's nothing wrong with them. Most of us, when we want to make changes in our life need some assistance because we are hardwired. This is in our DNA to resist change, any change, even if it's good. It's scary to the human species. Once we get engrained with our habits, our patterns, our beliefs, whatever they may be. Happy or sad, positive or negative, of course so much of it is negative in this day and age. once this program is sort of engrained in us, we'll play those programs over and over and over again. They get lodged in the subconscious. The subconscious does work very much like a computer.

**Laura:** It's just you have a trigger and then it's just off and running.

**John:** We don't-very few people on purpose do anything to self sabotage. They find themselves in this pattern again. You quit smoking-this is just an example-for a week, maybe two, you're fine. Then the right trigger hits and boom, you go back to your old ways. That is what's known as homeostasis. It is a very, very difficult condition for some people to get through. Most of us need some help there. That's what this is all about.

**Laura:** As human beings, we are engineered to seek homeostasis, right? Whenever anything changes we want to change back even though consciously we think maybe we don't.

**John:** Exactly.

**Laura:** Absolutely true. So, we're coming up on a break in just a couple minutes. I don't want to dive too deep at the moment. I do want to ask-and I have a preconceived notion of what your answer is going to be, we'll see if I'm right-what do you think, if I want to make a shift in my life and I'm struggling with it, what do you think the #1 thing I can do that will get me started would be?



**John:** I think the #1 thing is to first and foremost acknowledge that you have the issue. Most people try to ignore it. We have been taught, it's engrained-again, we go back to that Puritan ethic thing-that when-if you have a toothache you go to the dentist. If your car isn't running right, we go to a mechanic. God forbid, if we have an emotional issue, a habit or a pattern, something holding you back personally, you're supposed to suck it up and get through it. Realize that most people need some assistance to make these fundamental changes in their lives. Once you realize it you can reach out and get it. That's step one.

**Laura:** I didn't phrase this very well. I tried to get to a specific answer. I'll say what answer I wanted to say. From a practice perspective, I believe-you actually have us doing this from the beginning in the book-that having a meditation practice of some sort is like a foundation to being able to do the rest of the shift that we want. Am I misspeaking or is that something that you agree with?

**John:** In essence, in order to create this thing that we call life we have to balance and integrate our physical, our emotional (the me, the Laura, whoever), and the spiritual. Western culture, modern technology driven culture, we've sort of forgotten about spirituality. Whether we like it or not, the science behind it is so overwhelming that we are spiritual creatures. A meditative practice is the only way anybody has figured out over the millennia, 7,000 years, since the modern "civilization" has existed, meditation on a daily, consistent basis is not only the most efficient way to create that balance, but it's the only way that works over the long period. It is absolutely essential. Absolutely that you acknowledge that you are a spiritual creature. That's got nothing to do with religion. It's your basic energy. Your essence. The part of us that's not physical is what we would call our spirit, our mind if you will, our soul.

**Laura:** I know that many of us, myself included, have a huge resistance to a daily meditation practice. It can really be a struggle to do it consistently. Do you have thoughts about why we resist it? I have personal experience that it is-I enjoy it and it makes me feel better and yet I still resist. Any tricks or techniques to kind of overcome that resistance?

**John:** I think part of the reason people resist is because we have become so entrenched in what I call the world of the flesh, the physical world, it's all about materialism and things and lack and negativity. I don't have enough. I don't have enough. I don't have enough. We don't have enough. There's not enough. We're very

empirical in the way we think. This has been going on for about 500 to 600 years. The great enlightenment. I'll believe it when I see it. That's sort of how western philosophy and science is grounded. Essentially, when you think of the spiritual nature of the ancient cultures, the indigenous people in the world, the tribal cultures, their ethos is exactly opposite. Instead of seeing in order to believe, they believe in order to see. Ironically, through some of the most recent discoveries in science, we're finding out that they are right. We actually do manifest our own reality, whether we know it or not. It doesn't feel that way but in essence we do. I think because we are so materially grounded, so practically and empirically grounded, the concept of meditation, which is exactly the opposite, it's very spiritual in its nature, it's all about believing in order to see is foreign to us and we're afraid of it. There is a natural resistance until you start doing it. Once you get consistent you just greases the skids of your life so amazingly. Very few people give it up once they really get it.

**Laura:** At this point I'm going to go ahead-we do need to take a break. I want to come back to this topic when we return because in my own therapy and coaching practice I see all that resistance. I want to talk about it just a little bit more.

For now I want to take a break. I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with hypnotherapist, Dr. John McGrail, who is also the author of *The Synthesis Effect: Your Direct Path to Personal Power and Transformation*.

Before we continue, I want to give away a free copy of the book as well as-John, is it an audio download that people will get?

**John:** The book will be a physical copy that I will send and sign. I'm just going to need the person's name and address. We'll send it out from here.

**Laura:** If you're interested in getting a copy of the book, that'll go to the first caller at 800-930-2819. You can just give Benny your information. Again, it's 800-930-2819.

I want to skip into-this isn't really skipping. It's part of the progression. Talk a little bit about Law of Attraction. That's really just an easier name for quantum physics or quantum mechanics about creating our own reality. Why don't you talk for a minute about how that plays into the tools and the process that you share in the book.

**John:** Essentially, the concept of creating our own realities has been scientifically proven. It's just about the flow of energy. It is physical law that energy flows along the lines of attraction. Just think of the concept of gravity. We even speak about it organically. Birds of a feather flock together. Sparrows don't hang out with crows. They hang out with sparrows. Crows hang out with crows. Pigeons hang out with pigeons. What it means and what scientists are proving in laboratories around the world is that the energy that you put out through your thoughts, through your actions, through your expectations, and intentions is going to have an effect, a very big one as it turns out, on the energy you attract back. The way I like to think about it is that the human beings, this thing called life really is an exchange of energy on a multitude of levels between us, the organism, and our environment, which we could also say is the universe. We take energy in in a variety of ways. We see, we hear, we smell, we taste, we touch, we eat food, we drink water. Energy goes out in a multitude of ways. We think, we move, we behave, we pee, we poop. We have this energy exchange going on. We call it living. It creates an energy inside of us, a chain if you will, of thoughts, feelings, emotions. When we go through that chain enough times, it produces an energy that we call beliefs. Beliefs are thoughts that we think over and over and over and over again until they become automatic and unquestioned. Whether or not they have any basis in fact, beliefs create our perceptions in truth. Once we perceive something is true, it frames the energy of our reality. We do in fact create our own reality. If we are believing a truth that isn't based in fact, it's kind of like living on a flat earth. That's a metaphor I use all the time. It creates a very confining reality. We just go through that loop over and over and over again. If we want our life to change, we have to change our loop inside of us. That means we have to change our energy exchanges with our environment.

That's essentially how it works. One of the things I take a great deal of time in the book is to explain in plain language with examples of how that law of attraction works. It is a physical law. It has a lot to do with our reality. We've got to understand it and utilize it because it can go either way. We can just-that's really what it is. It's about learning to channel. It's learning to drop the oar, so to speak, and flow with the

natural well being that life is rather than trying to fight something and never winning.

**Laura:** I know that subconscious beliefs can really rule our lives or do really rule our lives. Part of the problem is that they are subconscious. We aren't always consciously aware of the belief that we have. We can set an intention through using the Law of Attraction, yet if we have this subconscious belief, we're not going to be able to attract what we really want. That's like putting a wrench in the works, right?

**John:** Exactly. Most of our subconscious beliefs, our personalities, our values, our emotions, our habits, our self-esteem or lack thereof, most of that is formed very, very early in life. By the time we're 8 we have largely been programmed for the adults we're going to be. Believe it or not, by the time most people are 4 a lot of it is in place. That doesn't mean it can't be changed, but if you think that you're sort of pretty much preprogrammed at 8, by the time you reach 21 and adulthood, you've been playing those programs so often and for so long they are like deep grooves in the circuitry of the brain. That's really what controls most of our behavior. Most of the time we're not thinking about how we respond to situations. We just react. A lot of what Synthesis is about is teaching people how to respond rather than react. When you choose your response, you can choose it in a way that empowers yourself, your well being, and the greater good.

**Laura:** I know that people who have been listening to the show for a while have heard me talk about subconscious beliefs in my own life and some of the things that I've been doing to deal with my own issues, if we want to call them that, in that regard. I know that there is a-this idea that we cannot change our subconscious beliefs through conscious thought. We really need to do it through something like hypnosis or Psych-K or EFT, something like that. With the book, what tools are you giving us that will help us change those subconscious beliefs?

**John:** First of all, I totally agree with you. I also believe that it's a combination of conscious, cognitive thinking tools, techniques and models with the tools, techniques a models that work at a more subconscious level like EFT, hypnotherapy, meditation, NLP. I use all of those. The ones that I present in the book are the ones that are easiest for most people to learn on their own, which of course is self-hypnosis, meditation combined with the conscious models. Those alone work very, very well for most people. EFT is not particularly hard to learn although it usually works better, as you know, when you have

someone that really is well trained in it to guide you in the beginning and help you find the sweet spot, so to speak, for the tapping. It's a very powerful technique. I use it quite often. There are some other techniques that I use that require personal contact. I have a technique called E-Sync, which is energy synchronization, which I developed. It works really well with stress and anxiety, but you've got to be there. You can't do it in a book. The tools are there one of the other things I did as I know you know, at the end of the book, for people who want more information on these tools and techniques, I listed a whole bunch of references for each subject area for hypnotherapy, meditation, NLP, that sort of thing. My book just scratches the surface. There is so much material out there so folks who are interested can find it.

I've also provided some guidance for finding a professional to help you in this change if you want. Things to look for, questions to ask, etc, if you decide you want somebody there to kind of guide you through whether it's a coach, therapist, whatever is appropriate for you. That's all been included in the book.

I tried to think about as much as I could to help folks get this process going.

**Laura:** That's great because I do think that it is sometimes very helpful to have a practitioner that you work with even if it's something you ultimately can do on your own to get started. I totally agree with that. I think it's great that you've given people some guidelines of what to look for and how to find the right person for them.

**John:** I agree with you. I think it happens much more quickly for most people because of the way the human mind is evolved. We have this concept of homeostasis where we will cling to the familiar because of the subconscious mind's function. A lot of times a book is just not enough. For some folks it is. If it's not, get the help. You deserve it. You deserve to have life work the way you want it to. That's my belief. Life is supposed to be fun. It's doable. If the listeners hear nothing else I say today, you can do it. You have everything you need except maybe a little assistance. Once you get into that, get that assistance, tap into it, you would be amazed at how quickly you can change your life.

**Laura:** That is a great thought to wrap things up on. It is time for us to wrap up. Before we do, I'd love for you to share again how people can find the book and how they can find you.

**John:** Thank you so much Laura. The book, The Synthesis Effect: Your Direct Path to Personal Power and Transformation is available online on [www.amazon.com](http://www.amazon.com) and [www.barnesandnoble.com](http://www.barnesandnoble.com). I can be reached via email or phone. My phone numbers are published on my website. [www.drjohnmcgrail.com](http://www.drjohnmcgrail.com). [www.hypnotherapylosangeles.com](http://www.hypnotherapylosangeles.com). If you Google that you'll find my hypnotherapy website. For folks that reach out to me via email or phone, I do attempt to respond to requests and questions personally as much as I can. If I get a ton, which I often do, that are sort of centrally themed, I will address those usually in a blog or a newsletter. You can sign up for my newsletter. They come out fairly frequently. That's why I do this, to help folks get that start. I really truly believe that we change the world one person at a time.

**Laura:** That's all each of us can do. I appreciate that. Thanks so much for being on the show. I feel like we had a great conversation and really shared some tidbits that maybe will get people intrigued with looking at how they can change.

**John:** Thank you so much for having me Laura. Any time you want me back we can just keep on going.

**Laura:** That is so true.

**John:** Good luck on your job search.

**Laura:** Thank you so much. I appreciate that. Thanks John. We're going to take a quick break. When we come back I'll share this week's Light Bulb Moment, which is about my journey about getting a job from horror and terror to acceptance and excitement. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. My guest today was hypnotherapist, Dr. John McGrail, talking about his book, The Synthesis Effect: Your Direct Path to Personal Power and Transformation. You can find out more at [www.drjohnmcgrail.com](http://www.drjohnmcgrail.com) or [www.hypnotherapylosangeles.com](http://www.hypnotherapylosangeles.com).

Some other ways to get help with moving forward in life, you can find me on Facebook at the Laura Longley Show. We post on a daily basis with tips, tools, questions. On Twitter it's @lauralongleysho and of course always at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com).

Earlier in the show I was talking about the fact that I'm looking for a "real job". It occurred to me that the process that I went through in deciding to do that might be of use to one or two other people. That's why I'm going to share it today as the Light Bulb Moment. The idea first came up for me at the end of November when I was doing a pre-interview call with a guest, Sondra Sneed. Some of you may remember, she is a god scribe. During our conversation Sondra did a reading for me. It wasn't during the reading, it was during our conversation. She was saying to me that even though she does the work as a god scribe, she's written a book, she does readings, she still also does a real job. She is a technical writer and she works on contract. She will do a contract for 6 months and then she'll go out and promote her book, whatever it is with her business, what she considers her real life purpose.

She said it's really different than it had been before she had the experience with the conversations with God because now she shows up as herself that she's awake, she's authentic. By her doing that, it encourages other people in the work environment to do the same. She says to me, "I'm not really sure why I'm telling you this. I've never told this to anybody before." Then she goes, "Oh, here's why. God says I'm telling you this so that when it comes time for you to get a real job you won't be afraid." I went-oh my God. Don't tell me that means I'm supposed to go out and get a real job. That was something once I became self-employed-I love being self-employed. I never wanted to do.

I really was pretty horrified by the idea that God was saying I needed to know this. I had to get a real job. To me that meant, oh dear. I'm going to have to get a real job. The idea of getting a job kept coming up for me over the next month or so. I kind of started getting used to the idea. Originally I thought maybe I'd do something part time that was kind of mindless, something I could do in my sleep that didn't require a lot of effort on my part so that I could still retain all my effort and energy for what I really wanted to do, which was my own business. After the first of the year, I put out some feelers of working with a temp service. Immediately the reaction and response I got I went, "Oh, I don't want to do this." It just didn't feel good to me.

The next week I talked to a woman I know who she does resume writing and helps people with job interview skills. Over the years I had referred a lot of people to her who had come to me for career coaching to help with their resume. I just wanted to bounce it off of her, what are some ideas about what I might do that I could do part time work, I



didn't want to do it full time, and that it would encompass things I really enjoy doing. I went away from that conversation with, "Oh, I don't want to do this either." I was really in this quandary.

Frankly, I can't tell you what happened. Somewhere I had a switch where I went-you know what, I need to just get a job in my previous career. Many of you know before I became a psychotherapist and a career coach and a happiness coach I worked in software for 28 years. I really did not want to go back to that. That was a lot of where my horror came from. I had had some really bad experiences towards the end of that career. When I started thinking about it pragmatically, #1, it was something I knew how to do and I knew I could get a job doing and also I could make good money doing it. It wasn't like getting a minimum wage job as a service worker somewhere. I could store up some money and then do it on contract, just like Sondra was doing with hers.

Through this process I realized I was resisting going back to a job in the software arena for a couple of reasons. First of all, it felt like I was giving up on my dream to go back. Second, it felt like failure. I can't make it doing this. Thirdly, what I already mentioned, I really had awful experiences in the years leading up to my career change. I was traumatized by that. Once I got conscious on what my resistance was about here is what I realized. I wasn't quitting or giving up. I would still have my life purpose and my business. Two, it wasn't a failure, it was simply pragmatic to get funding in the easiest, quickest, and most lucrative way. Thirdly, it was an opportunity for me to heal the trauma.

I am a completely different person than I was 8 years ago. At the time I needed those awful experiences to force me into making the change that I did where I went back to school and became a psychotherapist. Now I don't need it to be awful anymore. I already know what I'm supposed to be doing. Last, but not least, I have the opportunity to be different and to make different choices. It will release that bad taste in my mouth that I was left with. It will give me a different story to take forward. That's why I am not only accepting, but excited about it.

Very quickly, because I'm running behind, here's what you can do. Here are some questions to reflect upon if you think this is an issue for you going back. Is there something in your life that you feel you should go back and revisit that could be a career, a relationship, a geographic location? Ask yourself why. Is it because you want to fall back into the familiar? Or because there's something more for you to

learn there? Can you distinguish between giving up on where you are now and choosing to revisit the situation for your own growth? Are there pragmatic reasons, such as financial, that make it a good idea? Consider what you would gain by revisiting that situation. Would you get a new perspective? Would you get some closure? Would you get a different story to take forward like I will?

I want to thank my guest today, Dr. John McGrail, for sharing such great information on shifting our subconscious beliefs and having a life that is fun. I want to thank all of you for tuning in to the Laura Longley Show with me, Laura Longley. I had a wonderful time. Please join me every Monday at 2pm Eastern, 11am Pacific on KKNW in Seattle, WBLQ in Rhode Island or [www.transformationtalkradio.com](http://www.transformationtalkradio.com). Have a fun week and I'll see you back here next time.