



***The Laura Longley Show
Healing Ourselves, Healing the World
with Angela Levesque
April 28, 2014***

Laura: Good morning. We're looking forward to a beautiful sunny week in Seattle. We're starting out with a little bit of broken clouds today, but I'm so grateful it's not raining for a change. We've had kind of a wet spring time. I'm grateful for that.

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.

Today I'm talking with Angela Lavesque, author of *Healing Environment: The Conscious Creation of Health*, about how we use our own healing to also help to heal the world. Later in the show Angela is going to be giving away a free copy of her book, so be sure and stay tuned for that.

First, we're going to start with our healing meditation as we do each week. I was just realizing it's been a year now since we started doing these weekly healing meditations. I'm going to change it up a little bit going forward for the foreseeable future. We'll, see at some point I may want to change it again. In the past what we've been doing is we've been picking a particular group or issue to focus our healing on. For right now, what I feel called to do is to be more general. We're just going to send love and healing to anyone or anything that needs it. For you, it might be quite personal. You might have people in your life that you want to direct it towards including yourself. You might want to direct it towards healing the planet, towards animals, towards forests,

whatever it is that is up for you. Making it a little more general but in the process also making it a little more personal.

We're going to go ahead and begin by taking a deep breath in. Release that. Just one more deep breath in. Release. Thank you for doing your part in helping to heal the world.

I had a really great weekend. I spent it at a two day workshop with Jack Cornfield. For those of you who don't know Jack Cornfield, he was trained as a Buddhist monk in the 60s. He's also a psychologist. His first book was published 40 years ago. Since then, he's published many more books. He's very active in healing the trauma and violence in our world. Having Angela here today to talk with us about how we can heal the world by healing ourselves is perfect timing, in my view at least, in having that be my focus. Actually, that's part of what led into the shift that I'm making in our healing meditation. I know that you'll get lots out of what Angela has to share a little bit later as well.

I also wanted to share with you that I've been doing some physical therapy for a neck injury during the past month. Last week, as I was lying on the table while the therapist was doing some gentle adjustment to increase the mobility in my upper back I was struck by how different it was from going to a chiropractor who does more jarring, or dare I say violent adjustments. It occurred to me how often in my life I take the forceful, jarring route to a quick result when what I really need is a more gentle, longer path to that result. During this week's Light Bulb Moment later in the show I'm going to share a bit more about what I came to understand about these different approaches for myself and also how you can choose what the right approach is for a given situation. Be sure and stay tuned for that later in the show.

For now, let's go ahead and introduce today's guest. Angela Lavesque is a Certified Exercise Physiologist, mind/body educator, and energy healer. For the past 15 years Angela has been avidly seeking out information on the body's natural healing abilities and the mind/body/spirit connection. Her aim is to bridge the gap between our current western medical system and evidence based spiritual and metaphysical practices. She has complimented her clinical knowledge of the body with training and Reiki, healing and touch, reconnective healing, hypnosis, and meditation. Angela teaches many classes in mind/body, weight loss, meditation, and self care. Her first book entitled, *Healing Environment: The Conscious Creation of Health*, is now available. That's what we're going to be talking with her about

today. Let's welcome Angela Lavesque to the Laura Longley Show. Hi Angela.

Angela: Hello! I'm so happy to be here. Thank you for having me on.

Laura: I am really happy and excited to have you here too. When we talked last week we talked a little bit about my own philosophy falls in line with yours around healing ourselves and healing the world. Then it felt like synchronicity to be at this Jack Cornfield conference this weekend where that really was a lot of the focus as well. All things in perfect time and divine time. I'm really grateful for you to be here.

Angela: I am super happy to be here. I love, love, love that you start out your show with a group meditation. I've been thinking about this a lot lately, this idea of spiritual crowd funding. You know, like KickStarter and stuff. I think the more we can get people together in groups. Deepak Chopra and Oprah are doing a 21 day meditation that they do a lot. I did an intention experiment with Lynne McTaggart where there were thousands of us sending healing intention to somebody dealing with post traumatic stress disorder. I've been really energized about this idea of getting large groups of people together. We can talk about policy and we can talk about government, we can talk about top down approaches, but I love the idea of having a heart centered approach and moving from the inside out and how much that affects change in the universe. I love that you started your show that way.

Laura: Thank you. It really came from similar experiences to what you're talking about where I do totally believe in the power that we have as a whole, as a group. We are all connected. Why not take advantage of that and use that power?

Angela: Absolutely. I think on mass, I think that's what it's going to take is this tipping point of enough of us with this heart centered approach to life, taking time out with a calm mind and an open heart. Enough of us doing that together and we start to tip the scales toward a much more harmonious and attainable style of living. I love it.

Laura: I don't want to spend a lot of time on this at the moment because I do want to talk about it longer, later in the show. There's also the other piece that each of us individually can make a difference, even if we're not doing it as a group project in that way. Internally we can make a difference. We will talk about that later in the show. It's

like, here are two different methods, both of which it really requires me to do nothing externally. It all comes from the internal. I love that.

Angela: Me too. It doesn't cost money. You're right. Because of the non-locality of energy, it is just as powerful for a single person to do it as well and shift their own internal environment and that creates a ripple effect. That's what it's all about.

Laura: Absolutely. I'd really like for us to start out, I mean, we've already started out, but maybe take a step back. I'd really love for you to share how you came to this place where you are with the book you wrote. What struck me in your introduction was kind of your own path and how you brought together all these kind of, not really desperate, the different modalities or ways of approaching the issue into a whole. I think it's really so important for people to hear that. I'd love for you to kind of share your story around that.

Angela: Not to go too far back, as a child looking around, I never understood the white picket fence ideal, that we were all supposed to have 2.5 children, now it's 1.7, and have this beautiful house, picture perfect lifestyle. None of that really made sense to me. I always, even as a small kid, there's something more. There's something deeper that we're here to do. As I grew up, and I talk about this in the very beginning of my book, my grandfather died when I was 14. That was kind of like the big catalyst. It was interesting, my whole life, my whole memory of my grandfather, he had always been very sick. I grew up in a strong Baptist family, it was strange to me. In his passing I thought, "Oh wow. It's beautiful. He's going to start his life with God. All of his suffering and pain that he had been dealing with the past decade of his life is now gone and he is at peace." Watching all of these people around me, how could this happen. It's so unfair. It doesn't make sense. Is there an afterlife? Do we believe in God? This was a huge catalyst for me to start reading voraciously on every topic I could find from health to healing to spirituality. It started with religion; Taoism, Buddhism, all of those. Understanding how all of this pieces together. There has to be more. On one hand we talk a lot about God and the afterlife and on the other hand it doesn't seem to be something that...it's something that we know intellectually, but we don't let it guide our lives, our connection to source and spirit. How much easier would that transition be that we all have to make when we pass once we appreciate that we are these spiritual beings and not just have this intellectual conversation about God.

Then you fast forward, I started meditating when I was 17. I started doing yoga in my early 20s. All of this just kind of continued to awaken this spirituality within me. I've always been a voracious reader and learner. I love...I used to think that having this really broad idea of a lot of different things, that Jack of all trades was a negative thing. What I realize now, especially as I get older, we need people that can see the big picture. We also need people who are detailed and look at the small things. We also need to appreciate how all of the small things fit together and I think sometimes that gets lost in the conversation.

I've always been interested in...I've always been athletic and physically active. That's what led me to exercise physiology. It was interesting, in that work I realized I could write the best programs for people, do all these wonderful things. I realized, until you get the person engaged with all aspects of themselves, they'll work...my program will be wonderful while I'm working with them, but until they do the soul level work and understand their limiting beliefs and their ideas and relationships with all of these things in their life, diet and exercise, until they do that work it's all for not. It's just been this continual spiral of learning and self-growth and development. Eventually this book actually came to me in a meditation.

Laura: I would love to hear more about that after the break. We do need to take a quick break. I'm such a great believer in how things come to us either through dreams or meditation. I'd really love to hear about that. For now, we're going to take a break. I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Angela Lavesque, author of *Healing Environment: The Conscious Creation of Health*. Before we continue, I want to make sure everyone knows how to find Angela and also how to find her book. Angela, can you share that information for people please?

Angela: Yes, I have all my information on my website, which is www.hestiahealth.com. She was a Greek goddess. You can...there's a link there that will link you to Amazon or you can go straight to Amazon and find my book there.

Laura: Very good. Before the break you mentioned that the idea for the book came to you during a meditation. I'd love for you to say more about that.

Angela: You know, it's even a little bit more bizarre than that. When I was in elementary school I said, "One day I'm going to write a book." In 2010, for about 6 weeks, I was waking up in the middle of the night. I had no intention to write a book. I was waking up in the middle of the night, "It's time to write your book. It's time to write your book." This is happening repeatedly. I'm getting the point but I have no idea what I'm going to write about. I hadn't actually done that much writing up until that point other than poetry. A week after my grandmother died, I was actually present there, there was 25 of us, she had a huge, beautiful family. A week after my grandmother died, she came to me in a mediation and said, "This is your book. Write it down." She gave me the entire outline for my book.

Laura: Wow.

Angela: That is why it is dedicated to my grandmother. It's funny, when I tell people that story they're either like, "Wow," or, "You shouldn't tell people that. They'll think you're crazy."

Laura: People who listen to this show won't think you're crazy. They'll be like, "Wow!"

Angela: Then after I had my outline I started writing. I called it *Healing Environment* because it is about creating a healing environment in the body. Also, as you mentioned in the intro, it's also about healing the actual environment. The same things that heal the body will also heal the world.

Laura: With that, why don't we dive into what the components of the *Healing Environment* are.

Angela: When I say creating optimal healing environment there's 5 components. When all of those are in balance you put your body into a very calm, resilient state, able to deal with stress, everything. Your central nervous system is calm. It's a place that's conducive to promoting the body's innate healing ability. We know that in our bodies we have all these self-regulatory mechanisms that create homeostasis, which is balance. When our body is in balance our body is live and it really knows what to do, how to take care of things. There

are 5 things. I'll go through them quickly and then we can dive into them in more detail.

First is creative movement, physical activity and exercise. Really, just moving the body every single day. Two is dealing with stress reduction. We know that 60-90% of all doctor visits are either directly or indirectly related to stress. That's really huge. The third one is whole foods. Eating real food, I cannot even stress that enough. Fourth is right thinking, which is not just about positive thinking, although that's part of it. Really it's a blend of positive thinking and conscious awareness of your thoughts, understanding that your mind is the director of your body. Five is appreciating that we are spiritual and energetic beings and incorporating that understanding into our life. Like I said earlier before the break, the idea of God and spirituality and stuff isn't just an intellectual conversation, it is something that knowing actually guides our life.

Those are the 5 components. Like I said, when those are all in balance, and if your listeners are out there and listening to these 5 components, some of them might know right away, it'll strike a chord with you, yes, I know that I need to eat better. I know that my body isn't moving enough. When you look at it as those 5 components, if you have those 5 things in balance, you are in a very wonderful state in your body. Also, too, if you listen to those and you notice that maybe 2 or 3 are out of balance, focus on one. It becomes overwhelming if you, "I need to start exercising. I need to decrease stress. I need to eat better." It becomes too overwhelming. Focus on one. Because we are interdependent and interconnected beings, when you start to focus on one, the other ones start to fall more into place. I'll stop there.

Laura: Would you say, because I was thinking about where to begin really. Would you recommend that you begin with the one that seems most out of balance or with the one that might be easier to shift?

Angela: That's a really interesting question. I think it can go either way. It kind of depends on the type of person you are. For some people, taking the one that's the least challenging helps them build momentum, which is a really great thing. For some people, one of those things will be so overwhelmingly out of balance it creates such a state of discomfort in the body. Dealing with that can also create its own momentum. You shift yourself out of that place. For somebody who, for example a smoker. Every time they're getting closer and closer to that place where they know they're really ready, every time

they go out and have a cigarette it becomes very uncomfortable for them. Starting there and shifting that feeling also can create a lot of momentum, which is a good thing. Lots of people, I always say put your hand to your heart and listen to what it says. If you ask your heart, "What should I really put my focus on that will help me the most in this moment?" always ask your heart. It's probably the wisest part of your whole.

Laura: I agree. Kind of along those same lines, do you use muscle testing to ask these kinds of questions too?

Angela: You know, I think muscle testing can be a very helpful technique. It's not something I personally use. I just like to, like I said, sit with a calm mind and an open heart and really put my hand over my heart and ask myself and listen. For some people, that will take some practice. Don't be discouraged in the beginning. This isn't something we have to appreciate. This isn't something that's cultivated in our western culture, focusing on the intuitive, the artistic, emotional. Using your emotions as a guide system for us. That seems such a foreign concept. It's like...science, science, science, this is our truth. This is how we understand things. Science is really important. It's only half of the equation. Sitting there and just doing the conscious breath, like the way you start your show every week, is wonderful. Calming your body and asking. The more that you do that the more you cultivate that side of you, the easier and the more clear those messages become. I think it's just as important as learning the science and understanding that.

Laura: I totally agree with that. I also agree with what you said at the beginning of that where people...we haven't been taught how to do this. It can be difficult in the beginning because we haven't done it before or we've done it rarely. That's one of the reasons I asked about the muscle testing because it...I'm just thinking this as we're having this conversation, it wasn't like I'd thought of this before. It seems like if you learn...because you can do muscle testing in a different way using a pendulum so you can do it by yourself very easily. If you did this, where you ask your heart but you aren't sure if you can trust what the answer is, then you can do muscle testing to kind of confirm it, right? It's a yes/no kind of thing. I'm thinking about for myself, that would really help me trust what comes to me when I ask these questions.

Angela: I think that's a great idea. I use my pendulum every single day for all sorts of things. I love that you said that. That's a great idea.

Laura: I haven't done it in a long time. I've been thinking about it recently. I think it keeps coming up recently. It's time to start reincorporating that in some way.

Time is flying by, it's time for us to take another break. When we come back we're going to give away a copy of Angela's book. Be sure and stay tuned and get ready to dial in for that. I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Angela Lavesque, author of *Healing Environment: The Conscious Creation of Health*. We're going to give away a copy of the book right now. If you are interested in getting this book for free you can call in now at 800-930-2819. This is a physical copy of the book.

While people are calling in, let's talk a little bit more about these different dimensions to the healing environment. We had said...you shared with us what the 5 are and then we said, there's really a couple of ways to approach it if you feel like there are multiple areas you need to focus. One would be what feels like an easeful place to go with it. Another way might be where does it feel like it's really out of whack? That would be most helpful to begin with that piece.

I'm just curious, of these 5 components and working with clients, do you find that there's one of these that is more frequently out of balance or does it seem to be all across the board?

Angela: I think I see, because as an exercise physiologist I deal a lot with diet and exercise. I think stress is very underappreciated as far as the impact it has on our health. I would say that I've never ever had a client who doesn't have quite high stress levels. I've never had anyone say...yeah. I always ask, "How are you on a scale from a 0 to a 10?" I've never had anyone come in and say, "Oh, I'm a 2." Usually people are 9s and 10s. We have all of this advancing technology. Like I said before the break, we don't cultivate those aspects in ourselves that allow us to better deal with our day to day stress. Things like mindfulness, being able to express ourselves creatively.

Definitely the top 3 things would be diet, exercise, and stress. They're all so important. They all impact us in different ways. One of the things

I like to do and the reason I like to talk about these things on a personal level and take them to a larger scale is it helps to bring more meaning. When you have more meaning behind something, you're more likely for it to be an enduring change.

For example, understanding that our food production is very important in not only our health but the health of our environment. For example, the reason I don't eat fast food is obviously I don't think it's very good for the body, but nothing has fundamentally changed our methods of food production more than the fast food industry. Once I understood that and I appreciated that my values are so aligned with living harmoniously and sustainably with the earth, it became so easy for me not to choose fast food. It was so contradictory, so opposite my values.

I always ask people, what do you value? How can you make those life choices in alignment with those values? When you start to do that you bring purpose into your decisions. When you have purpose, you create more joy, there's more meaning. Those changes all of a sudden become an expression of what's in your heart and what's in your soul rather than the choice you should be making because your doctor told you to make those decisions.

Laura: I think that that is such a fabulous point. It reminds me, this is the reverse of it, as someone who has worked as a psychotherapist one of the things that we're taught is that when people have something that's going on for them that obviously is not working for them but they're having trouble changing it, you have to look at exactly that. What is it around the values that is keeping them stuck in that place? Lots of times we have these false beliefs because we've learned them as children that we don't really truly believe. Until we look at those and say, "Oh, no. I don't really believe that," then we can't change. It's kind of a shift or twist on what you're saying. It's basically the same thing. It's really getting in touch with what do I believe. What are my values? It was really helpful to me to hear you say that because my biggest one, I'll say my two biggest ones are the physical activity and eating healthy food. The healthy food one I struggle with because I rebel against somebody telling me what I should be eating. If I can find the value in what my beliefs are around what I put in my body, my values around that, I know that will help me. Part of what I related to that is that I'm a vegetarian. The reason I'm a vegetarian is because I believe in kind and ethical treatment of all beings. Once I got that, there's no way I could not be a vegetarian. I see it in my own life how true that is.

Angela: That's what I said...once you know something you can't go back there. You can't go back to unknowing it. Like I said, when you live and you understand what your values are, I always say, "Align your heart, your values, and your actions." That's how you live a more purposeful, a more joyful life. The road to awareness is through two ways; through solitude, spending time in quiet contemplation, and education. The more you can educate yourself around things, the more you bring meaning, the easier it is to make it an enduring change. All of a sudden it has lots of context, depth, there's all this stuff left out of your value system. If you start to live according to your values you just...wow. This is so much better than me waking up, going to work, coming home, watching TV, and then repeating it over and over and over again. That's why I call it the *Conscious Creation of Health*. We need to shift our awareness, become aware of what all these thoughts going on in our head, as you mentioned, our limiting beliefs, all of those things that hamper our true potential, as health bodies but also the way we can affect change in the world, which I think is so important.

Laura: Right. We touched on this at the beginning of the show. Really coming back to the idea that it feels so overwhelming to us that we look around and things in the world are not as the way they should be. There is a lot of that, at least for me. It feels so overwhelming because what can I, as one person, do about this? You and I, when we talked last week by phone, we talked about that in relation to me being a vegetarian. It does feel like I'm just this little grain of sand on the beach. What difference is my choice going to make? It gets out there in...I don't even know what word I want to use. You can help me. In the energy field or whatever words we want to use, it's not even about me consciously saying to somebody else, "Here's why I'm a vegetarian." Although, it might be. It's just about me being different. It starts to shift the world.

Angela: Absolutely. We do have a disempowering system. I think part of it is we're always looking at these top down approaches. We see something, maybe a social inequality, whatever it is, something going on geopolitically, we look to our government and say, "Hey, can we fix this?" As soon as we do that, we have people that are aligned with that movement. You can just look at anything going on in our political system right now. It's so polarized. They say blue, they say red. It's left and right. The thing is, the way you change that is you shift your own heart. You change your own energy. You figure out what's important to you and then we start to have more of these grass roots

and these bottom up approaches. From an energetic perspective, you start to shift the energy in the field of consciousness. If you shift your energy, think about being with a co-worker and somebody who is in a bad mood and they drain you and bring you with them. If you show up and you have a sense of confidence, integrity in the way that you show up in that space, you start to shift their energy. We can do this on a mass scale just by looking within our own hearts and figuring out what it is that is important to us and acting on it. Having that spread to our families and to our communities. That creates that ripple that spreads through the entire field, which to me is very empowering.

That's why in my book I talk about using our health as a catalyst. There are so many things that not only fundamentally shift our own physical body and health, but also change the world, production being one of them. Even mindfulness, meditation, and appreciating that connection and that unity consciousness that all religions talk about.

Laura: It also reminded me...I love Facebook. I will see stuff posted there that then triggers me with thoughts. Today I saw that saying from Mother Teresa that...I will paraphrase because I won't get it right. People are mean to you, love them anyway. All the ways people can act badly and we love them anyway. At that point it is no longer about the other. It is truly just about us and how we show up and how we choose to be in the world. It does make a difference.

Angela: It absolutely does. Whether it's just your coworkers next to you, your children, the PTA, whatever it is you're involved in, if you change your energy you automatically change the energy that you create in the community around you. Not only that, you also create a very calm, stable physiology in the body that is conducive for healing, and good health, and making good choices.

Laura: Unfortunately, we had such a great conversation we ran out of time. We are going to have to say goodbye right now. Before we do, please tell people again how they can find you, how they can find the book, and maybe a little gem of wisdom around one thing somebody could do to start their shift.

Angela: You can go to www.hestiahealth.com. You can find all my social media, all that stuff there. I'm on Facebook, Twitter. My book you can find at Amazon called *Healing Environment: The Conscious Creation of Health*. One thing I would say is just start spending a little bit of time every day in conscious, mindful solitude. I really believe

that when you take time to go within you find what things you can do without.

Laura: I love that. Thank you so much Angela. I really enjoyed our conversation, obviously, because we just whizzed through.

Angela: Thank you for having me!

Laura: 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 has to do with whether you choose a gentle, slower path or the forceful, more violent path. Stay tuned. We'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I've been talking with Angela Lavesque, author of *Healing Environment: The Conscious Creation of Health*, about the 5 things you can do in your life to create well rounded health, not just physical health, for yourself as well as in the world. You can find out more at www.hestiahealth.com.

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

Earlier in the show I was talking a little bit about this physical therapy I'm doing for my neck. I guess it was an "aha" that I had while my therapist was doing some gentle manipulations on my upper back. This neck injury is old. I was in a car accident more than 20 years ago. It didn't really show up for me until 6 or 7 years ago. I did some physical therapy 5 years ago that really helped it tremendously. My neck started bothering me again over the last 6 months or so. Looking at how my physical therapist deals with my body versus how a chiropractor would, that was what came when my therapist was doing this manipulation, was that I learned when I found out what was wrong with my neck that doing the chiropractic could actually make it worse. I have bulging discs in my neck. The manipulations that they do could actually cause one of those to burst. Then I'd have to have surgery, blah, blah, blah. I'm not saying there's anything wrong with chiropractic or not. It's good for certain things, but it's not good for what's wrong with me. The gentle is better for what's wrong with me.

When it first started to bother me again a few months ago, I went to a massage therapist for a while. She was very deep. I came away with

bruises sometimes, which actually I kind of asked for. In my mind, "No pain, no gain." If I couldn't see something happening, I didn't think something was happening. The reality is that that really strong massage actually made my neck worse. Again, I'm getting more information. This really strong way isn't helping. It's actually making it worse.

Then when I started the physical therapy a few weeks ago, a couple of the exercises the weights were too heavy. I could tell even when I was doing it that I was straining to do it. Of course, it made it worse. In the moment I never said, "This feels too heavy," because I have this mindset. I think this is our society as well that if we're not working hard, then we're not doing anything.

That was what this whole aha was about. Sometimes the working hard, straining, really forcing and really being jarring, sometimes not only does it not work, it actually makes it worse, not just physically. This can be emotionally too. If you think about a situation where you're unhappy about something that's going on emotionally and you try and just force yourself to push through it, lots of times what will end up happening is that you will not be successful because you can't make yourself feel better. Then you end up judging and criticizing yourself because you don't feel better. You actually compound the problem, which in parallel, was what was happening with my neck. Trying to do it in a forceful way was making it worse. It wasn't making it better. Looking at in your life not only physically, but emotionally how you approach changes you want to make when you're in pain, are you doing it in a gentle way that might take longer but will have long lasting results versus being harsh with yourself and trying to force something, which in the end will not get you what you want, will likely cause a setback, and will actually make things worse.

Let's see, I want to make sure I covered all the points on that. If you take a more gentle approach it gives you the opportunity to adjust to the new way of being. Again, true physically as well as emotionally. We have to adjust. We can't just flip a switch and be different. Doing it more gently and slowly gives you the chance to do that adjustment. It reduces the bounce back, what I'm calling bounce back, which is like, "Woah, that didn't work. Now I'm upset that it didn't work and blaming myself." You're more likely to stay the course if it doesn't hurt. If it's not creating additional issues then you're more likely to keep doing what it is that you've been doing that is moving you forward even though the progress at first might be difficult to see. I know for me that's actually one of my motivating factors for doing the harsh, jarring

way is that I want to see that something is happening and I'm making progress. That's one of the things of doing it in a more gentle way is it's more difficult to see the progress, but you can trust that it's there.

So, when you have something that you want to change in your life, whether it's physically in your body or more emotionally, here are some things to think about when you're choosing the method or approach that you're going to do it. When quick, decisive action is needed like the house is on fire or your child ran out into the street, yes, do the quick, harsh, fast, jarring action. It is something that needs to be addressed immediately. I would say immediacy is really one of the factors when you choose. Otherwise, I really have come to believe that the slow and gentle approach is better both physically, and emotionally, and mentally.

Think of any change you'd like to make and what's one step that would move you in that direction where you could see progress, it might be very small progress, but you can see progress. It's not so radical that it's going to leave you dazed or wondering where you are. Where did I wake up today? Then take that step. That's the way to start making the shift into doing it more gently and in a way that's going to be more long lasting.

I want to thank my guest today, Angela Lavesque, for sharing such great information on mind/body/spirit connection. I want to thank all of you for tuning in to the Laura Longley Show with me, Laura Longley. I had a great 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 healing week and I'll see you back here next time.