



***The Laura Longley Show
How to Create Your Ideal Life
by Becoming a Radical Self-Expert
with Tiphonie Jamison VanDerLugt
May 5, 2014***

Laura: Welcome to the Laura Longley Show on a gray and cloudy day in Seattle. It's not raining at the moment. There is a positive! You're listening to the Laura Longley Show on Transformation Talk Radio where authentic change takes flight. 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'll be talking with Tiphonie Jamison VanDerLugt about her book, *The Radical Self-Expert: The Fastest, Simplest, 7 Step Method to Discover How to Be Your True Self, Change Your Life Now, and Be Happy Today*. We're going to be talking about how trusting ourselves rather than the so-called experts can bring us exactly what we want in our lives.

First, as we always do, we're going to start with a healing meditation and today I'm going to do something slightly different. I'm going to take Benny by surprise. I'm going to tell him right now what I'm going to do.

Benny: That's fine.

Laura: We're going to do a loving kindness meditation where I will be speaking. Then when that's done we'll have the minute of the music so that you as you're listening can take in and open your heart in the way that the words have said prior to that. Let's begin by taking a deep breath in and release it.

May I be filled with loving kindness. May I be well. May I be peaceful and at ease. May I be happy.

One more deep breath in just to anchor that in. I think I told you that the weekend prior to that I had a really great two day workshop with Jack Kornfield. For those of you who don't know who he is, Jack Kornfield trained as a Buddhist monk. He's also a psychologist. His first book was published 40 years ago and since then he's published many more books and he's very active in healing the trauma and violence in our world. Tomorrow I'm going to be filling in on the Dr. Pat Show at 11am Pacific, 2pm Eastern. I'll be sharing some of the great aha's I had during that workshop 10 days ago. I'm also going to be taking your calls to help apply those tools in your own life. that's going to be tomorrow at the same time, 11am Pacific, 2pm Eastern. I'd love for you to tune in live so you can get your calls in and get your questions answered.

One great example of a learning or more of a reminder that I had during that workshop revolves around compassion versus competition. As many of you know, this has kind of been a theme for my learning over the past 6 months or so. During this week's Light Bulb Moment later in the show I'm going to share a bit more about how I got this concept on a deeper level and also how you can make that same shift to compassion rather than competition for a happier life. Be sure and stay tuned for that later in the show.

For now, let me introduce today's guest and her name is Tiphanie Jamison VanDerLugt, which I'm pronouncing incorrectly. That's a Dutch name. I'm doing the best I can. Author, consultant, and attorney, Tiphanie Jamison VanDerLugt is the founder of the YAY Me! University. Her mission is to infuse YAY energy into life and business helping success minded women and cool men break the rules and turn infinite possibilities into mind blowing opportunities for more money, fun, and freedom with ease while being true to themselves. Let's welcome Tiphanie to the Laura Longley Show. Hi Tiphanie.

Tiphanie: Hi.

Laura: Say how you say your last name.

Tiphanie: Oh, geez. It's no better than you! If I have to I can get one of the natives, I call my babies my natives. They speak that. It would sound a lot better coming from a three year old.

Laura: We'll go with VanDerLugt.

Tiphannie: It's a sound we don't have. You've been here to the Netherlands, they have a 'g' that's in the back of their throats. We don't have that sound. It's like in South Africa. They have that click sound.

Laura: Exactly, which we don't do.

Tiphannie: It's like von-der-laught. Are you joking? We don't have that sound.

Laura: We'll live with my mispronunciation of it then. Today we're going to be talking about your book, *The Radical Self-Expert*. I want to start out just by asking you why did you feel the need or call to write a book called *The Radical Self-Expert*?

Tiphannie: As many of us...we have experiences. We go through some trauma. If we had a book in us and life was so grand and rosy. That would be so much easier. It doesn't actually happen that way, does it. For me, I met my husband on the internet. We married 5 days later. We immediately started trying to breed. It went horribly awry. We were trying, trying, trying. We lost 5 babies in a row. During that time, that was when *The Secret* was hot back in '08. That was...we thought, "Oh okay. That would be the answer." At that time I think we had lost 3 babies. Then we got hit for the secret. We were putting up our vision boards and we were all in. We were serious. My husband is kind of a old school kind of guy, European type. He was doing it, so that tells you how serious we were. We'd lost a set of twins. We had lost them in sort of epic fashion, even after the vision boards and everything else. It really sort of made us go, "Okay, wait." We did the vision boards, we did our [inaudible (8:35)]. People thought we were crazy. I'm a lawyer. People would come to the office. I was speaking in affirmations to my clients. They were like, "This chick is a whackadoodle." How are you? I am well and beautiful and fine. I am perfect. I am fertile. They're like, "This chick is off her rocker."

Laura: You were really living it. You were really embracing it.

Tiphannie: Oh yeah. I'm an all in type of gal, as you can tell. I'm in! We still lost those twins after going through all of that. That was when we were like, okay. What is going on? We did everything. The rules said...do your affirmations, you think positive and you get some

babies! Whatever. Babies, money, happiness, love. We still lost babies. That was the moment we took stock and said there has to be something else going on. I started to put the pieces of the times when I was "successful" in my life against the times that I struggled or didn't get the things I desired. I noticed that when I was more aligned with what felt true for me was when I was most successful instead of listening to what someone else tells you.

I grew up in the church. My father was a pastor. They were bootleg, so they're not like real pastors. They're like the crazy kind. Nuts, absolutely bootleggers. I had some baggage. I was abused and neglected. I was a little bit messed up. I had some stuff playing in the background. They don't tell you that in *The Secret*, do they. They don't tell you. They don't tell you, "If you've got some baggage you need a little bit extra."

I put all the pieces together. When I didn't listen to the doctors I was able to get pregnant. I left my practice, we came here to the Netherlands, my husband is obviously Dutch. I was pregnant within a couple of weeks. We had twins to the day that the other twins would have been born. The first set of twins would have been born in October 15th or 12th. Our twins were born on October 19th. 6 months later I was pregnant with our youngest. It just really, when I came here and had [inaudible (11:13)] the doctors were like, "Oh no, you're not doing this." I was like, "Screw you. I'm doing it my way." Look, I have babies.

Laura: That is what a self-expert is. Really, taking in...you take in the stuff that you're told and then you look at what really resonates for you.

Tiphannie: Absolutely, absolutely.

Laura: It's time for us to take our first break. I just wanted to kind of summarize that piece so that when we go into the next segment we'll talk more about how I become personally a self-expert and what it will do for me.

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 Tiphonie Jamison VanDerLugt about her book, *The Radical Self-Expert: The Fastest, Simplest, 7 Step Method to Discover How to Be Your True Self, Change Your Life Now, and Be Happy Today*. I tell you what, if the steps are simpler than that title, I would [inaudible (15:58)]. I cannot say it without tripping over my words. Before we get going forward, I would love for you to tell people how they can find you and how they can find the book.

Tiphonie: You can get the book at any online retailer, Barnes & Noble, Amazon, SmashWords, whatever your online retailer. You can pick it up. It's available worldwide, that's a good thing. If you want to connect with me, you can get the book and bonuses if you go over to www.theradicalselfexpert.com. Go ahead and enter your name and I'll get you a little journal to go along with the book.

Laura: Wow, that's great. Very good. As we were going into the break, you were telling your story of really how you stumbled on this idea of being a self expert. I have to tell you, it really resonates for me. On the show I have said many times that different things work for different people. Different things resonate for different people and at different times in our lives. Not everything is meant for everybody. I really love that concept of...I figure out what's best for me. I take in information that's out there to help me, but then I decide what works for me. I think it's great that you've really written this book that really helps us understand how to do that ourselves.

Tiphonie: Absolutely. We have to be our own experts. As I was sharing with your audience, growing up I really was messed up.

Laura: Many of us were.

Tiphonie: I didn't really trust myself. With the first three losses the doctor was telling me to use medicine that really was not a good idea. Everything in me was like, "What are you doing? Stop that." Because I didn't trust myself, I couldn't even hear my own voice, if you can imagine. The voice of God, so to speak, wasn't even the God voice. I didn't get that. I got my parents or my ex-husband, something really damning, mean, and judgmental. That's the voice that I heard. We all know that that's not God. Your higher self is never going to judge you. I couldn't even listen to that. I would just take the medicine. I did that three times. Three times not listening to myself. It

speaks to the necessity of knowing yourself and being your own expert.

Laura: Definitely I can relate to it in various ways. You're absolutely right that it takes us trusting ourselves, really believing that we know what's best for us, it can be a bit of a journey for a lot of us to get to a place where I know what's best for me, not you because you have an MD after your name or whatever it may be.

Tiphannie: Absolutely. For some people it might be...not necessarily medicine. It might be a job counselor or somebody...it's true in every facet of your life. It's great to take in information, as you pointed out. You take it all in and you go with what is true for you. You're constantly receiving...if you hear babies crying, those are the natives. That's why I call them the natives. They're screaming like a bunch of natives. I just want to go on record again.

Laura: I will say, one of the things that came to mind for me where I had some struggle around, "this doesn't feel right to me but this person is the expert," and it's a situation that I think a lot of people might have. It was that at one point in my life I was seeing a psychotherapist where I felt...it wasn't "advice" they were giving me, it was their perception or their perspective on something that had happened for me that I just went, "No, that is not it." It really, it was a hard thing to say to myself even, let alone to them, "No, you're wrong." In that particular case it was a big enough thing to me that I ended up not going back to them anymore. I think that that happens on a smaller scale where we can give feedback and say, "No, that's not right," and still continue on. For me it was bigger than that. I get it and I understand. A lot of these experts are people that are authority figures. That makes it hard too. They're supposed to know. They're supposed to know.

Tiphannie: They're also well-meaning. I think anybody who is on their spiritual journey, they're trying to figure things out, you're on a higher level of consciousness. You might not have a word for it. You don't know if it's called consciousness. You just know, I need to do something. That right there opens you up to receiving. I know there's something, I don't know what. I'm just going to be open to it. Then you go looking for help. People see you, they see this open book. They're like, "Let me write your script for you. Let me write your life for you." What I want people to do and to understand...I learned this in law school. When you write your own rules you always win the game.

We learned in civil procedure that he who makes the rules wins the game. So, write your own rules.

Laura: Yay! I love that!

Tiphannie: Write your own rules and then you always win. The cards are always stacked in your favor.

Laura: You're choosing those rules, you're going to choose to follow those rules. Yes. Absolutely.

Tiphannie: That's a big yay me! I'm not...when I lost the twins, the doctor was telling me I was high risk. I had all those losses before. He was describing these invasive procedures. The [inaudible (23:01)] was so bootleg, I should've said something. This one doctor put on a glove, touched his dirty seat where he had been sitting and then proceeded to do an exam.

Laura: Oh my God!

Tiphannie: I was so weak Laura. I so didn't trust myself. I was so bruised and battered and I just want babies, desperate. All of those energies that are non-generative and non-created, I was all of that. Add into some of that shame, "I can't have babies. Everybody is going to see me." It's weird the stuff that you think when you're messed up. It's irrational, illogical. I just let this guy give me an exam. The exam, all of these exams ended up causing an infection in one of the twins' amniotic sacs. I had to deliver both of them prematurely because the infection had gotten so bad. My water broke for one, the other one was totally healthy. We couldn't save it because the healthy one was on the bottom. The other twin that was affected was on the top.

Here I have these perfectly healthy, beautiful babies. They did the autopsy and everything else. They found that these babies were healthy and perfect in every way, which crushes you more. Then you have the guilt, "Why didn't I listen to myself?" That just makes you think lower. "You should've known better. You should've listened to yourself. You read *The Secret*. Think positive."

Really, I want your listeners to get it. Nobody knows what you know. You were born a genius. Buckminster Fuller says, "Everybody is born a genius. It is the process of living that de-geniuses them."

Laura: Yes, yes. You know, the other thing I want to add there too is hearing the pain of you beating yourself up after that loss of the twins. I think that for many of us it takes something traumatic like that for us to wake up and say, "Wait a minute." To shift it from "bad me, there's something wrong with me because this is happening to me," to shift it into what you were able to do, "wait a minute, I'm listening to all these experts and it's still not working, really how can I do any worse." When it comes down to it, right?

Tiphannie: I love that. It can't get any worse! I never thought of it like that. Absolutely. It's almost like, "Let me give ME a whirl."

Laura: What I hope that many of us start doing is giving ourselves a whirl first.

Tiphannie: I like that. Give ourselves a whirl. Choose you! Always choose you. Always choose you. No one else knows what you need but you.

Laura: We're coming up on another break. What I want to do when we come back in the next segment is...first of all, I want to give away a copy of your book. Listeners, stay tuned for that. I want you to go through for us the 7 steps so people get a flavor for how can I do this myself. Is it going to be hard? We get in that place of, "Oh my God. It's impossible. I'll never be able to do it." I want you to take us through at a high level each of the 7 steps so we can understand how this is doable. We can really do this.

Tiphannie: We'll do that when we get back from the break.

Laura: We will do that. 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 when we come back we'll give away a copy of Tiphannie's book and learn the 7 steps for you to become a self expert. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Tiphannie Jamison VanDerLugt and her book is called *The Radical Self-Expert: The Fastest, Simplest, 7 Step Method to Discover How to Be Your True Self, Change Your Life Now, and Be Happy Today*. I did it without stumbling over any of it! Yay for me!

Tiphannie: But you forgot the last part, the EASY way.

Laura: Somehow that did not get into what I wrote down, gosh darnit. The EASY way. For those of you who want to learn how to do this, we're going to give away a copy of this right now. If you want Tiphannie's book, the first caller at 800-930-2819. Tiphannie will send a copy out to you if you're the first caller. Just give Benny your info.

What we're going to do right now because we have limited time left, these shows go by so darn fast, Tiphannie, I'd love for you to just touch upon each of the 7 steps so people get an idea of what they're signing up for if they choose to use your method.

Tiphannie: Also, there's a little cheat sheet you can get if you go over to www.theradicalselfexpert.com. There's a cheat sheet, a video series.

Step 1 is reality nouveau. That's based on one of the quotes by Richard Buckminster Fuller. He's one of my favorites. He says, "You never change things by fighting the existing reality." To change something, build a new model that makes the existing model obsolete. The idea of a reality nouveau is to create your reality anew, a whole couture just for you. I invite people to not try and do the same old stuff. The foundation is flawed. We're not trying to add on top of that. They found that affirmations and positive self talk can actually be harmful to your dreams and self esteem. That's a study by the University of Waterloo. They found that positive thinking doesn't necessarily work. Heck, I'm proof of that. They found all these things in research. What I'm inviting people to do is chuck that. This method isn't necessarily working. I'm not wrong. The system is wrong. You're not wrong. You are perfect and whole. The key is to get you back to that place so that you can choose what is unique and true for you.

The next step is angles. Angles are like those points of view that you have about something. More than that, if you can imagine little...I call it an electric fence or something that keeps out all of the stuff that you desire. Angles are like good or bad ideas or notions about a particular thing. Even when you think it is good, like hard work, we're always taught that, "Work hard, pay your dues." You're closing the possibility that you can work and have it easy. You're going to be so fixated on doing the right thing. When you get out of those angles, whether it's right or wrong, good or bad, this is what is. I am all things. I will choose what feels right for me. That sort of takes away the angles. There's 40 pages devoted to that in the book.

Laura: We've got less than 10 minutes left to talk about all 7 of these. We're just going to do a very brief overview.

Tiphannie: Then there's d, which is detect your truth in the d way. The d way is sort of like this clearing thing that I learned to do. I share with people how to clear your energy. It's decreate, devalue, and delete. Decreate is saying, "I am the creator of my life, of my living." Devalue is saying that, "Everything I am giving value to this particular thing, I'm deleting that." Deleting means to wipe it away forever. You're saying, "Whatever this is that I created, however I created it, wherever it came from, all of the value I'm giving it, I delete that." You're no longer attached. The detector of truth is whatever feels expansive for you is true. Whatever makes you feel contracted is heavy. Some people do things like muscle testing. What I do is I sort of ask myself something in the form of a question and then just see how I'm feeling afterward. It doesn't have to be good or bad. I think what happens is people...what I did, personally, I would think what was true would be the thing that weighted on me the most. The heavier the feeling, that must be true.

Laura: Oh, interesting.

Tiphannie: Oh man, that's heavy. That must be true. Here's the thought, if the word is the path of enlightenment, wouldn't it follow that it would lighten you?

Laura: Yes.

Tiphannie: It wouldn't be more weight on you. It's not true. If it's weighted, that's when you contract and you're not being the fullest expression. When you feel light and expansive, that's when you're being you.

Laura: Right. Very true.

Tiphannie: Intuition. Back in the day there were buffalo. The Native Americans would herd buffalo by pushing them off the cliff or causing a stampede. Buffalo don't look up. They just keep running forward. That's what we do as people. We just...whoever is in front of us, we just go right on off the cliff. I want people to understand, say "I" first. Take in the information and then operate from you and use your intuition. I give some pointers in the book and in the video course of how to know what your intuition is. I can tell you, intuition is not

judging. If your intuition says, "Don't do that! You suck!" that's not your intuition.

Laura: That's your ego.

Tiphannie: Your intuition will never judge you. It's your higher self. You would never judge you. The judgment that you hear are an outside game. You wouldn't have those judgments if you were by yourself on an island. You wouldn't go, "Oh my God, I'm so fat." By whose standards? There's no one else there.

Then you have C, which is curiosity, curious living. [Inaudible (37:24)] I'm going to slaughter his name. He used to talk about...remember to always live the question. What you want to do...Albert Einstein talks about this. People who are wealthy and happy are naturally curious. They found that curiosity will actually extend your life. That's how children grow and learn and they're so vibrant and alive. They're constantly asking questions. We, as adults, we come to a conclusion so we stop asking. Children stay curious so they keep growing. We conclude all of this isn't possible. Instead of going, "How could this possibly work out in my favor?" we go, "That'll never work." Do you see the difference?

Laura: Yes. Or we think we know the answer already.

Tiphannie: Right! Okay! It doesn't say in the bible, like if you're spiritual, "Ask and you shall receive." That's a fundamental law. You can't have it if you don't ask for it. It doesn't say, "Conclude, you receive." It doesn't say, "Opine, assume."

The other A is A squared. Applause. Yay me! I say, "5 Yays a day keeps the energy trolls away!"

Laura: Good, very good.

Tiphannie: Make sure that you're always supporting yourself, even when it's something really small.

Art-instead of judging, when you go to an art studio you don't look at the art and go, "That's ugly art. That artist must be a horrible person." We don't do that. You go, "Hey, that's not my thing." You move on. But, we get stuck in those judgments. What I invite you to do is say it's art. It's my art. It's your art. We're all doing our own art. No

judgment. You're not bad because you like it. I'm not good because I like it.

The final step is L, which is LEAP LIVELY into the LIGHTNESS and LIVE in the LAB. When I say leap lively into the lightness, don't follow what feels heavy for you. Heaviness is not true. Go to where you feel lightest, where you feel most expanded, where you get those butterflies. That's a good thing. When you feel those butterflies, go there. That's exactly where you want to be going. That is your truth speaking to you. Living in lab means everything is in beta. You don't have to be attached to anything. I can just go out here and just say hey, we'll see what happens. If I need to go a little bit to the right or to the left, it's all good because it's all a beta test. We know beta is just the first part. If you always understand I'm in beta, you can continue to grow and evolve without judgment always knowing that you're following your lightness and following what's true for you. There you have it.

Laura: I love the piece about the lab because that reminds me of something that was a positive in a therapy session or with a therapist. Experiment. View everything that you're doing as an experiment. That also plays into the curiosity piece too. I'm not going to assume I know this is how it turns out. Regardless of how it turns out, I learned something. It doesn't have to be a positive or negative associated with the what the outcome is. I love that. I think it is really a great thing to focus on.

Tiphonie: It's a lot easier.

Laura: Absolutely. With that, unfortunately we're out of time. We've had such a great, lively conversation that our time just flew by. Before we say goodbye, once more, Tiphonie would you just let people know where they can find the book and where they can find you?

Tiphonie: They can find the book anywhere books are sold, online go to Amazon or Barnes & Noble, SmashWords. Online retailers around the world. If you want some bonus goodies, who doesn't want bonuses, go to www.theradicalselfexpert.com. You can get a ton of free stuff there.

Laura: Yay! Thank you so much for being on the show. I look forward to using some of your tools.

Tiphonie: Yay!

Laura: Yay is always good! I will let you go and attend to the natives. I know that it's 9 hours ahead of Seattle where you are.

Tiphannie: It's 9pm. I'm going to throw them in the bath. Not throw them...

Laura: Put them in the tub.

Tiphannie: I'm going to put them in the tub.

Laura: Thanks so much Tiphannie.

Tiphannie: Thank you.

Laura: When we come back we will do this week's Light Bulb Moment, which is a focus on compassion versus competition. 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 was talking with Tiphannie Jamison VanDerLugt about her book, *The Radical Self-Expert*. You can find out more about Tiphannie at www.yaymeuniversity.com.

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

At the beginning of the show I was talking a little bit about being reminded once again about compassion versus competition. Where it came up for me recently was at the Jack Kornfield workshop that I attended 10 days ago. Over the past several months I've talked about it a number of times. For me, it was really showing up a lot in my driving experience. I could see where in many of my daily interactions that was my default mindset, the competition piece of it. I've been working really hard at shifting it but it requires constant vigilance. This has been my way of seeing the world for over 50 years. It has not switched overnight, although it definitely has gotten a lot better in a short period of time.

You might be asking why do I want to quit competing? Why do I want to quit competing or why would you want to quit competing? The

answer is because it creates anxiety and unhappiness for me. It's kind of like forgiveness. It's something that I do for myself. It's for my own well-being, not for the other person. Some examples of ways that I do it in my life, believe me there are a lot of them, the broad scope of it is anything I deem to be inconsiderate or unfair is me competing. Driving the things that bother me are someone cuts me off, someone pulls in front of me and goes too slow, someone is speeding and acts like I'm going too slow even though I am already going over the speed limit, someone doesn't take their turn in merging or at a stop sign. Other ways in stores or restaurants, someone might cut in line or the wait person isn't on top of things and isn't giving me the consideration I think I deserve. Someone gets served before me when I was there first. One other way this was really showing up for me and I hadn't really made the connection...this is the connection I made at the Jack Kornfield workshop is that I've been suffering a lot over the last 2 years or so with envy for others that have what I want. I don't mean materially. It's more envy of people like Oprah, where they've created something that I would love to create. I'd love to be as impactful on people's lives as Oprah has been. I have envy for her instead of...I won't say instead of because it's in addition to...I don't want to have that envy. That's me competing with her.

I like Eckhardt Tolle's example. He was asked in an interview one time, "Come on, really. When somebody cuts you off in traffic, don't you get a little bit angry?" He said, "No, to me it's like the wind blowing through my hair. Why would I get angry at the wind? It's just what it does." It's just the way it is.

The aha that I had around the envy part is that I really just have to embrace my own path and my own timing of things happening and be grateful for all the people that have been helped by Oprah or whoever it is that I'm feeling envious of. That's what it's really about. I have to ask my ego to step down and let my higher self lead. Any time we are in competition it's our ego that has taken over. Our higher self does not compete. It does have compassion. What it really turns into is me having compassion for myself, me not judging myself and comparing myself to other people, me saying, "I am on my path. I am doing what I'm supposed to be doing. I'm showing up in the way that fulfills my purpose." It doesn't have anything to do with Oprah or anybody else. It is all about me really. It's having compassion for myself.

In some of those other situations that I mentioned like the driving, being in a restaurant, those are all about having compassion for the other person and saying, "I don't know what's going on in their life. I

don't know why things are going this way, but it's not about me. I don't need to be upset about it."

If you feel like maybe you compete a little bit too much in your life, and probably all of us do because that's the culture we've been raised in, what is it that you can do? Here's a checklist for you. Notice situations where you feel angry or anxious. For me, those are real clues that there's some kind of comparison going on where I'm competing with someone in some way, even if it's not at a conscious level. Notice when you're feeling injustice, envy, or that the other person is being inconsiderate. Again, those are comparison times, competing times. When those things come up, ask yourself these questions. Can I be nonreactive? Can I take a key from Eckhardt Tolle and let the wind blow through my hair without it meaning anything? Without me engaging with it? Can I feel compassion for the other person? Maybe they're having a bad day. I just don't know what's going on in their life that has led to them to act in a way that I don't like. I can have compassion for the fact that at their core they are a good person, just like I am. I don't know what's causing them to be this way. Finally, can I have compassion for myself? I'm not Oprah, but I'm still pretty fantastic in my own way. Can I value what my unique gifts are without comparing those to other people.

Those are the steps, if you really want to start stepping out of competing and stepping into compassion for others and compassion for yourself, noticing when you're in that competing mode. Then shifting, shifting to compassion for the other or compassion for yourself depending on which it is that is triggering you at the time.

I want to remind you that tomorrow I'm going to be filling in for Dr. Pat on the Dr. Pat Show at 11am Pacific, 2pm Eastern. I'll be sharing some other great aha's that I had during that weekend with Jack Kornfield 10 days ago. I'm also going to be taking your calls during that show to help you apply those tools in your own life. If you have something that's going on for you, that you need some help addressing, I'm going to be taking calls where I can help you with that.

I want to thank my guest today, Tiphonie Jamison VanDerLugt, for sharing her great information on becoming an expert about yourself, taking in information from the other experts and then applying it where it works for you. I want to thank you all 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, 7pm in

the UK on KKNW in Seattle, WBLQ in Rhode Island, or anywhere at www.thelauralongleyshow.com. Have an expert week and I'll see you back here next time!