



***The Dr. Pat Show  
Laura Longley sits in for Dr. Pat today and shares her greatest  
lessons learned from Jack Kornfield and takes your calls  
May 6, 2014***

**Laura:** Good morning. I'm Laura Longley from the Laura Longley Show on Transformation Talk Radio. Today I'm filling in for Dr. Pat as she gets a much deserved break. Stay with us for the next hour and let us help you experience ways to get unstuck and live an inspired life full of meaning, purpose, and happiness.

Not this past weekend, but the weekend before I had come to the 2 day workshop with Jack Kornfield. For those of you who don't know who he is, he trained as a Buddhist monk in the 60's. He is also a psychologist. His first book was published 40 years ago. Since then he has published many more books and he's very active in healing the trauma and violence in our world. He has a very Buddhist perspective, which for those of us who are familiar with the Dalai Lama we know is one of compassion for the rest of the world as well as for ourselves.

Today I'm going to be sharing some of the great ahas, learnings, reminders that I got when I attended this workshop 10 days ago. I'm also going to be taking your calls to help you to apply these tools to your own life. Feel free to call in at any time with a question or a situation where you need some coaching or guidance. The call in number is 800-930-2819. I'm happy to take your calls on any topic that you need some help with.

I am going to start out by talking a little bit about compassion versus competition. This is a topic that's been really, in my mind, and I won't even say in my mind, in my practice around making shifts in my own life for about the past 6 months. For those of you who also listen to

my show, which by the way is on Mondays at the same time, 11am Pacific, 2pm Eastern, you'll know that I've talked about this several times in the past where it really came up for me, where I got really conscious about it 6 months or so ago, was when I was doing a long drive. I do what I call driving meditations. I go out and on a weekend day I'll just drive. For me it is a meditation. I don't listen to music. I don't listen to a book on CD or anything like that. It allows my mind to just kind of flow.

I was doing one of these and I realized I had gotten into a competition with this other driver on a freeway where it was two lanes going each direction. This guy was behind me and he evidently thought I was going too slow. He was in the right lane. He pulls out, passed me, and pulled in front of me and proceeded to go slower than I had been going. My initial reaction was like, "What the heck? Gosh darnit. Why didn't you just stay behind me or stay in the other lane?" I was all ready to pull out and pass him and I'll show you that I can go faster than you. I got consciousness about it where I went, "Wait a minute. Why do I care? Why does this matter to me?" That, for me, was really, it's not that I hadn't been aware of these things in the past, but it's like the crystallization moment for me.

Over the last several months since this happened, I've really been focused on this quite a bit and really been working at shifting it in my own life. It's a practice. I've been a certain way or approached things a certain way for 50 years. It takes a while to make that shift. During this workshop that I went to this came up for me. Compassion. That's what Buddhism is all about, compassion. Having the comparison with competition really continues to keep it in the forefront of my mind.

Let's talk a minute about why do I want to quit competing. Why do I care that I was having this inner dialogue with this guy that was not driving the way I thought he should be? It creates anxiety and unhappiness for me. It's kind of like forgiveness that it's something that I'm doing for myself and my own well being. It has nothing to do with this other person.

Compassion is all about love where competition is about fear. Fear is the opposite of love. I'm sure many of you have heard that in the past many times. When we love ourselves and others we don't have to compete with anyone else. It's all internal. Fear is really about that we think we're not good enough. Whenever we find ourselves competing with someone else, it's always about our fear of not being good enough. It's about our fear of being judged by others, our fear of not

getting what we feel entitled to, thinking that we have to prove ourselves in order to be good enough, letting other people's standards run our lives and proving ourselves to someone else, and ultimately that fear that we just don't measure up. That's why we compete. We feel like we have to show people that we deserve to be here. I deserve to have whatever it is I have or get whatever it is that I want.

Some examples of competition in my life besides the driving one are...this is part of the consciousness I came to 6 months ago when I had that aha moment during that driving meditation. I saw how this competition impacts my entire life. It was my mindset. It was always me against somebody else. I just don't want to be that way because I just don't...it's like I don't value that way of being, but again, it creates so much anxiety for me. It's like if I walk into a coffee shop and there's kind of an unformed line, people are milling about, then I get this fear that somebody else is going to get served before me who came in after me. Who wants to feel that all the time? That's another way that it shows up for me. Maybe somebody is not treating me the way I think I deserve to be treated. When I think someone is being inconsiderate or unfair, that's another time I'm competing.

The big one I really hit upon during this workshop 10 days ago was about envy of others who have what I want. This is my big one to work on. I don't mean material things. It's people who have a life that I want. For me, the biggest example is Oprah. I would love to be Oprah, not because of the millions of dollars she has, but because of the impact that she's had on people around the world, and the esteem that she has because of that.

What I realized is that this envy of others is again competing with them. I really just have to embrace my own path, my own timing, and be grateful for all the people who have been helped by Oprah or others like her. It's really what it's about. I need to ask my ego to step down and let my higher self lead. Really, this turns out to be self compassion. That is not judging myself for being not where I think I should be. You can see, I'm kind of competing with myself in that way.

One other way I want to express this to you is I read or heard somewhere that during an interview that a journalist was doing with Eckardt Tolle, they just couldn't believe he could be so non-reactive to whatever is happening around him. The guy was like, "Oh, come on. Really? Somebody cuts you off in traffic and you don't get mad?" What he said was that when the wind blows through my hair I don't get mad at the wind for messing up my hair. It's the same thing to him that

this person who cut me off in traffic, it wasn't about me. It had nothing to do with me. Why would I get upset? That is what I try and hold onto around this being non-competitive.

I'm going to stop there for a minute and ask Benny, do we have any callers?

**Benny:** The phone lines are open, 800-930-2819 is the number if you'd like to join us and Laura Longley, who is filling in for Dr. Pat on the Dr. Pat Show. 800-930-2819.

**Laura:** I welcome any of your questions about what I'm saying or any situations in your own life you need some help working through, I'd be happy to do. I want to just kind of summarize this piece around compassion versus competition in terms of you're listening to me going on about this and how it's affected my life. Well, what about you? What can you do about it? If you are noticing as we're talking about this that you have this issue around competition the same way I do, which probably you do because that's the way our society is based, we're based on competition here in the United States...here's what you do, notice situations where you're feeling angry or anxious. Look, do I have feelings of injustice? Like me in the driving situation. Like it was unjust that this guy went in front of me and then went slow. Do you have feelings of envy or the other person being inconsiderate, not caring about you?

When those things are there, ask yourself, can I be non-reactive? Can I just let the wind blow through my hair, like Eckhardt Tolle says? Can I feel compassion for the other person? I don't know what's going on for them. I don't know if they're having a bad day. I don't know if their mother just died. I don't know what's going on for them. I just know it's not about me. If I can have compassion for them, I can let go and know it's not about me. Can I have compassion for myself? I'm not Oprah, but Laura is pretty fantastic in her own right. Can you value what your unique gifts are without comparing yourself to others? Those are the ways to start making the shift into compassion for others and for yourself and reducing the amount of competition that you have in your life.

We're going to take a quick break right now. I'm Laura Longley and you're listening to the Laura Longley Show filling in for the Dr. Pat Show, where authentic change takes flight. You can find me on Facebook at the Laura Longley Show and at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). We're going to take a quick break and

when we come back we'll take calls. If we have any callers, feel free to call in anytime with a question or situation that you need help with at 800-930-2819. I'd love to take your calls. Stay tuned and we'll be right back.

[Commercials]

We're back on the Dr. Pat Show. I'm Laura Longley on the Laura Longley Show filling in for Dr. Pat today. Today what we're doing is I'm sharing some information and ahas that I had from a weekend workshop I went to about 10 days ago with Jack Kornfield. What we were talking about during the first segment was having compassion for self and others versus competing with self and with others. Also, I'm taking calls. Anyone who has questions about what we're talking about or if you have a situation in your own life where you can see this might apply but you're not really quite sure how to do it, feel free to call in at 800-930-2819 and I'd love to speak with you.

What we're going to do right now is kind of anchor in internally this idea around compassion. What I want to do is a loving kindness meditation. I'm just going to walk you through it. It's kind of a guided meditation. We're not going to have any music or anything in the background. It will just be me speaking. If you're in a place where you can do this safely, in other words you're not driving and you can close your eyes, then I invite you to close your eyes, take a deep breath, and just focus on feeling your breath, feeling your breathing. You can feel it around your nostrils or in the back of your throat. Maybe you feel your abdomen or chest rising and falling with your breath. Just focus on that and try and just keep anything external from entering into your consciousness. Focus on that breathing. We're going to go through a couple of rounds. This is a Buddhist meditation called the loving kindness meditation. We're going to do it for ourselves, we're then going to do it for someone we love, then we're going to do it for someone we're struggling with, someone we're having some conflict or difficulty getting along, and then we're going to do it for the world, for everyone in the world. Stay with me in this meditation.

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

Now think of someone that you love in your life that you wish these things for as well.

May my loved one be filled with loving kindness. May my loved one be well. May my loved one be peaceful and at ease. May my loved one be happy.

Now think about someone that you struggle with, that you have difficulties with. Let's do it for that person.

May this difficult person be filled with loving kindness. May this difficult person be well. May this difficult person be peaceful and at ease. May this difficult person be happy.

Finally, we're going to wish this for everyone in the world. Again, following your breath and listening to my words.

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

This is a very simple meditation. We're going to wrap it up now. You can open your eyes. It's a very simple meditation. It's just four lines. I love to do it for people that I'm having difficulty with. It helps me with my compassion for them as well as it sends out that vibration to them that I wish them well and I want them to be happy. I want them to be well and peaceful and at ease. I find it's really helpful at letting go of competition to do this meditation for anyone who I feel like I'm struggling or having conflict with them. It lets me bring to that situation a different focus.

That kind of wraps up the compassion versus competition segment of our show. What I'm going to move into talking about now is forgiveness. Forgiveness really is compassion for yourself. It's alleviating your own suffering. When we relive how we've been wronged we prolong our own suffering. I'm sure you've probably heard that saying that goes something like choosing to hold on to grievances to punish the other person is like taking poison and expecting the other person to die.

When we hold onto our hurts and our grievances against other people, we're the one who suffers. They might be off having the best vacation in Hawaii you've ever heard of never even thinking about you once and you're at home, "Oh my God this person is so awful. This person was mean to me. They did this thing that was unforgivable." Notice unforgivable? Everything is forgivable. That's a good example of you're there suffering because you've been hurt by this person and can't let go of it. They're off doing whatever. They don't have a

thought about it. Holding onto that hurt does not serve you in any way.

What we really mean when we talk about forgiveness is we're releasing all the negative energy that you feel around whatever happened that you need to let go of in order to lead to having your own happiness. You can do a meditation kind of like the loving kindness meditation that is a forgiveness one where you consciously wish this person well. You release the grievance that you have against them and choose not to focus on it anymore. I do want to point out here that forgiving someone does not mean that what they did was okay. Forgiving them is about healing yourself. It's not about them in any way. It's not condoning what they did. It's not saying what they did was okay. If you forgive someone it does not mean you have to have a relationship with them. If this person is a dangerous person for you, if they will continue to do hurtful things, don't have a relationship with them. At the same time do not hold on to the hurtful things they've done in the past because in that way they continue to hurt you. You want to forgive them. You want to relieve that hold that act had on you.

I'll tell you one of the things Jack Kornfield said about forgiveness during this workshop. He's a great story teller. He loves to illuminate what he's talking about with stories and some of his stories are about himself. Some of the stories are about other people. He told a story about himself and forgiveness. I'm not going to get it exactly right. Basically, it was when he was in his Buddhist training. He asked his teacher about forgiving. I can't remember if it was a specific instance he needed to forgive. What his teacher told him was to do 3 minutes of forgiveness every day for a year.

The reason I want to share that with you is it highlights that forgiving is not easy. If you work on forgiving someone who has harmed you and you're really having difficulty letting go of the hurt, know that that's okay, that's normal. That's what happens. It takes repetition and it takes time for us to be able to really...especially the big things.

That leads into the other piece, which is self forgiveness. Don't judge yourself for not being able to forgive this person who has hurt you or forgive this hurt immediately. Don't judge yourself. Forgive yourself for not being the super hero who can immediately forgive a big hurt. Self forgiveness really is the most difficult type of forgiveness for us to implement. We are all our own worst critics. I would challenge you to go through a day and notice every time you say something negative

about yourself. I haven't ever done this, because it's like you'll get up to hundreds of times every day. Our thoughts come that fast that frequently that we're judging ourselves all the time. Don't add onto that by judging yourself on how you do forgiveness.

If you want to forgive yourself for things that have happened in the past, then it's again, the same kind of process. It's having compassion for yourself. A lot of times it's acknowledging that we did the best we could at the time. We either didn't know better, or that we have since then learned why it was not a good thing to do, or it came from our own hurt, our own pain. Lots of times, that's when we hurt other people is when we are in pain. Working on self-forgiveness is very much like working on forgiving someone who has hurt you. It's constant. We need to do it every single day. It's part of my daily practice is to ask myself, "Who do I need to forgive? What do I need to forgive myself for?" There's always something.

There's another saying that I'm just going to close out this forgiveness piece with this other thing. Forgiveness is giving up all hope for a better past. When we replay those things over and over and over that have hurt us in the past or things that we regret that we need to forgive ourselves for, it doesn't change the past. We have to remember that. Replaying these things does not change what happened. We need to release them so that we can be happier. Forgiveness is giving up all hope for a better past.

On that note, we're going to go ahead and take another break. I do want to remind you that I'm taking calls. You can call it at 800-930-2819 either with questions about what I'm saying, comments about what I'm saying, or if you want to have help with applying the tools to a situation in your own life and you need some guidance about it. I'm happy to talk with you about it.

I'm Laura Longley. You're listening to the Dr. Pat Show where I am filling in. You can find me on Facebook at the Laura Longley Show and at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). We're going to take a quick break and when we come back I'll share more of my learnings from Jack Kornfield and take your calls. Stay tuned and we'll be right back.

[Commercials]

We're back on the Dr. Pat Show. I'm Laura Longley from the Laura Longley Show filling in for Dr. Pat today. Today we're talking about some of the learnings I had from a workshop I attended about 10 days



ago with Jack Kornfield. So far we've talked about compassion versus competition and forgiveness. I understand that we have a caller. Is that right Benny?

**Benny:** We certainly do. If you'd like to join us, Laura Longley is actually filling in for Dr. Pat today on her show, it's 800-930-2819 is the number. 800-930-2819.

**Laura:** If you want to call in and you have something constructive you want to talk about you can reach us at 800-930-2819 and I'd love to speak with you.

What I'd like to do now is go ahead and do a meditation around forgiveness. This one might be a little bit longer than the one we did for loving kindness. We'll go ahead and it's a guided meditation. No music or anything. Again, if you're driving or any place where you can't close your eyes, please don't do this. Everyone else, I would love for you to join in because through our consciousness, our joint consciousness we start to make shifts in the world.

Start by taking a deep breath in. Release that. Just focus on your breathing. Focus on feeling the breath either in your nostrils or the back of your throat. Maybe with your stomach rising and falling or your chest rising and falling. As I speak these words, just take in what it means to you and put out this forgiveness into the world.

Have forgiveness in your heart for anything you think you've done wrong. Forgive yourself for all the past omissions and commissions. They are long gone. Understand that you were a different person and this one is forgiving that one that you were. Feel that forgiveness filling you and enveloping you with a sense of warmth and ease.

Think of your parents. Forgive them for anything you've ever blamed them for. Understand that they too are different now. Let this forgiveness fill them, surround them, knowing in your heart this is your most wonderful way of togetherness.

Think of your nearest and dearest people. Forgive them for anything that you think they have done wrong or are doing wrong at this time. Fill them with your forgiveness. Let them feel that you accept them. Let that forgiveness fill them realizing that this is your expression of love.

Think of your friends. Forgive them for anything you have disliked about them. Let your forgiveness reach out to them so they can be filled with it, embraced with it. Think of the people you know, whoever they might be, and forgive them for whatever it is that you have blamed them for, that you have judged them for, that you have disliked. Let your forgiveness fill their hearts, surround them, envelop them, be your expression of them.

Think of any special person who you really need to forgive, towards whom you still have resentment, rejection, dislike. Forgive him or her fully. Remember that everyone has issues. Let this forgiveness come from your heart. Reach out to this person. Complete and total.

Think of any one person or any situation or any group of people whom you are condemning, blaming, disliking. Forgive them completely. Let your forgiveness be your expression of unconditional love. They may not do the right things. Human beings have issues. Your heart needs forgiveness in order to have purity of love. Have a look again and see whether there is anyone or anything anywhere in the world towards whom have blame or condemnation. Forgive the people or the person in your heart. Put your attention back on yourself. Recognize the goodness in you. The effort you are making, feel the warmth and ease that comes from forgiveness. May all beings have forgiveness in their hearts. Once again, just focus on your breath for a minute or two, let that sink in.

Thank you for participating in that because I truly believe that this is how we change the world, is by us being different, letting go of those resentments, letting go of that competing. This is how we change the world and make it a better place.

This kind of leads into our next topic very well. What I'm going to talk about now is love versus attachment or codependence. Part of what we forgive other people for is them not meeting our expectations. That's going to come up in this next topic that we're going to talk about.

Love really is the goal for each of us. This is the place where we want to come from. There is love or there is fear. I either approach a situation believing that we are all good and that we will do the best thing, or approach it from fear, which makes me defensive and makes me act in ways that are not loving.

We all want to try and strive as much as possible and come from a place of love. It's not easy. It really is not because there are many things in the world that lead us to be fearful. We have many experiences beginning from early childhood that lead to fear, either fear of physical, emotional, or psychic harm in some way. It is a constant need to shift to love, shift to love, shift to love.

When we think of loving a specific person, that love allows the freedom of the other to be who they are, to be the person underneath it all that we love. Once we begin to have expectations of this person in order to continue to love them, in other words you have to call me every day, you need to send me flowers on my birthday, you need to take out the garbage without me asking you to, when we start to attach those kinds of things to whether or not we love this person, it's no longer love. Then it becomes attachment or codependence depending on which side of the coin we're on. It's either our expectations of the other person playing into our inability to love the for who they are, or we are overstepping and doing too much for the other person in a co-dependent situation.

When we place those conditions on our love, it is no longer love. Love is freely given. It doesn't have conditions. When we love someone we want the best for them. I think as a parent I think of this a lot in relationship to my son. The problem is it's not our job to make them happy. There is...especially with younger kids, there is this fine line between giving them appropriate protection and being overprotective. It's not our job to make them happy. It is their job to learn what makes them happy and to be happy in their own right.

There was a line in one of the meditations we did in this weekend workshop, and I'm not going to get it exactly right. This is how I remember it. This really resonated for me. This is why I'm sharing it with you today. Your happiness or suffering is a direct result of your own actions. My wishes for you cannot change this. As a parent, I see this so much in my child where you can see the train wreck coming. You know I need to do something different or else they're going to get hurt. I can't change that. They have to learn on their own.

When you think of relationships where you love someone. Perhaps you are being what we call codependent where you're stepping into their area of control. Think about this. Really, their happiness or their suffering is their own choice. It is chosen by their own actions. We really cannot change it for them. They have to learn to do that themselves.

There's a little bit more I want to say about this particular piece of it, the attachment or codependence versus love, but we're coming up on a break. We're going to go ahead and take a break first. When we come back I'll finish up this topic. I'm Laura Longley. You're listening to the Dr. Pat Show where I'm filling in today. At the Laura Longley Show we are where authentic change takes flight. You can find me on Facebook at the Laura Longley Show and at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). If you want to call in with any questions or situations you need help with, feel free to do that at 800-930-2819. We're going to take a quick break and we'll be right back.

[Commercials]

We're back on the Dr. Pat Show. I'm Laura Longley filling in for Dr. Pat today. My show is the Laura Longley Show which airs on Mondays at this same time, 11am Pacific, 2pm Eastern. Today we've been talking about some learnings I had from a workshop I attended with Jack Kornfield about 10 days ago.

Before we continue with talking about love versus attachment and codependence, we do have a caller. Cathy. I'd like to welcome Cathy to the show.

**Cathy:** Hi.

**Laura:** Hi, how are you?

**Cathy:** I'm good. How about you?

**Laura:** I am well. What can I help you with?

**Cathy:** Well, I've been feeling kind of a bit in a slump, I guess. I've had a lot of things going on. At some point we're going to need to move from where we've lived for 20 years because our land-lady is aiming on selling the property, which is difficult to sell. She showed up unexpectedly here yesterday with a prospect. Again, it kind of got me spinning around. I'm kind of an empty-nester at the same time.

**Laura:** That's what I was going to say. It sounds like a bit of adjusting to change, it sounds like what you're struggling with. Is that fair? A lot of things changing.

**Cathy:** I spent so much time making the nest and all of that. I really don't even know how to start living before the nest, so to speak.

**Laura:** What I would suggest, this isn't one of the topics we talked about on the show today, but it's one I talk about pretty frequently. What I would start with is two things. I would start with gratitude for all those years that you've had this house you love being in. Also, gratitude for the time you had with your children at home. Get really specific about all the things that really you are so grateful for in that experience over all these years. Focusing on saying thank you for these experiences that I was given and really appreciating those, which I know you do, but getting very conscious of appreciating them.

The other piece I think you need is to allow yourself to grieve because things are changing in a couple of big ways. You've lived in the same place for a very long time. Your children have been with you for a very long time. Even though these aren't necessarily negative changes, still every time something changes in our lives there is a loss. Even though it might be a positive, forward movement, we're still giving up what we've been used to. Allow yourself to have some grief that you're not going to be in the same environment that you have been for so many years. Also, that your environment, even if you were in the same house, is going to be different because the people who are there are not the same. That's where I would start.

**Cathy:** Start with the grief.

**Laura:** Grief and gratitude. The "gr" sounds. Grief and gratitude.

**Cathy:** Oh, that's good. Do your grrr work.

**Laura:** You know they used to have those clothes for kids, Grranimals. That's what it makes me think of.

One other thing that you could do that could help you move forward into whatever is going to show up next is using what I call asking questions of the universe. It would be just, "What's next for me God?" Or spirit, source, universe, whatever word you like to use. Just asking them on a daily basis, "What's next for me? What do I have to look forward to? Show me what's going to be joyful in my life going forward."

**Cathy:** I like that. Thank you.

**Laura:** That will help you make a shift. I hope that will be helpful.

**Cathy:** I'm going to write that down.

**Laura:** Good. If I don't write it down I don't remember. Good for you. Thank you so much for the call Cathy. I hope that helps you get out of your slump.

**Cathy:** Thank you. I think I feel some edges shifting here.

**Laura:** It is. It's a shift in energy. You're focusing differently.

**Cathy:** Yeah. Thank you again. It's been wonderful talking with you. I listen regularly. This is the first time I've actually called.

**Laura:** Good. I'm glad you did. I love to talk to people. You enjoy the rest of your day.

**Cathy:** Thank you. You as well. Take care.

**Laura:** Thanks. Bye! I'm real quick going to finish up with one more thought I had about love versus attachment or codependence. That was during a meditation I had at this workshop. One of the things that came up for me, the thing that came up for me was an aha about my relationship with my mother. We struggled for who was in control. I felt like I always had to fight against her trying to control me. I recognized in this meditation that in my own way I also try and control her. I saw how I can release any perceived responsibility for her happiness, remember that statement, your happiness or suffering is a direct result of your own actions. I can release any guilt that I feel because I am not making her happy and give that responsibility back to her. She might not understand it and that's okay. It's her path to learn or not learn that her happiness is her own responsibility.

What I learned in this meditation is I can just say to her, "I know that whatever you choose will be right for you. You're a smart person and you've made many good decisions throughout your lifetime." I just hand it back to her. It's not about me trying to control what she does or being upset when she asks for my advice and then doesn't take it.

That's wrapping up love versus codependence in that case. Now it's really time to wrap up the show. Boy, this hour went by fast and I'm really grateful that I had an opportunity to be here and fill in for Dr. Pat. Let me just say that again, my show is on Mondays at this same

time. You can find me at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com) and also on Facebook at the Laura Longley Show.

I want to thank Dr. Pat for allowing me to fill in for her today. I want to thank all of you for tuning in. Cathy, thank you for filling in. Please join me on the Laura Longley Show every Monday at 2pm Eastern, 11am Pacific on KKNW in Seattle, WBLQ in Rhode Island or anywhere at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). Have a great week and I'll see you back here next time.