



***The Laura Longley Show
Creating Trust in a Fear-Based Environment
with Sister Jenna from the Meditation Museum
March 24, 2014***

Laura: Good morning. Welcome to a beautiful sunny day in Seattle. Although, I hear that the East Coast is prepping for another snow storm. Our guest is in Washington DC. You know, weather we've got take it as it comes. 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 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 Sister Jenna, who is the founder and director of The Meditation Museum about creating trust in a fear based environment. Be sure and stay tuned for that conversation that will be coming up in just a few minutes.

Before we do that, we'll do our healing meditation as we do at the beginning of each show. This week where I want to focus is on people who have been impacted by a natural disaster. I know that we have done this in the past. It was brought to mind for me because here just north of Seattle on Saturday we had a big land slide. I think at this moment there were 4 people that they know have been killed and 18 that are still missing. Even though those numbers are not huge like you might have from a typhoon or a tsunami or earthquake, it just reminded me that probably every day in the world someone is being impacted by some sort of a natural disaster like this. I would love for us to send love and healing to the families of the people who have

been impacted and give strength and courage to those who are missing who might still be able to be rescued.

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

As many of you know, I sold my house last year and I moved into a highrise apartment in downtown Seattle. I've learned a lot about myself and what I need since that move. A really big aha came for me last week as I realized I was creating a lot of stress for myself by my reaction to external events. During this week's Light Bulb Moment later in the show, I'll share more about what was going on for me and how I was able to significantly reduce the impact of outside events and be much happier in the process and how you can do that too. Be sure and stay tuned for that near the end of the show for the Light Bulb Moment this week.

For now, let me introduce today's guest. For decades, Sister Jenna, as she is affectionately known, has moved and shaped the consciousness of lives around the world. She's traveled to over 80 countries to raise awareness of the self and the divine. Her wisdom, peace, compassion for humanity are expressed through the variety of initiatives she spearheads for youth, women, governments, and communities. She is someone who herself has come from self-destructive patterns and turned that into courage and service to humanity. Sister Jenna is the founder and director of The Meditation Museum and director of the Washington DC branch of the Brahma Kumaris, a worldwide organization with over 1,000 branches in 120 countries. Under her guidance in 2012, the nationwide America Meditating initiative was launched promoting an awareness of personal empowerment and peace as a way of increasing harmony and a more vibrant America during a time of great uncertainty. Let's welcome Sister Jenna to the Laura Longley Show. Hi Sister Jenna.

Sister Jenna: Hi Laura. Thank you so much for having me on your show.

Laura: I'm really, really pleased to have you here. I think that the topic of today's show that we're going to be talking about, which is creating trust in a fearful environment, is so relevant to every single one of us. I know it certainly is to me. I think that what you have to share with us is definitely going to be helpful to people listening.

Sister Jenna: I hope so. I hope so. I was just reading about the-I think they finally found a flight 370, that Malaysian airline that went down. I found myself today having to take the leadership of rebooking my ticket and my assistant who is in India this time. They had rebooked their ticket for April 1st. Only because I saw the story this morning, and I got impacted by the story, and felt the vibration of the families and what that must've been like when that plane went down, I changed their date from April 1st to April 2nd.

Laura: So that's a perfect illustration of how we get impacted by this fear.

Sister Jenna: What was I afraid of Laura? Afraid that something might be happening to them because April 1st is April Fool's Day. Even in doing it, I'm watching my mind and I'm watching my intentions, that energy of attachment is really the root cause of my fear.

Laura: The reality is that there is so little-we don't control things. I think there is some room for saying that we have intuition about something and making changes based on that. This fear that so many of us-really, all of us have. In the end, what is it we're afraid of? We can't predict. We can only really deal with whatever does happen.

Sister Jenna: Exactly. That's absolutely correct. I think our souls have gone through such entropy and energy that had this essence of truth and love and clarity and knowing that it wasn't about being attached. It was about loving and sharing and going through the natural law of life. Entropy happens. My energy, your energy, our energies are changing from 100% feeling sense of love and purity. It got reduced. As it got reduced to a very high level we started to hold on and cling to matter.

I've been doing a lot of observation on the 5 elements; water, ether, air, land, fire. That makes up my body, it makes up your body. If my soul, the soul has to leave the body, the body goes back to nature, but where does the soul go? For the last month I've been saying if I'm attached still with issues or to people or to desires that were not fulfilled, I have to come back to fulfill that. How will my soul be liberated if in my state of leaving my body I wasn't in a liberated state?

I've been looking at this thing called attachment and how it is the anchor of our fear. It gets so entrenched into the human, into the physical, into the identity, the label, the gender, the religion. If

remotely I think I'm going to lose my identity, the fear emerges only because of attachment, not because of love. Does that make sense?

Laura: Right. It makes perfect sense to me. I relate very personally to it. I've been doing some work myself over the last several years that really has approached that if I'm not these things that I thought I was, these labels that have been attached to me since birth, then who am I? That really is-it does create fear in our humanness-I guess the ego based part of us-to think we don't know who we are.

Sister Jenna: I think-it's so interesting. If you have a beautiful, fragrant flower in a room and someone comes in the room and says, "Oh, I'm allergic to flowers. Get it out." And they remove that flower from the room, the flower is not going to wilt and say, "How could you? Do you have any idea how fragrant I am and that I'm a flower?" What ego does, ego continues to try to identify itself so much with the limited that if somebody says you're not so great I'll say, "That's okay. That's okay. Life continues."

I think when we walk onto the path of spirituality, what we're actually making effort to return to is our truth. I am loving. I am pure. I am peaceful. I am a liberated soul. We're trying to find methods and ways to create an experience within the soul that will bring us back to that awareness.

Laura: I think so many of us, at least in my experience or my view, in the last 20 years, it has become-I think a lot of us have had a lot more consciousness around that journey.

Sister Jenna: I sure hope so. I sure hope so. A friend of mine who is in a major financial firm just sent me a message on two major financial tycoons. They just took their own life. In my response to him, because he's always so concerned about that even for himself, and the reason why that is so is they feel like they're losing something and they have no control in keeping what they've become so attached to forgetting that the soul is energy, eternal, pure. It has everything if the soul lives its life where it does give sorrow to others and it doesn't take sorrow from others. That's been my whole pod. Don't give sorrow. Don't take sorrow. Your soul carries those memories.

Laura: We do need to take a break but when we come back I want to talk some more about how being in this culture of fear is impacting us and what we can do individually to start shifting that.

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. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Sister Jenna who is the founder and director of The Meditation Museum. We're talking about creating trust in a fear based environment. Our trust in ourselves, which then gets radiated out.

Before we talk more about the trust and fear piece of it, Sister Jenna, I would love for you to tell people just a little bit about The Meditation Museum and also share some other things you have going on like video, the reality show, so that people know ways they can find out more information and get involved.

Sister Jenna: Thanks Laura. The Meditation Museum is home-it's a very safe place to the hustle and bustle of metropolitan Washington DC. People really aren't here to searching for self enlightenment, they're here to make a difference. Every time someone comes into the doors of the museum their lives change. The vibrations, the peace, the reflection, the artifacts, the programs. We have 200 programs a year there from youths to seniors to women to nutrition to science to relationship issues. We don't stop there because our museum is about the self. Self is unlimited. All factors of life are included in that. We encourage individuals to keep coming through the doors because the energy continues to build where the peace and the power is very palpable.

My unfolding of spirituality has gone through different stages. I had been at this point in my first 5 years where I thought I was perfect and I had arrived. Then one morning I kind of woke up and I just thought-I looked great. Everyone said I'm great. I'm emanating all the things I'm supposed to do as a spiritual person. Why was it that inside I felt so dishonest? My inner world hadn't matched what I was projecting. It was at that moment for the first time on my spiritual path that I actually felt very, very honest and very perfect.

Here I am so many years after that moment where I might not be projecting what everybody wants me to project because we have been conditioned to believe that an individual who chooses a spiritual path, they're supposed to be perfect when they're in our company. What I

wish to convey to all our brothers and sisters is they don't get perfect if they're not with you messing up a lot.

Laura: That's a very good reminder.

Sister Jenna: What happens is I just want to be very natural in my unfolding. By all means, I think everyone who has the ability to spend a lot of time with me, I think very deeply. My thoughts-I try to pay a lot of attention o not wasting them. Thought is energy. Thought is light. If my routine starts at 3:30 in the morning and goes until 10:00 at night, I need my thoughts to be in check. I need to be in a pure place with my being, with the soul, my connection to God, the supreme soul, and the karma philosophy that I don't give sorrow to someone. I don't take sorrow from someone.

Here comes a little radio show called American Meditating radio show. You can get on our Meditation Museum website or Blog Talk Radio. Some producers had approached me wanting to do a television show on it. It turned out to be another name called Soul Search. We're in production at this time. We're traveling around the country trying to understand what people are looking for.

I think more than anything else for your listeners, I'm reaching a point in my life that there's so much word from us. There is a lot of information out there. I would really like to invite everyone to really start to invest in the experience. That's where I'm at. I want to experience what I know.

Laura: By that, that's kind of the being in the present, being in the now piece of it as well.

Sister Jenna: I hear a lot about the present and now. The way that I decoded that is when I, the soul, am in the experience and the awareness that the soul is immortal, eternal, perishable, and pure and present. If I have to cook dinner, I will cook dinner in that state. If I have to answer a bill collector, I will answer it in that state. If I have to get the kids prepared or I have to be with my screaming husband, or if I have to deal with the radio show I need to be truthful to me. I know they call it present. I call it being in the truthful state of the soul original experience. That's what I call present.

You know, the concept of fear is increasing because our attachment to the name, the gender, the role, the religion, the language, the nationality, the body, that's increasing. Because our faces are turned

towards what is limited, our back is actually turned away to that which is unlimited and pure. Our journey and what you're show is doing is trying to get people unstuck and tell them to turn back around and look at how beautiful you are and you are kind, pure and in awareness. Even our museum offers ideas on these concepts in our courses and classes there.

Laura: For people who are not local in your area in the Washington DC area, do you offer things on the website that people can experience?

Sister Jenna: We do. We have a free app that was designed by our 13 year old who was bored to death around summer. He kept coming to me with his iPod, what do you call those things?

Laura: The tablets?

Sister Jenna: Yes. See, I'm not even aware of what these things are. "Sister Jenna, Sister Jenna! Look, I just Googled the Earth." Great. "Sister Jenna, Sister Jenna!" "Could you do me a favor? With all of your intelligence, could you design an app for the museum?" He did. In about 2 months he saved us \$1,000. He designed the Pause for Peace app. On that app, listeners or viewers, folks can just get radio shows, quotes for the day, meditation, commentary, songs, interviews. They can keep learning more about themselves along the way.

We also have-the director of the Brahma Kumari, which is an international organization, we have 8,000 [inaudible (25:21)] in 120 countries. Wherever you want to find a meditation center you can Google Brahma Kumari center and you can find it. Those are tools. Those are tools. We've got to find that practice and discipline to start. From where we are from the moment you wake up, check if you're in a good state. To the way that you get off the bed and walk to the bathroom to wash your face and brush your teeth, check what you're thinking. Are you setting the tone for the day or not?

Laura: Part of what occurred to me when we were talking a few minutes ago about being in the present, being in the now and your take on that, really is that our thoughts are what take us away from really experiencing, from as you say, if you're cooking dinner, really experiencing that, having your soul be in the place of-being with what is in that time. You're mentioning, what are our thoughts doing from the moment we wake up. That is so powerful to in the beginning just

even notice. Oh my gosh, look at all these things I'm thinking that maybe I don't even believe, but still creates how I feel.

Sister Jenna: I remember the cartoon character in the newspaper. Remember Lulu? Lulu woke up in the bed. In the next frame she's having all these thoughts. "Maybe I should do 5 more minutes. I've got so much to do. I'll just do another 10 minutes." In the next frame she's like, "I really should exercise and do something. I'm gaining weight. Give me one more moment and I'll do it." Then in the fourth frame she lies back down and says, "How can my mind be so busy and I still can't move my body?" I thought it was so true.

Laura: Our minds do get so busy.

Sister Jenna: It does. The irony to the equation is we don't use it to support our purpose. That's why meditation and reflection is so essential. The struggle with every human being is the attachment of the past experiences that some of us can nurture at such a deep subconscious level that we're not even aware that something that happened to me in the past I'm repeating it through thought, such as through behavior. It is increasing so much in my narrative that it's automatically inviting that back into my life without effort, even when I want a different result.

When we are quiet, and I mean by observing that I am not entertaining negative thoughts about myself or someone connected to me, then I am able to change the cycle of that vibration that is living in my soul. Fear is increasing because that vibration of attachment to the past negative experiences-we don't know how to address it. We've forgotten when we messed up, we forgot how we should have done it. We keep wanting another result so that silence helps to determine how we best move forward.

Laura: It is time for us to take another break, but when we come back I want to talk a little bit about a practice that people can get started with that will help them in this way.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. We're going to take a quick break and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Sister Jenna who is the founder and director of The Meditation Museum. We were talking about creating trust in a fear based environment. On the break we were talking a little bit about how-what advice that Sister Jenna can give to people that are listening about how to kind of get started making that shift. One of the things-the primary thing we were talking about is making a shift in something that you do.

Sister Jenna, why don't you just talk a little bit about the piece where we started with sleeping on the other side of the bed.

Sister Jenna: It was as simple as that for me. I've shared that with many of my sharings with friends and with colleagues and audiences. Sometimes we think shifting our consciousness or the state that we're in or the stuckness we find ourselves in, [inaudible (34:05)] major workshop or go to a therapist or get a new husband, go find some new kids-

Laura: Yeah, something small.

Sister Jenna: Or change my career, go do higher education. I say no to that. Shifting your state of consciousness and the way that you're feeling can be as simple as sleeping on the other side of the bed where you're used to pull your pants up and put your right foot in first. Try your left one next time. If you share a his/her sink, push him over and use his and say, "Get out of the way. I want to use this one today."

Driving in a new direction. I remember once this beautiful young girl who was one of my protégés. I said, "What are you cooking today?" She said, "I'm going to cook seasoned tofu." I said, "What's the season?" She said, "I'm going to use old bay, garlic, this, this, this." The next day I asked her, "What are you cooking today?" She said, "I'm going to do some tofu with season." It was the same seasons but she put them in at different times and different ways.

What I learned from her was she was putting it differently this time. It wasn't just the same routine, the same groundhog day mentality. Inside we want something else. In meditation and in rajyoga, because that's the practice I teach, rajyoga meditation, you learn about-we talked about it earlier-our thoughts. We learn how these thoughts are wasting the soul's energy. We learn to connect our soul to God, to the supreme energy so we can restore energy that's been lost due to being distracted, stuck, or living somewhere in the past and can't be present. Why remembering that supreme power, especially now, is so

essential is where can the soul go to restore its lost, subtle abilities and subtle energies? Where can we go to find inside of ourselves spiritual energy if it's not to raise our level of consciousness to connect to the divine?

Laura: You know, we might've talked about this when we chatted by phone last week. I can't remember. What keeps coming up for me when we're talking about fear and when we're talking about souls and our divine love is this idea that's been put out there by a lot of people of there being fear and at the other end of the spectrum love. That it's kind of like the antidote for it. I had a guest on a month or two ago that described love as not fear. I, to use the word broadly, I loved that. It does-it really brings home that the way for us to deal with all this fear that's outside of us as well as inside of us is to bring that love.

Sister Jenna: Why did we lose the love?

Laura: Good question. Do you have a good answer?

Sister Jenna: Yes. I ask this to my students all the time. Why did we lose love? Where did fear start for you? Nobody knows and nobody remembers. It is not the trauma that we went through as children with our parents. It's not because we were enduring the Civil War, the Holocaust, slavery or somebody was after me at the workplace, someone had it in for me. I believe this energy of entropy that I mentioned earlier, like the seasons, spring, summer, fall, winter. We are all in the winter of humanity. If we don't go underground and get back to the seed, which is God, a pull the nourishment of the seed, how will we be able to flourish a new paradigm in a new season of humanity?

The awakening and this invitation for souls to really embrace the practice of spirituality, the practice of contemplation, the practice of looking at another person from a soul conscious state-I always teach souls, look at another human being as if they're a one year old. That will help you remind you of who you are. That innocence, that purity of your existence will flourish in you when you look at that person. If that person is going through hell, you just might end up to be an instrument that God sent to help them. You were in the right place and you looked at them as a child. That vibration, through you, touched them at a rough time and it gave them hope. We need to be these instruments.

Your guest that when there isn't love there is fear, fear came when algae took root in our soul. It's an acronym I use all the time. (A)nger, (L)ust, (G)reed, (A)ttachment, (E)go. They start off first 1%, 5%, 20%, until we get so natural in algae that we feel so unnatural when the soul is actually free. This is the state we're actually in.

Laura: Yes. I can really relate to that. It goes back to what we were talking about with feeling like if we lose our "identity" we feel lost. It feels uncomfortable to be in that connection that really is very natural.

Sister Jenna: It is. We call it body consciousness. We also call it in Indian mythology there is this character called Ravana. He has 10 heads. 5 for the female, 5 for the male. They're called vices. Anger, lust, greed, attachment and ego. Every year Hindus try to burn this character to get him out of their system. For them it's a big party now. They have no concept that it's to destroy their own internal weaknesses. They're just so happy going to the temple and burning this huge thing and singing and dancing. Laura, come on. It's happened all over now. We're so entertained by the distractions and the rituals that we forgot about the experience.

Laura: Right, right. What did that grow out of?

Sister Jenna: That grew out of nature. Nobody to blame.

Laura: Exactly. We've forgotten about that. We just do the ritual without the underlying meaning to it.

I'm sorry, we're going to have to wrap things up. Things went by so quickly. I really enjoyed our conversation. Before we go, just once again let people know how they can find out more about The Meditation Museum.

Sister Jenna: Absolutely. Just get a ticket to Washington DC. We would love for everyone to just get on the www.meditationmuseum.org website and visit the social networks. I think it's Facebook-Meditation Museum. Download the Pause for Peace app and feel free to go to the Huffington Post and Google in "Sister Jenna" and keep updated on all the incredible articles, programs, TV shows and stuff that are going on.

Laura, thank you. You've been so comfortable to be with. I'm just wishing you all the best for your show and keeping up with work and the service that you do for humanity.

Laura: Thank you and thank you for sharing all these gifts with listeners today too. Sister Jenna, thanks so much.

Sister Jenna: You're welcome.

Laura: We're going to take a quick break and when we come back we'll hear this week's Light Bulb Moment, which is letting go of your attachment to external circumstances, which totally plays into what Sister Jenna and I were talking about.

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. My guest today was Sister Jenna, the founder and director of The Meditation Museum. We were talking about creating trust in a fear based environment. If you want to find out more you can go to www.meditationmuseum.org where they have a lot of great tools that can help you become less fearful, at least we will hope so.

Some other ways to get help moving forward in life, you can find me on Facebook at the Laura Longley Show and on Twitter at @lauralongleysho and of course always at www.thelauralongleyshow.com.

Earlier in the show I was talking a little bit about change-things I've come to learn about myself through making this change from living in a house to living in an apartment in a highrise in downtown Seattle. I will say that I'm not sorry I did it. I'm glad I am renting and didn't buy it, which was kind of the whole purpose to try it out. It's not really the right environment for me but it's had some really good things about it too.

The thing that was really up for me recently, by recently I mean the last couple of weeks, is that my next door neighbor-I started having some noise issues with them. I had had some issues with them off and on since they moved in. They've been there maybe 4 or 5 months. It was never ongoing and it was never really, to me anyway, that big of a deal. Twice I had gone over and just asked them to turn down whatever it was that was creating so much noise in my living room

that I couldn't hear my own stuff. It really didn't seem like that big of a deal. Then suddenly it became a big deal. I still didn't know exactly how that happened. I went through an experience where they had television, computer, something turned up so loud that I couldn't hear my own stuff and even after I asked them to turn it down they did not. I finally had-I went to management, which I had not done in the past because I feel like we can always work these things out.

Ever since that happened, which was a few weeks ago, I realized I had kind of this PTSD feeling where it was like every time I came into my apartment I was super listening to see-oh, can I hear them doing anything over there. It created a lot of stress and anxiety for me. Even when they weren't making noise, I was listening so closely to see, is it going to happen again? Frankly, I'm not really sure why I got so hooked-well, yeah. I am. I'll talk about that in a minute. I got really hooked into that.

It got worse from that point on. I don't know if my reporting them to the management then triggered them. It almost became like they were doing it deliberately to bother me. They succeeded. As I said, I was feeling really stressed out about it. Then it just so happened that about a week ago I had several other things in addition to this next door neighbor where my upstairs neighbor all of a sudden-that neighbor, there's always been a fair amount of noise but it's all normal living stuff like I can hear them walking, they'll drop something on the floor or whatever. That got really loud. I don't know if-well, I do know. I became really focused on-all of a sudden I became very focused on noise in any way that was going on in my apartment.

Last Tuesday I had a session with the energy healer that I work with. Her name was Wendy. This was one of the issues. I knew the fact that this was bothering me so much and that it was showing up in so many different ways it wasn't about what was going on outside of me. It was about what was going on inside of me. There were some reasons that it was showing up like that.

In addition to that, she gave me some insight into ways that I could really reduce the impact that it had on me. That's what I really want to share with you.

She told me that-I'm someone who-she didn't tell me this. I'm someone who has always been hypersensitive to noise. I have a lot of difficulty screening that out. She said it's really not just about being sensitive to noise, it came from very early on in life where I felt like I

had to be hyper vigilant in order to be okay, in order to be safe. That's why I'm so sensitive to noise. I made a connection where I went-oh, that's kind of related to this thing I've been going through recently with I give myself permission not to know. That hyper vigilance is about knowing what's going on so that I can protect myself. Releasing that not having to always know.

She advised me to release my attachment to all this noise that was going on around me. I didn't have to let it bother me. She said to continue to advocate for yourself, certainly if someone is doing something that is outside of okay, which this next door neighbor definitely was, then yeah. Go ahead and continue to advocate for yourself. Let go of getting so upset about it and that being upset was actually exacerbating it and making it happen more. She described it like a ping pong game energetically where when they would send noise to me, I would send this angry energy back at them that just really perpetuated the situation. It's also-you can liken it to a tug of war where if I continue to pull, they continue to pull, we're going to do this back and forth. If one of us drops our end of the rope, then it doesn't happen anymore.

What happened is I went home. The noise was still going on. It had been going on that whole day that particular day. I was able to be in a place of letting go of being so upset about it. Quite frankly, I can't tell you how I was able to do that because it's been very difficult to be in that place. I was able to do that. I went ahead and reported it again to management. What kind of magically happened is that a few hours later the managers came and talked to them. There's been no noise since. That's been for 6 days.

I totally believe that my ability to shift my energy around it has had an impact on it continuing to happen. I want you to be able to do the same thing so you don't have to suffer when these external circumstances that you feel like you have no control over-because you don't, not only do you feel like it, you don't have control over-come in. You can control your reaction to it.

Think about these things. If something is tweaking you, note the thoughts that you have and what's your self-talk about the situation. Are you making the other person bad, wrong? Are you feeling like a victim? I definitely felt like a victim. I felt powerless. What's your end of the rope? What are you doing energetically that's perpetuating the situation?

In my case, instead of just letting it pass through me not attaching to it, not holding onto it, I allowed it to hook me and not perpetuate it. Look at yourself and what you're doing in any situation that's going on that is one that you don't like.

Every time you have a victim thought or a blaming thought for the other person, release it by reminding yourself that it's not about you. This is something that I came to understand. This guy was doing next door-it had nothing to do with me. It was all about him. This person is going about their business with no thought of you. Even if they're doing it deliberately, it's still not about you. It's about them. Just release worrying about why they're doing it and what it means to you. It means nothing to you or about you.

Take appropriate action. Advocate for yourself in whatever way is reasonable and appropriate but from a place of peace and calm. I saw results immediately and I know that it will be helpful for you too. If nothing else, you just won't feel so upset. That was a good side effect for me as well.

I want to thank my guest today, Sister Jenna, for sharing such great information on fear and love and how meditation can really help us with that. I want to thank you all for tuning in to the Laura Longley Show. I had a wonderful time. Please join me every Monday at 2pm Eastern, 11am Pacific on KKNW in Seattle, WBLQ in Rhode Island or anywhere at www.thelauralongleyshow.com. Have a trustful week and I'll see you back here next time.