



***The Laura Longley Show  
Living a Sensational Life  
with David Friedman, Author of "The Thought Exchange"  
March 17, 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 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 David Friedman about his book, *The Thought Exchange: A Practical Method of Moving Beyond Positive Thinking*. Later in the show David will be giving away a signed copy of *The Thought Exchange*. Be sure to stay tuned for that.

First, we're going to start out with our healing meditation as we do each week. Today I'd us to focus on sending love and healing to people who are in physical pain. Let's focus on giving them relief and hope for that pain to dissipate.

Let's begin by taking a deep breath in. Release that. One more deep breath in. release it. Thank you for participating in that.

The saga of returning to the real job world continues. Last week I shared the process I went through that led me to actually some fear, a lot of fear, to actually being excited to return to the world of being an employee. As things unfolded last week I learned I had a bit more to process and clear, which I think is normal. Everything is a process. It was brought to my attention in a way that I couldn't ignore. I got food

poisoning Wednesday night and I was acutely ill. One of those things where I was up all night throwing up. In my heart I knew it really wasn't about eating bad food, but something else was going on for me. Fortunately, it got sorted through quite quickly with the help of both my body talk practitioner and my acupuncturist. During this week's Light Bulb Moment later in the show I'll share more about recognizing when a physical ailment is something more and what to do about it. Be sure and stay tuned for that. Actually, I had already planned on this Light Bulb Moment based on my experience last week, but it plays right into what we're going to talk about today with our guest, David Friedman. Let me go ahead and introduce him to you.

David Friedman is a film and theater composer, songwriter, author, lyricist and conductor. David has written songs of inspiration, love and hope that take on new emotional meaning in these challenging times. In recent years, David came to realize that his true mission in life is to help heal and enlighten people in whatever ways he can. With this in mind, David recently wrote a book entitled *The Thought Exchange: A Practical Method of Moving Beyond Positive Thinking* and spends a great deal of time traveling around the country, lecturing, giving concerts, and teaching thought exchange principles in workshops and private sessions. Let's welcome David Friedman to the Laura Longley Show. Hi David.

**David:** Hi. It's great to be here.

**Laura:** I'm excited to have you here because everything is always about me, just like it is for all of us.

**David:** Of course.

**Laura:** Part of what I've been going through in the last week, when I was reading the book over the weekend-oh my goodness, gracious. This relates so directly to what's going on for me physically right now. I was really excited to read it. Before we dive into that, I just want to make sure we tell people-we'll mention this a couple more times during the show-you're out on this book and concert tour. You're actually going to be in Bellevue at the Unity Church doing both a talk and a workshop March 30<sup>th</sup>.

**David:** Sunday March 30<sup>th</sup> the talk-I think the services are at 9 and 11. The thought exchange workshop is at 1:00. It's 1 to 3. The price is \$20 but nobody is turned away for lack of funds.

**Laura:** I just wanted to make sure everybody in the Seattle area who is listening hears that because I'm definitely going to make sure I can get to that because I need it.

**David:** Yes. We do this work because we do need it. It's interesting that you are talking about what you're going through physically. The actual title of the book is *The Thought Exchange: Overcoming Our Resistance to Living a Sensational Life*. The word sensational is something that we often leave out of new thought. We think it's mind and everything should feel good. In fact, with physical experiences, with sensations that are actually the most important part of it and the key to healing by being those sensations. I'm very interested to hear that you're having a sensational life.

**Laura:** Let's talk about that for a minute. I am trying to think about how best to do this. I am going to have you talk for a minute about how the thought exchange really is somewhat different. It adds an additional component to the Law of Attraction as we normally think about it. Then we can use me as an example.

**David:** Why don't we heal you during this radio show. Then it will have served its purpose.

**Laura:** I would love that.

**David:** This is what happens. I started-I started thought exchange over a period of time because I was running a workshop of people who were trying to attract things and trying to affirm. What I noticed was that we all know that you take on a positive thought and positive things happen, you hold that positive thought. We talk about attracting things-I don't believe in the Law of Attraction. I believe in the law of noticing because everything already is right here. There is nowhere to attract it from. It's all inside of you. We just have to notice that.

What happened is I noticed we all understand these principles. We are committed to spiritual practitioners. We're not lazy. We're not stupid. Yet, we try to hold the positive thoughts and we can't do it. We keep jumping away from them. I thought-there's got to be a good reason why this is happening. This can't be coincidental that we're not just doing it right. What I began to look at was when you take on a positive thought, if that positive thought has been associated with some trauma or upset when you were a child, the moment you take on that thought you're going to feel discomfort. For instance, if you were slapped across-if you as a child said, "I can do this," and somebody

slapped you across the face, then when you say, "I can do it," you're going to feel physically uncomfortable. You're going to feel tightness in your chest or burning in your cheek, a pulling back. That's going to feel uncomfortable. What happens is we get those sensations and we think that means we have the wrong thoughts. Since the thought is actually generating those sensations we say, "Let me get away from that thought." We go to, "I can't do it." Then that's the thought that plays. We think that we're supposed to be comfortable and a lot of people say, "You'll know you're on the right track when you feel comfortable." Boloney. I say when you get what you want you're going to feel so uncomfortable you won't know what to do with it. Possibly. If what you want has an element of the past.

The thing about it is when we can be with these sensations, there is what I call the inner child. Not the usual sense of the playful inner child and stuff like that. Every time something happens to a child, it's not that something upsetting happened, it's that it was not seen and mirrored by an adult. The child was left with an uncomfortable sensation. The child has no choice but to try to get away from it. The way it gets away from it-it touched the stove. It was hot. The child says, "I'll never touch the stove again." The child said, "I love you," and someone smacked it. The child says, "I will never say I love you again." When you do say I love you, the child feels pain.

The point is, somebody-you will never fix that child. You will never heal that child. It doesn't need to be fixed or healed. It needs to be seen and felt. When you can look at your inner child and go, "Oh my goodness. Of course you feel that way when I say I love you, you were hurt. I can't make that not have happened, but I can be with you." That may come up.

I'm a performer. I never go on a stage where my hands aren't shaking and my heart isn't pounding. But, I know that those are the sensations I have. I'm with them. They don't stop me from going on the stage. There's this erroneous notion that we have to get rid of these things. Imagine if a child came up to you and said, "I feel very frightened," and you said, "Cancel, cancel. I release you." Or, you locked the child in the closet because it's interfering with your career. That's what we are doing to our own inner child. People are saying, "Oh, that's a stupid idea. It's ridiculous. I hate this." You are talking to a child and treating the child the same way it was treated during the drama. We have to take on a thought, whatever thought we want, and stop and feel whatever sensations come up, even if they don't make sense, even if you say, "Why am I feeling so uncomfortable on a positive

thought?" When we can feel the sensations that go with it, not only can we keep the positive thought and see the results we want, we are actually healing our entire past, not by getting rid of it. Not by releasing it. By embracing it and incorporating it in the body.

**Laura:** Integrating it basically.

**David:** Exactly. You will always know. You will never not have been hit by that car.

**Laura:** Right. Exactly. We're already at our first break. I can tell this is going to be a quick hour. Let's take our break. When we come back I want to talk a little bit more about the concept. Then we'll talk some about me as an example.

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]

Thank you for that Irish tune. Happy St. Patrick's Day! I didn't say that to anybody when we first started. Benny and I are wearing green. Are you wearing green David?

**David:** I am not. Somebody pointed that out to me today. I'm in San Diego and it's very sort of-it's hard to feel St. Patrick's Day. When I'm in New York I feel it.

**Benny:** Beware of the pinchers.

**Laura:** Well, we are back on the Laura Longley Show. I'm back with David Friedman who is the author of The Thought Exchange. Before we talk more about the process and the concepts, why don't you share with people how they can find out more about you, find the book, all that great stuff.

**David:** There are two ways. There is [www.thethoughtexchange.com](http://www.thethoughtexchange.com). That has everything. You can get the book. There is a documentary on my work. There is an audio book. You can of course go to Amazon and iTunes, all that stuff. There is also my website, [www.middermusic.com](http://www.middermusic.com) tells you everything you ever wanted to know about me, about my shows, all about my songs, all about this whole other aspect. In fact,

those are my main career. This flowed out of the healing writing I did. I just realized it's sort of all the same. Those are the two websites. On the websites you can find out about my regular workshops in New York and my schedule around the country. I'm now on a 5 week tour all over the west coast and the Midwest hitting 9 cities in 5 weeks. It's exciting. I'm having a great time.

**Laura:** It is exciting. It is very exciting. Just a reminder, David will be in Bellevue at the Unity Church on March 30<sup>th</sup>, Sunday, March 30<sup>th</sup>. I'm sure that if nothing else, I know that Unity has a website where people can find out that information as well.

**David:** It gives you all the times and everything.

**Laura:** Let's go back and talk some more about your-what you came to realize about what blocks us sometimes from really being able to manifest what we want. That is that when we start thinking the thoughts that will bring us to that, we get these uncomfortable sensations and we are unconscious of this but we don't like them so we quit thinking the thought that creates them.

**David:** Yes. That's what the inner child's modus operandi is. There is another level to this which is if you look at who you really are, you experience sensations, which are invisible and located nowhere. In other words, you might say, "My arm hurts," but the experience of the arm hurting is invisible. It's just your experience. Then you experience thoughts, you notice thoughts. I always ask people-notice your sensations, whatever they are. Don't try to change them. Just notice them. Notice you're tight. Notice a sinking feeling. Heart is pounding. Then notice your thoughts, whatever they are. Then notice your sensations. Then notice your thoughts. Then ask yourself, "Who is noticing all this?" You will realize that who you are is an invisible neutral consciousness that lives in a world of infinite invisible possibility, which is the only place that everything is infinite, things temporarily appear. Every song I've written, I didn't write it. The song was already there. I just reached in and picked that combination of notes that already exists. When you sing my song it's temporarily visible. Now all my songs are invisible again.

We are invisible noticers. We are noticing thoughts and we're noticing sensations. Now, if we have an opinion about those thoughts, that is not the opinion of the noticer or the experiencer. That is an opinion that the noticer is noticing. That is 100% of your experience in the

world. If something happens in the world, the only way you experience it is through thoughts and sensations and yourself.

When people say you are creating the world, this is a very important misconception. We do not cause things to happen. We do not cause a million dollars to appear or cause someone to leave us. We experience the entire world as our own thoughts and sensations. Everything is here. What we see inside of us is what our experience is. A million dollars is only experienced as sensations and thoughts. The only danger you are ever in is that you will have thoughts and sensations.

**Laura:** Right.

**David:** As I like to say, I don't even know-I can't prove that I'm talking to you right now. I do know that I experience it. You might not be there. If I was dreaming, you wouldn't be there.

**Laura:** That's true.

**David:** It's all-people say, "It's so lonely. It's only you." No, everybody else is inside of me. That's the only place I experience them. Other people are actually in me. The whole universe is in me.

When you know this, it gives you a different perspective on holding a thought. When you can hold a thought and experience sensations, the entire unlimited possibilities of the universe are not only available to you, they are yours right now. All that can happen is-if you're holding the thought that you have a job that you want, all that happens if you see in front of you-the world is just a mirror of your thoughts-that you don't have a job, experience that. Notice that your thought has shifted to "I can't get a job," go back into what I call the great unmanifested where everything exists and see the job. It's here. You are having the experience of having a job. The same experience-it's interesting, when we hold a thought like, "I have a job," and we notice-

Are you in the process of trying to get a job?

**Laura:** I am, but what's happening for me is really more about fear of getting a job, not fear of not getting a job.

**David:** What is your thought about what you would like?

**Laura:** What I would like is I would like a job where I am valued and appreciated for who I truly am.

**David:** Great. Alright. Hold the thought. There is a perfect one. Hold the thought. Go into the unmanifested where everything is. The invisible world where everything is. Are you in there?

**Laura:** Okay.

**David:** Now I'd like you to go in there, look around and find a baboon and tell me when you see a baboon in there. Got it?

**Laura:** Yep.

**David:** See yourself doing the twist on the rings of Saturn. Say got it when you got it.

**Laura:** Got it.

**David:** It doesn't-I didn't say actually do the twist. See it in the unmanifested. You don't know what it is, you don't know how it is. See yourself having a job where you are appreciated for the value that you are. Right? See that.

**Laura:** Yep.

**David:** Notice what you feel in your body when you think about that whether there's any place that's uncomfortable when you think about that.

**Laura:** Yes.

**David:** Where are you uncomfortable?

**Laura:** I feel fluttery in my chest and I feel nauseous.

**David:** That's right. Now notice if any thoughts come up about why you can't have them.

**Laura:** Because-yes, thoughts do come up about it. My experience in the past has been that I am rejected or punished for being who I am.

**David:** Right. Are you still holding the vision of holding the job? Seeing it?

**Laura:** No.



**David:** Right. You have let it go. Go back to the vision. Hold the vision. See if you can hold the vision while having the fluttery chest.

**Laura:** Yes, I can.

**David:** See if you can hold the vision while having those thoughts that in the past I have been really hurt.

**Laura:** That's harder.

**David:** See if you can do it. Remember, the unmanifested, it's there. You can't make it not be there.

**Laura:** Right.

**David:** You know that that is there no matter what you think or what you feel. You are seeing that. What comes with that vision, that knowing, is a fluttering chest and thoughts that it can't happen because in the past it hasn't.

**Laura:** Right.

**David:** You are now-now get this very clear-you are now experiencing what it is like for you to have the job of your dreams. When you have the job of your dreams, your chest will be fluttering and you will be having the thought that you can't because you never did in the past.

**Laura:** Okay.

**David:** That's what will be there. What happens is people will say, "It must not be the job of my dreams because I have that thought." They go to that thought and guess what, they're unappreciated. That's what they see.

What people don't realize is you have to be able to be with that stuff, that's what comes with the job. People keep saying, "I'll know I have the job of my dreams when I feel totally comfortable, totally relaxed." How could somebody feel that way?

It's like one of the things I talk about. This is an example. I always say-let's say there's a married couple. The husband has cheated on the wife. They've decided to stay together. It's four years later. The wife says, "I'm afraid you're going to cheat on me again." The husband

says, "It's been 4 years and we've been fine. When are you going to get over this?" The answer is never. The only answer the husband can give is, "Of course you're afraid I'm going to cheat on you. I cheated on you 4 years ago. I'm not cheating now, but I understand." 40 years from now the wife could say, "I'm afraid you're going to cheat on me." The husband could say, "Of course. 40 years ago I cheated on you." What's happening is we're trying to make all the painful things go away. We have a child sitting there who-what could that child possibly think sitting in any job but, "They're going to turn on me. They're going to hate me. They're going to whatever." That child needs you to see that it thinks that. It doesn't need you to cover it up and push it down. If you do, the child in its effort to get you to see it will create the same thing in front of you. If you then try to fight it off, the child says, "Oh my God. I've been trying to get her attention. She keeps fighting off the thing I'm getting her attention for. Maybe I had better make her sick. Maybe I had better do something more."

What if you look and say-the job of my dreams comes with my inner child's fluttery chest and all these thoughts about how it can't happen. You can have a job for 40 years that is the job of your dreams if you can be with the fluttery chest and all the thoughts that it can't happen.

**Laura:** You know what that just triggered for me, I can remember years ago reading somewhere that CEOs of companies, some huge percentage of them always thought they could be fired tomorrow every day. They went through their entire life as a CEO always with that fear and it's the same thing.

**David:** The reason they could be CEOs was because they could tolerate it.

**Laura:** Right.

**David:** It's like that joke about the guy who says, "I deserve a raise but my boss won't give it to me. I know he won't because he hates me and he's so stupid. I should have this raise." By the time he gets to the boss he says, "Keep your damn raise."

**Laura:** Exactly.

**David:** That's the thing you see. For instance, huge stars-Barbara Streisand is not less nervous than I am. She is actually more nervous than I am. She is willing to be nervous in order to be what she wants to be.

**Laura:** Part of what it reminds me of too is that someone told me a few years ago-I believe this is true-the chemical reaction in our body that gets triggered when we feel fear is the same as excitement.

**David:** I always tell that joke in my classes. If you came to me and said, "I can't breathe. My heart is pounding 90 miles an hour. I feel like I'm going to faint." I'd say, "OH, you're having an orgasm." If you were in bed with someone you were really happy with you would be delighted to feel that way. If you were standing in front of a crowd you would think it was a panic attack. I like to say I always have an orgasm when I speak or perform.

**Laura:** On that note, it is time to take another break. When we come back we're going to give away a free copy of David's book, The Thought Exchange. You can get ready to call in for that. I'll give the number when we return.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. We'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with David Friedman, author of The Thought Exchange. Right now we're going to give away a free signed copy of the book to the first caller at 800-930-2819. If you want a copy of David's book-I tell you, it really is a great book. I really got a lot out of it. Call in now at 800-930-2819. Give Benny your information and we'll get that sent right out to you.

David, one of the things I want to talk about, we didn't really talk about it and it is important is the difference between feelings and sensations. We're talking about how something feels in my body, not an emotion as a feeling.

**David:** The thing about it is, the core of this work is sensations. It is pure experience. What we call feelings are actually thoughts about our sensations. In other words, someone will say, "I'm very angry." I'll say, "How do you know that?" They'll say, "I have a tightness in your chest." I go, "Why does that mean you're angry? That could mean you're in love. That could mean..." What we do is we have a sensation, in a certain way in order to avoid it, we name it. Now standard therapeutic practice is you're angry, get it out. Now you're trying to

get rid of what your inner child is remembering and feeling. What we want to do is notice it.

I would suggest sometimes going through the day and instead of saying what happened, saying what your experience is. Instead of saying, "I went out and I had a conversation." Say, "I went out and my chest was tight. My stomach was shaking. My heart was pounding." Don't decide what it means.

**Laura:** Don't decide that it's a good thing or a bad thing.

**David:** That's right. It is what it is. We are experiential, visible consciousnesses located nowhere experiencing thoughts and sensations. That is all we are. When something happens, some people win an Oscar and they experience complete emptiness. Some people feel totally full when they're just sitting and they have no money or whatever. It has nothing to do-there is no meaning to it. It's just experience. The meaning is the experience.

Yes, people say-usually when you ask people what sensations they're having they tell you what they're thinking. If I say, "What sensation are you having?" They say, "I'm afraid." No, what's tingling? What's tight? You're deciding you're afraid because we've developed all these tactics for moving away from sensations. Sensations are the truth in us. They ground us. They're here. We're just here with it. Everything else we're sort of running from our own experience. That is very disconcerting.

**Laura:** I really love-and I know we touched on this very briefly, but I want to bring it up again. I love the point that none of these sensations are going to in themselves harm us. I'm not going to die from having nausea or a tight chest.

**David:** There is a wonderful story that I was winning a Lifetime Achievement Award for music. Lucie Arnaz was presenting it to me.

**Laura:** Congratulations!

**David:** Thank you. We were pacing the floor nervously. She had to go on and talk about me. I had to go on and sing and stuff. She suddenly turns to me-she does thought exchange-and said, "Okay, thought exchange. What are my sensations? My throat is tight. My stomach is churning and my hands are shaking." Just at that moment the announcer said, "Ladies and gentlemen, won't you welcome the one,

the only, Ms. Lucie Arnaz." She looked at me and said, "I can go out there with that." She walked out. She was brilliant and funny and delightful.

Really, when you look at it, sensations and thoughts cannot harm us. If we just have them, if we have-they are the only result of anything happening. Nothing can diminish infinite possibility. Infinite possibility cannot go away. It's funny because people say, "I want to get a million dollars." A million dollars does not mean you're not going to get sick the next minute or your partner is not going to leave you. All there is is the present. Nothing can diminish that no matter what happens-that wonderful expression, it always turns out okay in the end. If it's not okay, it's not the end. There's-nothing can diminish that. Who you are is that infiniteness. Who you are is an invisible unassailable experience who notices thoughts and sensations. You cannot be hurt. You can just experience. Any experience that happens-if you toss a coin 5,000 times-heads 5,000 times, the odds of tossing tails on the next toss are still 50/50. Someone who tossed a coin 5,000 times and got heads would give up and say, "I only tossed heads," even though the odds have not changed.

**Laura:** Right.

**David:** We always have that infiniteness in us if we can notice it. We are observers experiencing sensations and experiencing thoughts. That's all that's ever happening. Then we make decisions about it to get away. Every sensation we stay away from cuts off a piece of the infinite that's available to us. It's still there, but we don't look at it.

**Laura:** When I was reading the book too, it also reminded me of something that I-an understanding I had come to that was very similar. Then I kind of forget sometimes. In the past I've been someone who was very anxious. I would lots of times wake up in the morning feeling anxious. My-then of course you start looking for why do I feel anxious. What's the meaning? When I quit doing that and I just allowed the physical sensations, then they did go away. That was something that I had learned 4 years ago. You know, I think we tend to forget and we have to get reinforced with it.

**David:** Right, right. It comes back. You have a stressful time and suddenly you're feeling that way again. You just work with it again. I want you to-I know we're starting to come to the end. I want you to hold the vision of that job. You don't know what it is. You are at a job where you are valued and where you are supported. I want you to

practice staying with the discomfort in your body that comes when you think that thought. I want you to practice holding staying with all the thoughts that you can't have this that come up.

**Laura:** Okay. I can stay with the thought that I can't have it-

**David:** While staying with the vision-the vision is the truth. The vision is in the unmanifested, this totally exists. Then all these thoughts come up with that vision which do not in any way diminish that it is possible to have this.

**Laura:** We just acknowledge the thoughts.

**David:** That's right. Acknowledge them and feel the sensations of the child. Really think the thoughts. Notice, I'm about to go out on stage and I'm thinking I'm going to drop dead. I go out on stage. I used to say when I talked I would say, "As I was talking here so eloquently, there were 12 moments where I thought I was going to have a stroke."

**Laura:** So, I think it's so great for people to hear that too. I think people do think especially a performer, they're just all fine and dandy and comfortable up there. It's great to hear that you're not.

**David:** Oh no. We're all feeling whatever we're feeling. We are feeling it and we have decided to do it anyway.

**Laura:** Do it anyway. It is time for us to wrap up. I've so loved having you here. I loved our conversation. Before you go, please tell people again where they can find the book and where they can find you.

**David:** You can find the book *The Thought Exchange* on [www.amazon.com](http://www.amazon.com). You can find it on [www.thethoughtexchange.com](http://www.thethoughtexchange.com) where you can also find my documentary. You can find all sorts of things you want to know about me, information about it, you can also find I do a regular workshop. I'm traveling for a month but on Tuesday nights I do a singing workshop with Thought Exchange. On Wednesday nights I do a regular Thought Exchange. Both of these are in New York. I travel around the country. I do these workshops. I'm always available to speak at Unity Churches. I do a lot of [inaudible (41:27)] work with this. All sorts of things.

**Laura:** And on that, reminder that you will be here in the Seattle area at Bellevue Unity on March 30<sup>th</sup>.

**David:** Yes, I will. I look forward to seeing you all there. I'm looking forward to meeting you.

**Laura:** I'm looking forward to it too. Thanks so much David. I really enjoyed it. Thank you for your help.

**David:** My pleasure. Keep me posted how you're doing with that.

**Laura:** I will. Enjoy San Diego.

**David:** Thank you very much.

**Laura:** Thanks David. We're going to take a quick break and when we come back I'm going to share this week's Light Bulb Moment which is a little bit more about the physical things that were going on for me and are still going on for me around finding this new job or getting a new job during this week's Light Bulb Moment.

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 on a happy St. Patrick's Day. Today was David Friedman, the author of The Thought Exchange. I really appreciated David helping me through my issues using the process. You can find out more about The Thought Exchange at [www.thethoughtexchange.com](http://www.thethoughtexchange.com).

I am going to share a little bit more about this physical problem I've been having. David did help me work through some of it. I want to share with you also more about what I've been noticing about it and what has helped me with it. I want to start by saying that I believe that physical ailments are always the manifestation of something else. It's a clue for us to pay attention. The timing of me having this food poisoning incident-I'm calling it food poisoning rather than the flu because I felt like there was a direct connection to something I ate-it happened Wednesday night last week. It just so happened that I had a job interview scheduled for Thursday, the following day, which I ended up having to reschedule because I was so sick. To me it was like the timing of it-it just was not coincidence. That's part of what led me to go-okay, what is this really about? Fortunately, it just so happened

that on Thursday I also had a session scheduled with my body talk practitioner. Gratefully it was later in the day so I at least was up and moving by the time it was time to go. I didn't want to miss it because I did feel like there was something going on for me beyond being physically sick.

I said this to my practitioner and she said, "What do you think it is?" I said, "I think it's about going back and getting this job." It just so happened the interview I had scheduled was the first interview that I've had. That's like the first hurdle. Now it's becoming real that I'm going back into the employee world. I asked her-what does throwing up-is that about purging things? She said it can be but it can also be that you can't stomach something. What I connected with there is that I couldn't stomach the idea of being treated the way I had been at times in the past. Not all the time. I didn't always have a horrible job. There were lots of times I had a good job. There were some traumas for me also in that field. I couldn't stomach the idea of not being myself anymore in that work. What we did is we worked on my belief about being able to show up fully as myself and be accepted. That really helped me a lot.

I continued to feel nauseous over the next several days. I actually am still feeling nauseous today. It again just so happened that I had a session with my acupuncturist scheduled for Sunday. When I went in I told her about what was going on with that. She did some things that just help with nausea like ginger helps with nausea. That helped. What it came back to was not just these traumas I had had in the work world, it really came back to my core childhood wound, which happened when I was 6. It's all about not belonging, being excluded, not being part of the group. I had not clued into that before. That was really helpful for me. She gave me a whole process to go through. She does a lot more than just put needles in. We went through a whole visioning exercise with my younger self. That's why this piece that David was talking about today about these bodily sensations really coming from childhood wounds and we don't even have to know what they are-in this case I happened to know what it is. I don't even have to know what it is. Just allowing them and accepting them really kind of being what we need for that child to just feel heard and seen and that they did go through this really difficult time. That you care about them-you're not just leaving them hanging out there like I felt when I was 6.

I am very grateful that my body alerts me when something is not right. I don't mean not right physically, but not right internally. I've



learned to pay attention to it. This has been really an ongoing process for me I would say over the last 5 years. I've not been someone who in the earlier stages of my life was very in touch with my body. This has been really great for me.

I do feel that having David as a guest today with The Thought Exchange was so perfect. It played right into what was going on for me. There are no coincidences.

Let's talk a minute for our Light Bulb Moment about how my experience with all this, how you can apply that. Let's talk about what is your body telling you? Paying attention to your body and learning that it's giving you information. Again, I believe that physical ailments are the manifestation of something emotional. Many of you who are listening to this show probably are familiar with the book, *You Can Heal Your Life*. That was the first book written by Louise Hay. That's really what kind of launched her and everything has become this huge, huge thing of Hay House and all of the wonderful books they now publish. It all started from her book, *You Can Heal Your Life*. When you're first starting out with figuring out what's going on in your body, I think that that book can be incredibly helpful. I've had a copy of it for 25 years. Even now I go back to it. I will say, I did this morning go and look at what nausea and throwing up is. Throwing up is violently rejecting an idea. I think I was violently rejecting the idea of not going back to work but being in an environment where I wasn't accepted.

You can get that book and that can help you figure out what's going on in your body. Then just as David Friedman talked about today, feel the sensations. What are the physical sensations in your body? You can ask your higher self what is needed or wanted. What is this about? What is it that you want me to notice or pay attention to?

Finally, another thing you can do is you can see an energy practitioner. It is all about energy moving in our bodies. Both body talk and acupuncture are energy practices or energy modalities. I obviously felt like having both of those practitioners happening to be on my schedule was incredibly helpful for me. There are other energy techniques such as reiki, EFT moves energy as well. There are lots of different ways that you can look at energy in your body. That's something else you might find to be helpful. Over time, you'll get attuned to what your body is telling you when it is ill or when you have sensations that don't feel all that great. You will know that there might really be okay, for me it might be I really did eat something that was bad that caused me

to throw up. There is a reason that I did so what was that about for me?

I want to thank my guest today, David Friedman, for sharing such great information and helping me through my own process on how we can exchange thoughts to create more happiness. I want to thank you all for tuning in to the Laura Longley Show with me, Laura Longley. I hope you had a wonderful St. Patrick's Day and I hope you are continuing to. Please join me every Monday at 2pm Eastern, 11am Pacific on KKNW in Seattle, WBLQ in Rhode Island or anywhere at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). Have a thoughtful week. I'll see you back here next time.