



***The Laura Longley Show
Create More Calm, Focus and Joy Through Breathing
with Heidi Thompson
May 12, 2014***

Laura: Good morning. I'm Laura Longley and you're listening to the Laura Longley Show on Transformation Talk Radio. This is 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 Heidi Thompson, author of *Calm Focus Joy: The Power of Breath Awareness, A Practical Guide for Adults and Children*, about how just breathing, which we all do anyway, can reduce stress in our lives and bring more peace and joy.

First, we're going to start with our healing meditation as we do each week. The last few weeks I've switched it up to where we're not doing a specific topic. Today, what we're going to do is I'm going to ask you during the music to just focus on opening your heart and sending love and healing to anyone, anywhere who needs it.

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

I'm so excited. I really just have to share my news with you. I have my car back. As those of you who have listened to the show for a while know when I sold my house last summer and I moved downtown I put my car in storage. Part of my deal was that I wanted to really use public transportation, do more walking, live a little more of a different lifestyle without a car. It was a great experiment, but I learned that Seattle is too spread out for me to be able to do the

things I want to do without a car. I found I was really limiting my activity because I didn't want to take the bus at night, it was too far to go, or there was no easy way to get to my destination taking the bus. I took my car back. I am so excited about it. The other thing is I noticed I have a need to roam by car. I've talked before about my driving meditations. I just really missed getting in the car and going for a drive. I did that yesterday. I'm very grateful I have a car and I have it back in my use again.

On a different topic, as I've mentioned here before, I have two cats. Their names are Candy and Jinx. I recently had some really fabulous learning about how our pets mirror what's going on for us. During this week's Light Bulb Moment later in the show I'm going to share a bit more about what I found out and how it impacted my life and also the life of my cats for the better and how you might look to your own pets for your source of learning. Be sure and stay tuned for that towards the end of this show.

For now, let me go ahead and introduce today's guest. Artist, author, and teacher Heidi Thompson has been practicing breath awareness, an ancient Vipassana meditation technique, for more than 30 years. Since practicing this technique, Heidi has experienced many positive changes in her health, creativity, relationships and happiness. Wanting to help children, Heidi pioneered a program called Mindmastery and was one of the first to teach breath awareness to children in public schools. Based on the success of Mindmastery, she compiled her program's instructions, teaching strategies, and stories into a practical how to manual that evolved into her recently published book, *Calm Focus Joy: The Power of Breath Awareness, A Practical Guide for Adults and Children*. Heidi conducts breath awareness workshops and lectures and spends time painting and exhibiting internationally. Let's welcome Heidi Thompson to the Laura Longley Show. Hi Heidi.

Heidi: Hi Laura. How are you?

Laura: I am well. How about you?

Heidi: Very good, thank you.

Laura: How are things up in Canada?

Heidi: Gorgeous. Lovely.

Laura: We're having gorgeous weather down here too. Of course, in Seattle it's less common than where you are, but we're very happy about it.

Your book is really about how to incorporate the Vipassana technique so that we can have a more peaceful life. Peace is not in the title of your book, but that's what I relate to it. That correlates the peaceful part?

Heidi: Yes, very much.

Laura: When we talked last week you shared with me that really there are two different schools of thought or teaching on Vipassana. I had mentioned I went to a workshop with Jack Kornfield a couple of weeks ago. He also teaches Vipassana. It's a different method than the one that you use.

Heidi: I don't know...I'm not an expert in the history of the various traditions. There are actually more than 2 that I know. They are based on teachings from Buddha. He had many teachings. You can almost pick the level of teaching that you want and then use that level to start your path. It's really which part of his teachings you decide to follow. Jack Kornfield, as far as I know, I'm not exactly sure exactly how he's teaching, but he's taking a certain level, a certain teaching that came from Buddha and introducing it into North America. It's been very popular. It's perfect for many people who want to start meditating. The tradition I started learning was slightly different, still from the same teaching. It uses a different approach to meditation. I can explain them a little more as we go along.

Laura: Yes, as we go along would be great. I did share some of my learnings from that workshop on the show last week. It would be great to get a little bit of that contrast, perhaps. Before we do that, I'd really love to hear how you discovered Vipassana and really what your own personal story with it has been.

Heidi: Thank you. I was brought up in a family where my father was a son of a minister from Europe. He was sort of in a different tradition. My mother was looking for more eastern philosophy tradition. I was surrounded by different traditions, spirituality. When I left home I was on my own to find out where I wanted to go with it. I discovered that meditation was something that really appealed to me where you sit and experience yourself and the knowledge that you gain is actual knowledge of your own experience. That seems to lead to these

flashes of wisdom and peace. It just appealed to me, this idea of sitting and working through your own battles.

I was following different traditions of meditation for about 10 to 15 years. Then I came across Vipassana, which was taught in the goenka method, or tradition. People who know Vipassana will know this tradition. They offer 10 day courses all over the world where you go for 10 days of silence. They feed you. They give you a place to sleep. They teach you this technique, which is kind of a 3 part technique. For the first 3 days of the 10 days you learn breath awareness, which is suitable for children, which is lovely and why I started teaching it in school. The second part of the technique is the Vipassana part. If you translate Vipassana it means different things, it's being aware of your reality. You're not imagining anything. You're just being aware of your molecular reality and you're aware of how your molecules arise. They make a sensation and they pass away. It's just the nature of our bodies. Then also, the nature of our mind is that thoughts arise. They stay a while and then they pass away. This is Vipassana technique where you go with your awareness into your body where you observe the sensations and the nature of sensations. The third part of the technique, which happens at the last day of a 10 day course, is to take this introspection, this analyzing of your own body, which is sometimes painful, sometimes a lot of stuff comes up and it's a little therapeutic, you shift your attention to sending out, just like your meditation you did prior to starting to talk, you send out loving kindness. It's called meta, to people who need it or people you want to send your love out to.

Those three techniques are combined to create this wonderful whole where you first focus your mind with breath awareness so it's laser sharp and calm. Then you take that tool, that new attention you've developed, go through your whole body, and discover all the sensations, very, very subtle sensations. At the end when you've cleaned out a lot of stuff that you've been harboring and you feel very pure inside, you sort of come out of a lot of bad habits. You just need control of your body. Then you have the love to send out to others.

That technique I really enjoyed learning. That was in 1983 I went to my first course.

Laura: And I'm going to stop you at this point because we do need to take a break. When we come back I'd love to hear how that impacted your life because that's what this book is all about, helping other people live a better life, live a more calm, joyful life. We're going to go

ahead and take a break right now. I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. When we come back, Heidi will share more about the Vipassana technique and how breath awareness can bring calm and joy to your life. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Heidi Thompson, author of *Calm Focus Joy: The Power of Breath Awareness*. Before we talk further, Heidi I would love for you to share with listeners where they can find the book and where they can find out more about you.

Heidi: I have a website with the same title as the book, www.calmfocusjoy.com. The book is available everywhere, Amazon, Barnes & Noble, Kindle for \$0.99. It's everywhere if you're interested. It's very helpful for parents who want to introduce breath awareness to their children or teachers who want to introduce it to students, and for adults who just want to learn the technique well and pass it on to others.

Laura: Let's talk briefly for a moment before we give a little exercise to listeners. Why do I care? Why do I want to do this?

Heidi: I think the greatest freedom we have in life is to have mastery over our minds. We all know that our minds are somewhat lacking. If we have a habit or suffer an addiction, if we suffer a mood disorder, all of these conditions, which are not very nice, they are to do with their mind. The healthier our mind, the happier our life will be, we'll make better decisions and choices and be proactive. Finding tools that actually develop the brain are very helpful. Breath awareness has been proven even scientifically. It actually develops brain parts, expands the gray matter in the brain. It expands the cognitive ability. It raises IQ. It actually, physically changes the brain. While it's doing that, you experience moments of great peace. In this peace you find your purpose. It's very, very therapeutic. That's why we need it. Everybody has always needed it. This technique dates back 5,000 years, it's been used successfully with people to change their lives, bring in this peace and clarity that is so needed.

Laura: You're going to give a little exercise to listeners that they can do while they continue to listen so that they can get a little taste of what this is like.

Heidi: Yes, I think giving a quick instruction...it's the simplest technique I have ever come across. It can be learned in a minute. It can become a lifetime changing exercise. If we want to learn the technique I'll just go through the three techniques to know.

The first is once you feel you need some more peace in your life, you want to gain mastery, the first step is to make a decision...yes, I want to experience myself at a different level. This determination, this choice is the first step. Without it, it wouldn't happen. Once you've made a decision, I want to experience more peace, I want to know myself, the next step is to do the physical act of breath awareness where you sit. It can be in a chair. It can be on the floor. The key to sitting is your back is straight and free of leaning back. That is because when you're leaning back on something, your mind isn't as sharp and you're not developing your focus as well as if you're sitting straight.

Once you've found a position that is comfortable but your back is nice and straight, not leaning back, then you do a very...it's very simple. You take your attention, which is normally on your thoughts, in your imagination. I sometimes use the metaphor of a lighthouse with a light which is always shining on your thoughts, looking at your thoughts. You take this light and you swing it around and then you focus on the little area just below your nostril, it's about a centimeter circle. You keep your attention focused on that one patch of skin underneath your nose. Sounds kind of corny, doesn't it. It's enlightening.

You keep your attention focused on that spot. You don't let it waver anywhere in your body. You don't go inside your body. You don't go anywhere. You stay there. This is why it's so different than a lot of meditation techniques. Once you focused on that patch of skin, see if you can feel the breath touching that part of the skin. It's very subtle. If you're inside temperature and outside temperature are the same it's going to be even more difficult. It is important that it's a very subtle sensation. It forces your mind to be more subtle and sharp. If you can't feel the touch of breath, you can go inside your nose just a bit until you can feel something. Then gradually come back to the patch between your nose and your upper lip.

Once you feel a sensation of breath, you might also start feeling a sensation of pulsing or sweat or heat. Any sensation that you feel there will become your object of focus. Just try it for a second. See if you can feel something in that area. You're not imagining it. You're just feeling it. This sensation is the secret of doing this technique

successfully. Throughout centuries, this secret has been lost. People have thought sensation is feeling and feeling is emotion. People get all confused. If we focus on sensations of your body, that's it.

Then the third part of the technique is to remain calm no matter what happens. Choose a time to do this. Let's say you start with 10 minutes. Set the timer.

Laura: Yes, always set the timer because you're going to be peeking at the clock if you don't.

Heidi: That's right. At about 8 or 9 ½ minutes, your subconscious mind is going to react and say, "This is ridiculous. I'm out of here." Your subconscious mind does not like this exercise. Normally, it just wants to push you here, push you there, distract you with this, distract you with that. All your life, since you were a baby, your mind has been jumping around. Now you're focusing on one single thing and your subconscious mind will react.

The longer you stay with your sensations, the more your subconscious mind starts reacting and the more it reacts, the more you can exercise your self-discipline. The more you can stay calm, no matter what happens, no matter what thought pops into your mind, you always focus back on the spot. You are developing incredible strength. That's the beginning of mind mastery. You're training your brain to stay focused. This is really amazing because you can do it for one minute and you will see a change in your brain. If you do it for 20 minutes, even greater changes. The more you practice the stronger your brain gets and the more you're able to focus and not let distractions, no matter how painful they are, disturb your peace. This is the beginning of true peace, not reacting.

Laura: One of the scientific things that I have read and maybe you can speak to it a little bit more is that our mind gets in there and wants to distract us. That is normal. The more it happens, each time we bring our focus back to that point, we're creating a new neuropathway.

Heidi: Exactly.

Laura: It's actually...people get frustrated because "my mind is too active. I can't do it." What I try and tell people, and you tell me if what I'm telling them is true, that it's actually to their benefit when their

mind is really active because it is building that neuropathway that then is going to make going to that place easier.

Heidi: Yes. I'm not a neuroscientist, but I know from reading that your brain starts out like the bush of neuropathways. We have I think twice as many little networks going on. As we get educated, and as we repeat our behaviors, we do the pruning, brain pruning. Until we prune down this big bush, until we get those pathways that serve our survival, whether it's language pathways, behavioral pathways, so that we adapt to the world that we have been born into. Every country you're born into a different language and custom. We become survival animals with these pathways.

I think ADD, the attention deficit problem, is the bush is not pruned very well. Even an adult, young adult, has too many random pathways. Any time they're excited they all light up just driving somebody crazy because they haven't pruned it down to different survival pathways that are actually beneficial. In some ways, it's good to have lots to start with, for sure. Then prune it down to something that makes you very compatible to your environment.

Laura: It's very efficient.

Heidi: That's right. That's why we go to school, to prune down our bush.

Laura: On that note we're going to go ahead and take another break. When we come back I would love for you to share a few stories either of your own or of people that you've worked with where doing this technique has led to big changes in their life or significant insights in their life.

We're also, when we come back we're also going to give away a free copy of Heidi's book. So be sure and stay tuned for that.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. You can find me on Facebook at the Laura Longley Show and at www.thelauralongleyshow.com. We're going to take a quick break and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Heidi Thompson, author of *Calm Focus Joy: The Power of Breath Awareness*.

Right now we're going to give away a free copy of Heidi's book to the first caller at 800-930-2819. If you think this meditation practice is something that will be helpful in your life, and I can guarantee you, it will be whether it seems like it will be or not, and you want a copy of Heidi's book, first caller at 800-930-2819 and we'll get a copy right out to you.

Before the break, I promised when we came back Heidi would share some stories of her own or of people she has worked with how beyond just the creating new neuropathways and being more calm and peaceful, how this meditation practice can also bring insights and shifts in our personal growth. Heidi, I'm going to open this up to you to share some of your own stories either for yourself or for the people you've worked with.

Heidi: I will share a couple of my personal stories. I have seen the same story happen with many people I've talked to who have practiced this technique. The first thing I discovered, by doing breath awareness, was that sensations actually govern all my behavior, or had done up until then. I felt pain. I am an artist so I experience a lot of emotional pain. I'm sensitive to the world and problems. I would experience pain. Then I would react. I would react with trying to cover up the pain or trying to run away from it. This led to eating the wrong foods and always having a problem with my self image and my weight. It always made me not want to get into relationships because I had seen in my family that relationships can be very painful. I didn't want the same pain. I avoided getting married. I avoided making a commitment because I was worried about the pain. I always wanted to be free. A lot of these things that I was doing was governed by my fear of pain.

When I started doing breath awareness and Vipassana, I realized that pain is a gift. It's a gift if you look at it in a certain when it goes away. It provides you with the source of your behavior. You get to see why you do the things you do. For years, I've been running away from pain and the idea of pain. That made me not free. I couldn't make free choices. I was always reacting to the pain. Once you experience this, it's all great intellectually, when you experienced how you can watch the pain, it come, it manifest, it gets often quite severe, and then it goes away. You can do all that with a calm mind and then you feel relieved and free afterwards. The experience is so profound it changes your life.

I remember going to my first 10 day course, which was 10 days of silence. I had to do this technique for 10 hours a day.

Laura: I want to just jump in here for a minute for people who are in the Seattle area. There is a place where you can do this 10 day course. It's kind of down near Centralia and Chehalis, that area. I just wanted to throw out for people who are here local to Seattle, what Heidi's talking about you can experience too.

Heidi: You have a very beautiful center. To go to the center, it doesn't cost anything.

Laura: It's free.

Heidi: It's free. It's an amazing experience. You just go to the Vipassana site and then type in Seattle. They will lead you to the site in Washington.

Laura: I have a friend who went about 2 years ago. She said it was a fabulous experience.

Heidi: It's hard, but it's fabulous.

Laura: I want to come back to your story about what happened to you in your first 10 day retreat.

Heidi: After my 10 days I felt so free and I had this beautiful listing of all sorts of stuff I was running away from. The fear was gone. The fear of being trapped and the fear of pain. Immediately I came home and within a very short time my husband proposed. I said yes because I realized if I can feel so amazing and so free in a confined 10 day course where I'm focusing on my breath for 10 days without...I'm not allowed to talk, I'm not allowed to this, I'm not allowed to that...yet I'm feeling so amazing. I'm going, "Marriage is nothing compared to that."

I entered into marriage. The next thing, my husband was diagnosed with cancer within a year. I went through 6 months or a year of real change. It was being real calm inside and knowing that things change. You get sick, you get well. Accepting the changes from pain to pleasure, pain to pleasure, it helped me through that. It was a very serious cancer. He was given three months and we had to go through all that. We weren't sure if we were going to ever have children. We had to wait 3 years after his treatment.

Then again, I never wanted children. Then suddenly I realized, "Why not? I have the capacity to love." When you're not afraid of pain and you're filled with peace you start feeling a lot of love. Once you start feeling this selfless love, children are a blessing. You have something to give them.

As I went through all these years, 30 years, every time I was down, depressed, emotionally upset, I could sit. Then I started going deeper and finding the source of my pain by looking at it. By looking at it, it would dissolve leaving me free again. It's been a daily tool. It's a gift for me to go through life.

When I started teaching children, I saw that even 8 and 9 year old children, there was one boy in particular if we have time, I'd like to explain what happened. He was severely attention deficit. He was on Ritalin, he was a skinny little kid. He was kind of an outsider of the class. He couldn't sit still. We started practicing. I went in for 10 days, for an hour and half every day. The first day he wrote in his journal, "I sat for one minute." By the time 10 days was up, we worked up to 45 minutes. I rang the gong. All the 35 grade 4 students got up and guess who was still sitting. This little boy and he sat for another couple minutes. Then he got up. He was smiling from ear to ear because he not only did better than everybody else, not that it's a competition, but he knew inside his heart that he could focus and he also experienced the peace...that power and peace that you get when you're focusing.

Laura: Gosh, I wish I'd known you 10 years ago. You just described my son and all the things we went through, especially when he was early elementary school age. He couldn't sit still. It was impossible. He couldn't do it.

Heidi: If only he had experienced it within himself, I can do it, it would have changed his life. I saw many examples of that while teaching children.

Laura: The one thing that I want to say too, based on your own stories as an adult and the pain, and experiencing the pain, another thing that we get from going through that that I believe is very helpful, is we learn that we don't die from it. I can experience this and as long as I stay with the focus and I don't tell myself stories that perpetuate the pain, then it goes away. I can live through that. I can live through feeling that intense pain and come out the other side and be fine.

Heidi: It's an amazing experience. I think people, even if they've had it once, most of us are forced in it as we get older. We go through a painful or typical, emotional experience and we have no choice but to look at it. A lot of older people who have gone through that, they have this wisdom about them, this peace about them. They actually are an inspiration to others.

Laura: On that note, it is time for us to wrap up. Before we say goodbye, Heidi, would you please share with people again where they can find the book and where they can find out more about you.

Heidi: At the website, www.calmfocusjoy.com. If you just type in those three words you'll get to Amazon and many other bookstores. You'll be able to find the book. Even if you want the Kindle version, which is very inexpensive, that's on Kindle. You can find it.

Laura: Very good. Thank you so much for bringing us calm and joy and focus today. I appreciate it.

Heidi: Thank you for having me.

Laura: We're going to take a quick break. When we come back I'm going to share this week's Light Bulb Moment, how your pets might be fabulous teacher for what needs to shift in your own life. 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 are back on the Laura Longley Show. Today I was talking with Heidi Thompson, the author of *Calm Focus Joy: The Power of Breath Awareness*. You can find out more about Heidi and the book at www.calmfocusjoy.com.

Some other ways to get help in moving forward in your life, you can find me on Facebook at the Laura Longley Show. I post there pretty much daily with tips, tools, ideas. We have great discussions there. On Twitter it's @lauralongleysho.

Earlier in the show I was talking a little bit about my cats, Candy and Jinx, and how I discovered what's going on with them can also be a mirror for what's happening with me. Just to share a little of the story with you, my cats are very different. Candy is a girl. She's really timid,

what you'd call a scaredy cat. Jinx is a boy. He's really friendly and outgoing. He frequently can be kind of mean to Candy. Over the past several months I've been worried about Candy's health. There's nothing I could really put my finger on in order to take her to the vet. She just didn't seem quite right to me. She seemed to be acting even more scared than she used to. I've had these cats for 9 years. Noticing a difference, she was acting different.

In the past I became aware that Jinx had been taking on my own stress. Four years ago he became really ill and lost 30% of his body weight. He was eventually diagnosed with inflammatory bowel disease. He subsequently recovered. It was about a 6 month process to get him back to normal. When I asked a guest on the show last year who was an animal whisperer about it, she said that he had been taking on my stress. I looked back at that time in my life and I knew that it had been a really difficult time for me. It made perfect sense that that is what had happened and that's why he got sick.

In December this past year, 6 months ago, he started getting sick again. I knew it was because of this huge thing going on in my life where I was feeling really upset. I talked to him. I told him he didn't have to own that for me. He didn't have to take on my trials and tribulations in life. I could handle it myself. He became well again. I had this really big belief that yes, animals do take on our stuff. I can talk to my animals and help them understand.

When I started getting concerned about Candy and her health, I thought that I would ask an animal whisperer. It just so happened recently, I've been working with an energy healer who is a student of Wendy, the energy healer I've told you about in the past. She told me that she works with a lot of animals. This is great serendipity here! I asked her about what was going on with Candy. The long and short of what she told me is that frequently when we have more than one pet, they each mirror an aspect of our personality. In this case, Jinx, who is male and a very dominant male at that, represents the masculine part of me. Candy, who is female, represents my feminine.

This made perfect sense to me because a couple of years ago it was brought to my attention that I was living primarily from my masculine side, being very action oriented. You push through and you force things to happen. At that time, I kind of had this mantra of I'm really good at making things happen but not so good at letting things happen, which is more of the feminine side. From that point forward I had been very conscious about getting more balance and allowing my

feminine to emerge and taking a greater role. It made sense that these two parts of myself were kind of struggling to find a balance and it was playing out in my pets. Candy and the fact that she was getting to be more of a scaredy cat, that I was a little bit concerned there was something with her health, she represented my fear about being in that feminine side of myself. My fear was that I'd be viewed as weak because she was very...she was acting very weak. I would be dominated by those who were coming from more of a masculine perspective, whether they were male or female acting from that masculine side. It's ultimately what was happening with Jinx where he was being kind of mean to her and playing on the fact that she would not stand up to him and run away. My fear was about being controlled by the masculine if I were to embrace my feminine. I would be not allowed to show up as feminine.

I believe that as I was focusing more attention on that. Candy became even weaker in order to draw attention to my fears so that I could work through them. Based on that insight and the energy healers advice about working with Candy and Jinx, things have shifted in me and them in just a month. She is standing up for herself more. She is not acting like she's sick. He's not beating her up as much. And, for me, things have really started to shift in terms of integrating so I have both the masculine and the feminine available to me. One isn't better than the other. They're each appropriate places to come from depending on what's going on in my life at the time or the specific circumstances.

I even had a dream about this a couple of days ago. I know that this is something that's really integrating for me. Just to summarize, my experience with this has been #1, I have a cat that four years ago got incredibly sick and it was based on stress I was going through. When I talked to him about it, when he started to get sick again 6 months ago, he got well. Then I have this thing where I have these two pets that are the opposite, masculine and feminine, and how that was showing up in my life and why it was something I needed to see playing out in order to address it in myself.

What are your pets trying to tell you? Let's talk about you for a minute. First of all, think about, have you noticed a change in your pet's behavior or health? If you have multiple pets, look at all the pets. Is one or more of them acting differently or are they getting ill when they haven't been before? Think of when you first noticed it and if there is a correlation to something that is going on for you. When I looked back I could definitely see the correlation of what was going on

in my life when Jinx got sick as well as when Candy started acting a lot weaker and when I started thinking she was sick. Do you have more than one pet with different personalities? If you do, look at what parts of you they represent. You chose these animals for a reason, or they came to you for a reason. Look at what they're trying to show you about your own life. Is there a behavior in your pet that you don't like? Jinx was acting so mean to Candy, I really, really did not like that. I had to look at what in me is like that behavior. When am I a bully? When am I being mean to someone who is weaker? What I came to understand is it was my masculine part being mean to my feminine part or bullying that part of me to keep it small.

When your pet acts in a way that you don't like, look and see if it has something to do with you and you treating yourself in a way that you don't like. I'd be interested to hear your stories if you take a look at this. I'd love for you to post on Facebook what insights you have about how your pets are mirroring things going on for you.

I want to thank today's guest, Heidi Thompson, for sharing such great information on breath awareness, how it can help u reduce stress, and bring more joy and peace into our lives. 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 and anywhere at www.thelauralongleyshow.com. Have a wonderful week and I'll see you back here next time.