



The Laura Longley Show
The Importance of Maintaining a Spiritual Connection to Nature
with Nancy Kyme, Author of "Memory Lake"
April 7, 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 Nancy Kyme, author of *Memory Lake: The Forever Friendships of Summer*, about the importance of nature in maintaining our connection to spirituality. Later in the show Nancy will be giving away a signed free copy of *Memory Lake*. Be sure and stay tuned for that.

As we always do, we're going to start with our healing meditation. Today what I'd like us to focus on is to send love and healing to anyone who has been falsely imprisoned whether they are currently there or it's happened in the past, maybe they have already passed away, healing those wounds of having been falsely imprisoned. Over the weekend I was reading about the laundries in Ireland where they sent unwed mothers and basically had forced labor sometimes for the rest of their lives. Thinking about political prisoners, mentally ill, developmentally disabled, or falsely convicted people. Let's send them love, healing and strength to endure.

Let's begin by taking a deep breath in. Release that. One more deep breath in. Release. Thank you for sending that love and healing.

You might remember that I think I shared with you a few weeks ago I had what I believe was food poisoning. I was really very sick. Last week I was once again suffering from some stomach problems, not as severe, thank goodness. Still, I was really in quite a bit of discomfort. It went on for days. I began to think I might have gallbladder problems and the idea of having my gallbladder removed and ending all my distress easily and quickly began to seem more and more appealing. I posted on Facebook to see who else had gallbladder problems, what their symptoms were, and what they did about it. In the responses I received I was reminded that I really don't want to remove any of my body parts. There are many ways to address physical issues besides surgery. This also made me think about as a society when we are in pain whether it's physical, emotional or spiritual, we're always looking for the quick fix. Obviously, myself included. During this week's Light Bulb Moment later in the show I'll be sharing a bit more about how the quick fix has never fixed my life and why it can actually make our lives more difficult as well as what the alternatives are that will really lead us where we want to go. Be sure and stay tuned for that at the end of the show.

For now, let me introduce today's guest. Nancy S. Kyme is an award winning author and advocate for kids and adults experiencing nature, CFO of a small corporation involved in Creative Placemaking, which is a leadership initiative of the National Endowment for the Arts, director of four foundations focused on nature, a private pilot, military wife, mother of two adult children and the grandmother of one. Her first published novel, *Memory Lake: The Forever Friendships of Summer*, won first place in the Inspirational Category of the 2012 Next Generation Indie Book Awards, the Sundance of the book awards. Let's welcome Nancy Kyme to the Laura Longley Show. Hi Nancy.

Nancy: Hi Laura. It's a pleasure and an honor to be with you and your listeners.

Laura: I'm excited to have you here. Nature, to me, is something that is important in my own spirituality. I'm really looking forward to you sharing with listeners a bit about what you learned about that from an early age, why it's so important, and how we can do more of it.

In your book, I want to start with just talking a little bit about the book. The book, you call it a novel, but it is somewhat autobiographical, is that correct?

Nancy: Yes. It is a novel in the sense that it contains all the classic elements of a novel. It is a memoir because it is also true. I hear from readers who say reading it is like taking a walk in nature. It immerses the reader in natural beauty with the descriptive passages. Plus, it illustrates the qualities of a good friendship and examines how our fears grow as we age. It also provides tools for overcoming these fears as well as grief. It does all this in the form of an entertaining and inspirational novel rather than a how to or self help book.

Laura: Right. It's not like there's a formula that people read and then at the end of each chapter they have exercises to do.

Nancy: Right. It reads like a novel.

Laura: It's more integrated than that. Just so that listeners know what we're talking about, the basic premise of the novel is it's like 2 stories in one. You're taking your teenage daughter and her two friends to a reunion where you're meeting up with friends you met at summer camp when you were a teenager.

Nancy: Right. There are the teenage dynamics going on in the flashbacks when I'm a teenager. It was the one time in my life when I got along with 9 young women without any sort of jealousy, backbiting, discord and we never fought. Inside the front cover there is a picture of the 9 of us with our real names. Memory Lake is our story of a time when we celebrated each other's strengths and helped each other to overcome weakness. The reader learns how camp changed us for the better and how it set the form and direction in our lives. In the present day I'm actually going to a camp reunion with my teenage daughter and her two teenage friends. There are their dynamics and my interactions with them as a mother. Of course, the present day part is when we come back to the 9 main characters, we're adults and we're dealing with the challenges of adulthood. It's important for us to remember how we were when we were younger as we faced the future. That sets it up for the end of the book, which takes place in the present day.

Laura: Say a little bit about why it's important for all of us to remember how we were when we were younger.

Nancy: If I could go back to the fearlessness of how we were when we were young, we didn't hesitate to jump in the lake. We weren't thinking, "Oh, I'm going to get my nose and my ears all filled up with water." That's just a tiny example of how we need to remember that,

especially as we raise our kids. It all leads towards letting go. We have to let go of our kids at some point. We can't let our irrational fears we've developed as we grew older to be imposed upon them.

Laura: Why do you think that as we get older we have these irrational fears? I agree. I think about myself now versus myself even when I was 25, still an adult but a young adult, and some of the things that I feel fearful about that I didn't then.

Nancy: Right. If I could explain first off why I think the nature, being immersed in nature is so important, that might help explain a lot of this.

Laura: Okay.

Nancy: Okay. First off, I am an advocate of summer camp because I don't want them to go away. There are fewer of them each year. I think our kids need to get outside to get away from electronics.

Laura: I agree with that 100%.

Nancy: Yes, yes. When we are outside, in nature, taking a hike or a walk or sitting on the beach, camping, we can't help but experience a sense of awe and wonder, which leads to a clearing of the mind. This clearing of the mind is when we make our self-discoveries. As humans, we are spiritual beings, whether we acknowledge it or not. The essence of what makes us human is our self-awareness, our ability to choose. These are spiritual gifts. Some people float along without purpose never fully knowing what they are capable of through these gifts. They never find their purpose. They are confused by peer pressure or parental pressures. They are untrue to themselves. We each have a different purpose, but finding it begins with an individual's mental and spiritual discovery. Being in nature allows our spiritual dimension to emerge that facilitates this process of each of us finding our purpose. It doesn't take much to be in awe in nature. A sunset, a thunderstorm, a rainbow, campfire, the stars. When we are still and in awe we have that epiphany, that revelation, we receive guidance. From that, a purpose. In other words, being in nature is a way to turn down the noise and the distractions of our physical world to effectively connect us to the spiritual world, which has the same goal as meditating.

In answer to your question, as we get older that noise is louder. We have many more reasons to fear. We've discovered these reasons to

fear. It's much harder to block them out and to just experience life and just live, have fun, giggle and laugh the way we did when we were younger. That's why I'm connecting this with nature because I think that-I have not been successful in meditation. I just always fall asleep.

Laura: I know you're not alone.

Nancy: I meditate instead on a daily basis by taking a walk in the woods. Rain or shine. I get out there and always a new idea or a solution to a problem arises for me. This happens by looking up. Not by walking all hunched over staring at the ground in front of my feet.

Laura: Nancy, we need to take a break and I don't want to shortchange what you're saying because I know this is an important piece that I want people to hear. We'll come back in on that after we come back from the break.

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 Nancy Kyme, who is the author of *Memory Lake: The Forever Friendships of Summer*. Before we continue, I want to make sure everyone knows how to find Nancy. Nancy, can you share how people can find you and how they can find the book?

Nancy: Yes. *Memory Lake* is available on Amazon in its first edition and a Kindle edition in its second edition. They all have the same content. The second edition is also available at Barnes and Noble, Books A Million, but I will be encouraging your listeners today to search for the book on my publisher's website of the second edition because I will be donating proceeds for the month of April to the Oso Mudslide Relief organization.

Laura: Thank you so much.

Nancy: It will benefit the survivors who have lost homes and property in that awful mudslide. They would go to www.tatepublishing.com. It's *Memory Lake*, second edition. They can do a plain old search. Just do "Tate Publishing *Memory Lake*" and it should come up.

Laura: Every copy of the book that is sold off the publisher's website in April, the proceeds from that are going to go to the Oso Mudslide Relief Fund. Those of you who are in the Seattle area, or not in the Seattle area, that want to help with that, that would be a great way for you to get benefit as well as the relief fund to get benefit. I really appreciate that.

Nancy, if people want to find out more about you, how do they do that?

Nancy: I do have a website, which is just www.nancyskyme.com. I also have a blog on WordPress that is Campfire Memories. It kind of augments the book. It's further writing along this same thing.

Laura: Before the break we were talking about your daily practice, which really it is a meditation practice. There are lots of different ways to do meditation. In my mind, meditation really is about that disconnecting from all the noise and distraction around us and being able to get in touch with that higher self place. You have a daily practice where you take a walk. I'd love for you to say more about how that has developed for you and what the value is for you.

Nancy: #1, you get exercise, which is great. In that process I discovered I need that walk not so much for the physical exercise, but for the mental acuity that I receive from it. I find answers. I'm constantly inspired. I would like to just say to your listeners, I would encourage them to be conscious of how they are walking when they are out walking. Don't look down. If you catch yourself looking down, there's a good chance you have begun to worry. You don't want to look down all hunched over staring at the ground in front of your feet. We all must trust that our feet will know where to walk. Our minds then seek that large space, the sky, the clouds, the path ahead.

Again, when we were young, this was easy. The future was bright. We didn't so easily allow our minds to wander in fear or anger by imagining troublesome scenarios. When I was at camp, sleepover summer camp, you used to go for 7 weeks at a time, I went for over 5 years of my life, being in nature, it trained me to visualize positive outcomes. You have to be prepared for disaster. You have to have the right clothing when you're out in nature. But, not to imagine disaster where there is none.

Always veer away from fear. It's important to always be our own gatekeepers of our thoughts. That way we become better listeners. We learn to hear and see spiritual inspiration that comes to us. If we're out walking all hunched over just going over and over these worries in our mind, we are not listening. We really do need to look up. There is something quite spiritual about that. It's actually mentioned a lot of time in the bible. Lifting your head up above your enemies around about you. The enemies, they are our own thought. We spend a lot of time on imagined fears and these fill our subconscious essentially with enemies. We need to raise our head and envision joyful outcomes. This is difficult. It is often times difficult to get rid of our worries because we are very attached to them. In giving them up we will find release and joy and inspiration.

Laura: This whole idea about taking a walk in nature every day I'm very connected to as well. I had an experience yesterday where people who have been listening to the show for the past year know that last summer I sold my house and I moved to downtown Seattle. When I still lived in not downtown I would take a walk every morning. I lived in an area where if I walked about 6 blocks I was on the bluff above Puget Sound. I frequently would see eagles in the sky. I haven't been able to do that kind of a walk just as a morning routine since I moved. I knew that it was bothering me, but I didn't realize how much until yesterday. I went out for breakfast in an area near where I used to live. Then I walked from there to the locks. We have locks that come in from Puget Sound into Lake Union and Lake Washington. It was when I went outside and started walking along the ship canal along the water, I started to cry. I'm even tearing up now. It was kind of shocking to me how much I had missed that and I hadn't even realized it.

Nancy: You were looking out over the water. You were seeing this large place. Every one of us is drawn to something like that because it is in a physical location like that that we most often sense this power greater than ourselves. I think that's why there's a longing to go to the ocean. In my case, growing up, Lake Michigan is a lot like the ocean. You can't see the other side.

We all have a special place like I think that when we are there we feel connected to this higher power. Just the fact of being there, even if you're not physically exercising, for people who can't get out and walk, just a visit out to see the water or a place where the sky is large. Just look at the beauty around you. It will open up those channels. I think it's important not to let fear be the basis of any of our decisions. A lot

of times fear is what holds back people from just going out and walking. If they've never done it, they can imagine the fears about being outside on their own, what if they get lost, whatever. There are very safe ways to put a daily walk into your routine. I think that when we do force ourselves to set fear aside, to look up, we see our problems differently. We have the courage to listen and to act. We all need to remember, it's not when things are going well that we grow, but when we are put into difficult situations. We get out of them by relying on our inner strength. That strength comes from tapping into the higher power when we hear or see its guidance. Again, a walk or a hike in the woods can be just as effective as meditating. Sometimes, it can be the challenge that we need to actually boost our confidence. It gives that divine power a chance to teach us and to communicate and say, "Yes. I'm here. You can rely on this. You don't have to fall into fear."

Laura: I do just love-I'm thinking about for myself all the many times I have been somewhere out in nature and felt that. I do really encourage people who haven't made that a priority to at least try it.

Nancy: Don't let fear be what holds you back. The benefits of getting out there will far outweigh the challenges it will take to get you out there if you physically do it. You'll be very grateful that you did.

Laura: I know that it doesn't even matter where we live. I've only ever lived in the Seattle area. I've visited a lot of other cities. Every place there are parks, there are areas where you can go for a walk that is a way from all the noise, hustle and bustle of everything that's going on.

Nancy: There is great beauty everywhere. My daughter was living in Oregon for a while. We went out on the rainy days. We wore the proper rain coat. Just right in the middle of the path were these giant newts with their little suction cups fingers. When you stop to look at them, they were right there. Seeing what beauty is out there even in the rain. We looked for it.

Laura: That's part of the lesson is the awareness, the paying attention.

Nancy: Some people have a connection to nature in that for instance if a loved one has passed away-cardinals, for instance. Just a bird. They will remind them of that person. They may be walking along and need that reassurance. When the cardinal appears, to them it has

great meaning. Oh, my mom is thinking of me or my husband, whatever.

Another benefit to maintaining a connection to nature is that most spiritual communications such as animal totems and dream symbols are rooted in nature and literature as well, imparts wisdom this way. Lucky for us, nature has not fundamentally changed, unlike our machine. We can understand what early authors meant to say when they draw parallels, analogies and symbolism with nature.

Laura: Nancy, again we're coming up to a break. I don't want to cut this short because I do want to explore the symbolism of nature. I do think it's really important. We'll talk more about that when we come back from the break. Also, when we come back from the break we're going to give away a copy of Nancy's book to the first caller. Stay tuned for that.

I'm Laura Longley and you're listening to the Laura Longley Show on Transformation Talk Radio. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Nancy Kyme, author of *Memory Lake: The Forever Friendships of Summer*. We are going to give away a free copy of the book right now to the first caller at 800-930-2819. If you want a copy of Nancy's book, 800-930-2819.

As we were going to break we started talking a little bit about nature and spirituality in that a lot of the communications we get from spirit comes in the form of symbols that are nature symbols. I would love for you to share a little bit more about that.

Nancy: Yes. Nature is what links humanity to humanity through time. Nature is our common origin, our common language of the spirit world. If we lose our connection to nature, we lose an important spiritual connection. A lot of times for me I get images in those few moments when I'm leaving deep sleep and I wake up in the morning. I had noticed a few years ago I was getting distinct images and I had no idea what they meant. I bought a symbology book.

An example that I was telling you earlier is this one morning I had an image of my daughter who was 24 at the time. She was holding a bouquet of rosemary. I didn't know what that meant. I got out my

symbology book. Rosemary is what ancient brides used to carry. It stands for fidelity. Sure enough, the next day my husband received a call from her boyfriend asking if we had any objections if he asked for her hand in marriage. I feel like I knew ahead of time that this was coming.

I think also all of the great literature...everybody knows this. It's all tied to nature. When we go back and read what these early authors wrote, if we lose that connection to nature, we lose a lot of their meaning. Going forward, I think it's important to have analogies that are in nature. Machines are constantly changing. They will not stand the test of time. I think that's why the great literature used such great analogies because they do stand the test of time.

For instance, the Robert Frost poem, The Road Not Taken. It's easily understood by anyone who has walked in the woods and seen a path that's grassy or walked on leaves no step has trod. If Frost had tied his analogy to a coal chute or a steam engine, his meaning would be lost in most of us. I think that's why it is such an enduring poem. Anybody can go out there and hike in the woods and feel its power, its meaning.

I think also, as I was saying about the cardinal as an example before the other break, there are a lot of us who have relatives we love. They will often say something of nature that they love. For my mother, she loved lilies of the valley. It was her favorite flower. I remember as a kid I would collect them for her. When she passed away the next spring I suddenly had lilies of the valley in my garden. I've never had lilies of the valley in my entire yard. Suddenly, I have them in my yard. Of course, that had deep meaning to me and it seemed like a miracle. It was, I believe I correctly interpreted that she was telling me she was thinking of me and I need not grieve. I think everyone can come up with similar stories. If you're out walking in nature, there is a chance for these sort of instances to happen in which you do receive reassurances.

Laura: My listeners have heard the story of what happened to me last summer. I was up at Mt. Rainier. It was some place that I had gone with my dad a lot. It really was meaning of my dad to me. My dad passed away almost 20 years ago. I had been going through in the previous year a lot of stuff around my dad. I felt like it was completed. I stood in this opening, this clearing. It was a clear view of the mountain. I was just talking out loud with my dad. I was thanking him

for introducing me to that area and I was grateful that we had gone through this process even though he was no longer there physically.

The next thing that happened was there was a brown bear down below me. It was really close. It was a little bit scary. It was also exciting. As a totem, a brown bear is about protection. That was what it meant to me. My dad was still there protecting me.

Nancy: That's perfect. You know it has a deep meaning to you. When you can receive this validation by actually looking that up and finding out that has an ancient meaning that goes beyond even our civilization, this is carried through the ages, that is timeless. When you think about it, I don't want to sound wacky here, how else is the spirit world going to communicate with us? They can't always come across in words, a loud voice like in the bible saying, "Do not go to the path below you." When we get these symbols and we correctly interpret them, it's very easy to correctly interpret them because they come fused with personal meaning for each of us. We just have to trust it. A lot of times you start to doubt it. Maybe it doesn't really mean that. I think if you trust it, a lot of times that goes back to eliminating the fear, and just believe it.

Laura: To me it's like that was the thing with the bear. That was the first thought that occurred to me. This was my dad.

Nancy: You need to believe that. You need to trust that and believe that. We all need to do that. That way that communication is effective. Then we can grow. You can become better at it. It can come more readily. It can become deeper in its meaning and its frequency.

Laura: We just have a couple of minutes that we need to wrap up here. I want to do a couple things before we close things out. First of all, I want you to share a little bit about camping and why it's important, we've already talked a little bit about why it's important for kids, but I know that you have an organization that you are really connected with that you would like to share.

Nancy: Yes. The American Camping Association is a community of camp professionals that's dedicated to enriching the lives of children and adults through the camp experience. They care about the successful development of children of all interests, ages, abilities, budgets, school schedules. You can go on their website and find a camp nearby. I would encourage listeners to send their children, their grandchildren so they can experience an environment that will

celebrate their children or their grandchildren's inner qualities rather than physical appearances and they will thank you for this alternative environment. It will jump start them finding their true selves and finding their hidden strengths.

For the most part, all high school kids are ready to spend time away from home. It prepares them for living independently. They return home more grateful and focused. They develop an appreciation for nature. For kids younger than high school age each child is different. If the child is a home body and always wants to have friends over but rarely wants to go to someone else's home, this is good clue that they will be homesick. I would advise waiting until they are a freshman in high school. For kids that would rather be at other kids' houses, sending them to camp at an early age is a great way to expand their horizons and to ensure they are safe. I just cannot say enough good about the summer camp experience.

One of the large reasons I wrote Memory Lake was so that people who hadn't gone to camp would understand why so many of us grow dreamy eyed and go, "Ahhh, camp." It's definitely not the National Lampoon exploited version of camp that we have in movies and TV shows where mean girls play mean tricks and they want to sneak out and be with the boys. The boys want to be with the girls or some crazy competition. It's camp as it was meant to be, which is an alternative environment, kind of an extension of school.

Back around 1900-

Laura: Nancy, I'm sorry. We have to wrap up. I'm glad you had such a great camp experience. I would love for people to learn more about it by reading your book, which they can get by going to the publisher's site, which is www.tatepublishing.com and looking for the book Memory Lake. All of the proceeds in April will be going to the Oso Mudslide Relief Fund. It's a great way to give back and also getting Nancy's book.

Nancy, thank you so much for being on the show. I really enjoyed having our conversation.

Nancy: Thank you. I did too. I really appreciate it.

Laura: I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. When we come back I'll share this week's Light Bulb Moment which is how not to get stuck

doing a quick fix and why they never work. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I was talking with Nancy Kyme, the author of *Memory Lake: Forever Friendships of Summer*. The lucky winner of that book was Maria from Duval, Washington. If you didn't win the book and you want to get a copy, remember you can get a copy and also contribute to the Oso Mudslide Relief Fund by buying the book at the book publisher's website, which is www.tatepublishing.com. You can search for *Memory Lake*. If you buy it from the website all of the proceeds will go to Oso Mudslide Relief Fund.

You can also find out more about Nancy at www.nancyskyme.com or at her blog *Campfire Stories*.

When I started the show I was talking a little bit about the stomach problems I have been going through over the last several weeks. Because I don't normally have that kind of an issue, the fact I kept having these recurring problems, they actually were fairly severe, made me think that there was something more going on than I just ate something that didn't agree with me or something like that. To try and resolve the problem I was taking every medication I thought might help. By the third day, I just wanted it to stop. That was when I started thinking maybe I have a gallbladder problem. I knew that they did gallbladder surgery arthroscopically. It wasn't that big of a deal. I already had started thinking about what the quick fix was, which is very normal when we're in distress, whether it's physical pain or emotional or spiritual pain.

When I posted on Facebook asking for input from people who had gone through this, what I got to was a couple of things. #1, it might not be gallbladder at all. It could be something related to my diet or something completely different. There are a lot of other ways to deal with it even if it is gallbladder like acupuncture, supplements, herbal remedies, dietary changes. Surgery was the quick fix, but not necessarily the one that was going to be best for my body. I'd had similar kinds of situations in the past. I have a neck problem that's the result of a car accident I had more than 20 years ago. My western doctor, when it got really bad about 5 years ago said to me, "There's nothing you can do about it. If this or this happens, we'll do surgery. Other than that, we can't do anything." My naturopath sent me to

physical therapy and it resolved for 4 years. It's started bothering me again recently, but for 4 years I had no pain. We have to remember that there are always options. The easiest thing to do is not always the best thing to do.

Addressing problems without surgery or even medication sometimes, it takes more time and energy on my part. It isn't necessarily instantaneous. The physical therapy didn't fix it overnight. It did eventually resolve it. It required persistence on my part and me putting in the time and energy to do it.

And, as I've share before, I also believe we have to look at what underlying emotional causes are of our problems. Sometimes it's hard to focus on that when I'm in physical distress. In addition to physical pain, as a society, emotionally we frequently will use drugs, even legal drugs like antidepressants, anxiety medication, alcohol to relieve our pain rather than working through it. I want to encourage you to take the long view. I came into this world with a gallbladder for a reason. If there is any way to resolve whatever problems I'm having without removing it, because it serves a function in my body, that is what I want to do. That's also what I would like to encourage others to do too. Notice when you're having a physical problem, or you're having an emotional problem also, looking at how do I resolve this without throwing away the information that it's giving me. When we numb ourselves through self-medicating, we're losing the information that comes from the pain that we are in.

If you have a physical issue, today I'm mostly going to focus on having an acute or ongoing problem, leave the emotional/spiritual side as a side. If you are having an acute or ongoing physical problem, the first thing I would suggest is you look for the underlying cause. For me, this really severe stomach distress started on Thursday morning. It just so happened I had an appointment with my body talk practitioner that afternoon. I knew that there was something about it that wasn't-it was a physical manifestation but it wasn't about something with my body physically. Knowing that helped me a little bit even though at the height of it I really did just want it to go away.

Let's look, first of all, at why this is happening. Do whatever you can that will not have forever consequences to feel better in the moment. For me, taking an antacid or some other kind of stomach soothing something that isn't going to have long reaching consequences on my body. If you typically visit a doctor of western medicine, also get opinions from a naturopath and other alternative healthcare

practitioners. This was key for me with my neck problem. I would have gone through life waiting for surgery if I hadn't gone to my naturopath.

Some other people that can help you: acupuncture, physical therapy, energy therapy, massage therapy, surgery is the last result when all else has failed and you cannot tolerate it anymore. In my view, pharmaceuticals are the next to the last resort because those have far reaching consequences on our bodies. Always choose natural remedies first. I'll get off my soap box but I like to use myself as an example, as you know. It was right in the forefront of what I was thinking about. I was ready to go do the surgery if it was going to help me. Let's remember, there are always other choices.

I want to thank my guest today, Nancy Kyme, for sharing such great information on connecting nature and spirituality and how just taking a walk each day can really help us decompress. 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 anywhere on www.transformationtalkradio.com. Have a natural week and I'll see you back here next time.