



***The Laura Longley Show  
Quantum Jumping into Parallel Worlds  
Proven Methods by Which YOU Can Live a Happier  
More Prosperous Life with Cynthia Sue Larson  
May 26, 2014***

**Laura:** Good morning. Welcome to the Laura Longley Show where authentic change takes flight. I'm looking out the window and noticing that we finally have some sunshine for the third day, on the third day of a three day weekend. We'll hope that that can continue and people will have a chance to get out and enjoy that sunshine a little bit after the show is over.

Today I'm going to be talking with Cynthia Sue Larson, author of *Quantum Jumps: An Extraordinary Science of Happiness and Prosperity*, about how each one of us can jump right into the life we want to create now. Cynthia will also be giving away a free copy of one of her books later in the show, so be sure and stay tuned for that.

First, as we start with each show, we're going to begin with a healing meditation. Recently I've been doing just a general meditation. You can focus on anything you want. I thought since today is Memorial Day that we would use this time to focus on those who have been affected by war, whether they're people who have served in the military during war, those who have been harmed by war because they've been

civilians, also those who have created war. Help to heal their pain. Any of those that resonate for you, just put your focus there. Open your heart and send love and healing.

Let's begin by taking a deep breath in. Release. And let's take one more deep breath in just to anchor that in. Thank you for sending that love and healing.

As I was thinking this morning about what I wanted to share for this week's Light Bulb Moment, I was really struggling to find something that I felt like was fresh that I hadn't talked about before and that I thought would be helpful for you. It occurred to me that I was trying too hard. This is a theme for me. What a great topic. Even though I know I've talked about it before, I'm going to talk about it again because it was up for me today. During this week's Light Bulb Moment later in the show I'll share a little bit about why we try too hard, how to tune into when you're trying too hard, also how to get out of it. Be sure and stay tuned for that later in the show.

For now, let me introduce today's guest. Today's guest, Cynthia Sue Larson, is a bestselling author, life coach, and inspirational speaker who helps talented people struggling with unsatisfying lives learn how to find love, meaning and prosperity. Known as the Quantum Optimist, Cynthia's books guide people to discover their many possible selves and jump into their favorite lives. Cynthia has a degree in physics, an MBA degree, and a Doctorate of Divinity. She has been featured on numerous TV and radio shows including The Discovery Channel, The History Channel, Coast to Coast AM, and BBC. Let's welcome Cynthia Sue Larson to the Laura Longley Show. Hi Cynthia.

**Cynthia:** Hi. Such a pleasure to be here.

**Laura:** I'm very happy you're here on a holiday day. I appreciate you taking time out from your off time to spend time with us. Thank you for that.

**Cynthia:** You're welcome. I wouldn't want to be anywhere else. I just love talking about this topic. For me it feels like fun. It feels like I'm on vacation when I'm doing what I love.

**Laura:** Isn't that the way that all of us should strive to have our lives be, that our work is our fun, is our play.

**Cynthia:** Exactly. It feels like you're doing the right thing when your purpose lines up with what you're all about, your gifts. I feel very blessed I've been able to write about, talk about, and help people understand this entire area in the field of consciousness and how it ties in with science in all sorts of different ways.

**Laura:** I love that you tie it in with science. We know or hear a lot about law of attraction and our thoughts create our reality. Even for me having been trained as a psychotherapist, behavioral...cognitive therapy is all about changing our thoughts, changes our experience. Now having the science that relates to that and says that's true, even though we knew anecdotally it was true, it's great to have the evidence from all these experiments people are doing. I'm really excited to hear about the science part of it today too.

**Cynthia:** Good. I think it's just amazing to hear that all these different fields of science are converging in similar fashion lately. That's what led me to really get excited about writing the book, *Quantum Jumps*, that I just brought out into print recently. It's my newest book. What's so thrilling for me is there's these tremendous breakthroughs both in physics and also the behavioral and biological sciences and then additionally in the cosmological sciences, such as

astronomy. Everything from biology to psychology and different branches of psychology, which you would appreciate, positive psychology and cognitive psychology, embodied cognition. There is so much going on it's extraordinary.

**Laura:** Your book is called *Quantum Jumps*. Let's start out by talking about what a quantum jump is.

**Cynthia:** Okay. The way that I'm using that phrase is a little variation on what's been originally intended to what quantum jumps means in the world of physics. I have a degree in physics from UC Berkeley. I like to respect the physics. I do start in my book by describing what is quantum. Quantum is something that's down to its very basic level of...you can't divide it anymore. It's indivisibility. It's reaching that one thing that you can't break into anything smaller. That's the idea of quantum particles. When a quantum jump occurs, we often use that phrase, "Wow, it's a quantum jump," I do mean it on the macroscopic scale, very similar to what is meant on the small scale. What's meant on the small scale where that phrase originated it is there is a change in energy with a quantum particle, which could be something like an electron or a photon, those are both indivisible. You can't break a photon into something smaller. You can't break an electron. Those are quantum particles. When an electron, for example, gets a little burst of energy it can jump to a higher level in the atom it was in. Electrons are part of atoms. When the electron makes a little jump, people observing have actually witnessed they'll see something blipping in and blipping out. You'll see a little flash of light.

What I mean with quantum jump is I mean is yes, that happens on a microscopic scale. What I'm stating is we're witnessing these things in our everyday lives in the macroscopic scale. In other words, we are literally experiencing situations where some of the same things that

happen on the quantum level, such as entanglement, coherence, supervision of states, all these different things that we consider dynamics in the quantum field, they also happen in the macroscopic area as well.

**Laura:** Give us an example of, on the macroscopic level, what that might look like. You're very familiar with a lot of these terms and most of us are not. Just an example would be great of here's what a quantum jump looks like on a macroscopic level.

**Cynthia:** Actually, something like that would be very simple. You can think of it like...when I talk about a superposition of states, this is perhaps the easiest one to get your mind around. People have heard of the Schrodinger's cat that's both alive and dead. It sounds crazy. What is that? That is an example of bringing the quantum realm into the macroscopic. A cat is something that's not quantum. It's really something like an ordinary, everyday person that you can see whereas the quantum realm is something so small you can't actually see it. Just like that cat can be either alive or dead in the experiment, you can also think of yourself as sometimes you'll have that feeling that you're starting to catch a cold, but you know you can't get sick that day. You'll tell yourself there's no way I can be sick today. I have to be well. You can will yourself into feeling like I'm getting better. I'm just going to do all the stuff that I know makes me better and I'm not going to get sick. I'm going to get a little extra sleep. I'm going to have my hot tea with lemon and honey, whatever it is you do. I'll take some extra vitamins, vitamin c. You'll notice, "Wow, I feel better." There's no real reason for it because you know that if you hadn't made that decision, "I've got to be well today," you would've been sick. This is a very typical everyday experience most of us have had that one.

That's a superposition of states. That's when you can realize there's some version of you that is catching that cold today

but you're considering that totally unacceptable for whatever reason. "No, I can't do that today. Some other day, but not right now."

**Laura:** Right. Basically you're choosing a different experience or choosing a different reality, if we want to call it that.

**Cynthia:** Exactly.

**Laura:** On that note, we need to take a break. I think it's a great time to take a break because when we come back we want to talk more about what that means about choosing a different reality.

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](http://www.thelauralongleyshow.com). We're going to take a quick break and when we come back we'll learn more about quantum jumping with Cynthia Sue Larson. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Cynthia Sue Larson, author of *Quantum Jumps: An Extraordinary Science of Happiness and Prosperity*. Before we talk more about the quantum jumps, I want to make sure everyone knows how to find Cynthia and her book. Cynthia, can you share information on how people can find your books and how people can find out more about you?

**Cynthia:** Yes Laura. The best way to reach me is through my website, which is [www.realityshifters.com](http://www.realityshifters.com). If you want to stay up to date with what's happening on the website it's got little quick links that go to Facebook, Twitter, YouTube depending on what people prefer. They can find me all these

different places. I publish a newsletter through [www.realityshifters.com](http://www.realityshifters.com). If you subscribe to it, then you'll get one email a month with the latest news, books reviews, articles, videos, all kinds of good stuff every month.

**Laura:** Great. Lots of choices.

**Cynthia:** This is the time and age of social media.

**Laura:** Exactly. Before the break we were talking about how you gave the example that you were coming down with a cold. It shifts you into a different parallel reality or parallel universe. I love that the name of your website is Reality Shifters. Let's talk a little bit more about what that means, about this multiverse model that quantum physics is coming to tell us this is how life is.

**Cynthia:** That's really the key to it. Before the break we were talking about that superposition of states realizing there's some version of you that's not sick, some version of you that doesn't have cancer, hopefully it's the one you are right now, there's lots of versions of each of us. When you recognize there is a version that really can be really smart, really creative, really in love with your family, with your spouse, your mate, you can really make that connection. That's what this book is really about. It's really too much to go into in just an hour's time.

**Laura:** Absolutely true. There's a lot in this book.

**Cynthia:** At the same time this book is meant to be easy to read and just really simple, powerful, practical examples. Depending on what people want to do, some people might just want to feel smarter, for example. Listeners right now, if they're feeling like my head's exploding, I can't follow this, you can do something to make yourself smarter. Put your fingers pointing to your head, you can actually set your hand so the fingers are pointing at your head. This has been



proven scientifically to help people improve their cognitive abilities when solving puzzles. It's a remarkable thing that actually works.

**Laura:** Very interesting.

**Cynthia:** The book is full of dozens of these very simple...most of them take a few seconds at the shortest, maybe a few minutes. You can actually observe an improvement. This is the kind of book you can play with and try all these laboratory tested proven techniques to quickly improve your abilities.

**Laura:** You've got lots of exercises, which I like too. That gives us a chance to practice as well.

**Cynthia:** Right. You can understand, this may sound far out that I'm suggesting that we can live in this multiverse, the reason I'm suggesting it is based on my experience where we're really seeing things appear, disappear, transform, transport, that's the reason I've got that website, Reality Shifters. This is not me doing drugs or anything like that. I know I live in Berkeley. I know it's California. I have never smoked marijuana, not that there's anything wrong with it. It's just not my thing. I'm not hallucinating. I am noticing that the same kinds of things that one would expect to be on the quantum realm, I'm actually seeing them in my everyday life. My website is all about sharing experiences from people who instead of feeling like they've lost their mind, they can find me on the internet. They feel so relieved to be able to explain, "Well, my keys weren't where I thought I put them," so on and so forth.

The evidence that we're living in this multiverse has been abundantly clear to me for the last 15 years. That's why I've been so excited to see some further evidence from things like the Higgs boson and the cosmic background radiation and some neutrino studies showing we really probably do



live in a multiverse. To me, that just explains so much. This is not some kind of multiverse where the parallel realities never touch. When you think parallel, you think, "These are lines that never touch." That's what we learned in geometry.

A holographic multiverse takes the combined concept of everything is connected in a hologram, even the smallest, tiniest piece of a multiverse is reflective of the entire rest of the multiverse. It's that interconnectivity going on with the holographic component. The parallel aspect of it is what enables us to simultaneously, on some level, be aware that we can do just about anything. We choose to be creatures of habit, very often. We can break free of some of the destructive habits. That's what this book is really about, recognizing if that sounds appealing to you. There are stories of the book describing a woman who can jump to safety literally jumping to save herself and her baby as a hurricane is bearing down on them. This is something that actually happened in Arkansas last spring. I use that example where a woman risked her life and her baby's life to jump 10 feet straight down. The reason she was able to do that...it really is a jump, what I would call a quantum jump, as people have faith and they believe in God, of course they're believing God and the angels were with her. I believe science can also accompany that explanation. You can say that because of the fact that she could visualize that she could do it, and she acted as if she could do it, within seconds make a very scary leap off a huge boulder to safety with this hurricane coming, she didn't break her ankles and she didn't drop the baby. Nothing like that happened. Just like you can visualize something and it can work that well. That's pretty much the way we can have any quality at all.

American psychologist, William James, was one of the first to point that out. If you want a quality, act as if you already have it.

**Laura:** Let's talk for a minute about a way that we all know scientifically that that shows up, which is the placebo effect. People do get better even if they're being given something that is not...it's a sugar pill. It has no effect. They do still get better. For years, I have said...it is all about what you believe. For years I've said I don't care if whatever is happening for me personally is the placebo effect because I feel better. I don't really care why. It works. Say a little bit... I know research has shown that this whole thing is shifting to where it is even more powerful than it used to be.

**Cynthia:** Absolutely. This is what I find extremely noteworthy, especially in light of what we're talking about. As people are listening and they're thinking, "Okay, I live in a multiverse, there are many possible me's, many possible you's. The same strange, spooky action at a distance stuff can happen for me in my real life. What does it look like? How would you expect it to look like?" You would expect it to be a situation where you could just be told that you can expect that you might be part of the treatment group where you're getting an actual procedure, which might be medicine or it might be surgery, what have you, some kind of treatment. You're not sure if you're in a control group or not because double blind studies are conducted. It's blind to the recipient of the treatment and also blind to the medical practitioners. They've got triple blind studies and so forth where nobody at all knows what's going on. It's tracked with some numbers somewhere and they can figure it out later.

In that kind of a situation, what's amazing, this is really extraordinary. That placebo effect, for people that don't know what that means it means "please me." It originated so that medical trials could be conducted scientifically and we could determine correctly what the efficacy was of a medical treatment such as pharmaceutical drugs that perhaps might take away pain and so forth. The control group recipients would get sugar pills, for example. It's not

expected that sugar would create much of a response. It's the whole reason they're doing the medical trials.

What happened is the placebo group was starting to show signs of somehow getting better. It was a slow and steady growing curve. Over time, placebo recipients were getting more and more bang for their bucks, getting quite a bit of treatment somehow, which was somewhat of a mystery. It hit the point where it was about 30% efficacy, which was pretty remarkable. I know it's less than [inaudible (25:52)]. That's like 1 in 3.

Just in the last few decades, that 30% has gotten way above 70% in some cases. That would be cases where recipients in the drug trial are being told what you're getting is something that has helped people, a lot of people are helped by this. It's a true statement. What's even more astonishing is you can tell people flat out, you're in the placebo group. The good news is, a lot of people receiving the placebo treatment really do get better. It could be surgery, remarkable for Parkinson's disease, arthroscopic knee surgery, or it could be some kind of a medical treatment. Remarkably, people are getting much better. What I'm suggesting in this book, *Quantum Jumps*, is we would expect that to be the case. This is not such a bizarre thing. Just like sports and athletes and Olympic medalists, they picture themselves doing their best. They visualize it as the sports psychologists they work with encourage them to do.

It's pretty much the same thing with doctors. They're just encouraging people to remember wellness. When you remember wellness you can actually get there. What's happening is you're quantum jumping. You're basically connecting to another possible you that doesn't have that headache, that is feeling pain free, that has full mobility, and so on and so forth. The placebo effect has even been found to work for dogs and animals. That's rather remarkable.

**Laura:** No kidding! Well, on that note we do need to take another quick break. When we come back we'll talk about this "act as if" and how that will quantum jump us to a different multiverse, different parallel path, and the process that Cynthia puts forward on how you can create that consciously.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Cynthia Sue Larson, author of *Quantum Jumps: An Extraordinary Science of Happiness and Prosperity*. Before we talk more about quantum jumps, I want to give away a free copy...Cynthia wants to give away a free copy of one of her other books that actually applies this information specifically to money and prosperity. I want to have Cynthia tell a little about that book. First, let me just give you the number if you want it. First caller at 800-930-2819. If you want a copy of this book, Cynthia will tell us the title of it in just a minute, 800-930-2819. Cynthia, just say a little bit about the book so listeners know what they're getting.

**Cynthia:** This is a book that people have asked me about for some time to write it. It's call the *Reality Shifter's Guide to High Energy Money*. It's all about how good your relationship with money can get. It helps people get to that place where there's the ease of flowing money and whatever issues you might have had with your relationship with money can be understood, appreciated and you can find a way to better connect recognizing you can envision prosperity, feel good about money, and work effectively with money. It's full of lots of exercises and examples. It's a beautifully short little book that fits nicely in your purse or backpack and it's just extraordinary at putting into action

the same ideas and principles we're talking about with quantum jump specifically targeted for prosperity, money, and just what you can do to improve that relationship you have with money.

**Laura:** Thank you for giving that away. Again, if you're interested in winning that book, the first caller at 800-930-2819. Taylor will take your information and we'll get the book out to you.

As we were going into the break, we talked a little bit about the "act as if" and how that can create these quantum jumps. You actually have put together a 3 step process for us to quantum jump to what we want to be creating in our lives, what we want our lives to be like. Can you step us through what that process is?

**Cynthia:** Absolutely. First of all, this is like a meditation. You want to make sure that you're not driving heavy equipment like a car.

**Laura:** Right!

**Cynthia:** You've got some time and space to just kind of meditate and relax. Once you're in the perfect environment for that for you, then you attain a very peaceful meditative state of mind. Get relaxed and detached. This meditation I'm speaking of, if you've got a meditation CD, whatever it is that you do, I love the meditation you did at the beginning of the show. That totally counts. If people are wondering, "I don't do meditation," oh yes, you do. If you were listening at the beginning of the show, that was a meditation.

**Laura:** Getting quiet.

**Cynthia:** That's exactly it. It's calming down that monkey mind. Getting to that place between thoughts where...I think of it in terms of shifting gears on a car. If people are familiar

with putting their foot on the clutch pedal so they can disengage from one gear, that's exactly what you're doing with step 1. You're disengaging. You are stepping back from all the cares and the worries and all that stuff can wait for you. You're stepping back, stepping away from it. Just breathing nice, deep breaths and clearing your mind. That's really the first step. The reason it's so important, I think you can understand, is if you're going to reengage with reality, you have to disengage first. That's the whole point.

Step 2 is feeling energized about this positive outcome. Before the break I was talking about sports coaches for Olympic athletes and the fact that they would have the Olympic athlete visualizing not so much getting the gold medal and standing on the podium. That's not effective. What they have the athlete visualize is doing the perfect performance of their lives. They can feel and see themselves succeeding at that level of efficacy and proficiency. That's what you need to be doing too. You need to have a goal in mind or some positive outcome that you can picture. Feel really positively energized about it. That's step 2. You're picturing that. You can see yourself saying, "There it is," it's in reach. It's another possible me. There it is. That reality.

Step 3, the third step is when you come out of this meditation you're going to keep some positive action in keeping with your new reality. If you're that athlete, you would probably be practicing every day. Start that new routine of eating a good, healthy diet. Obviously if you're an athlete you're not going to be eating the junk food. You'll be doing that training that you know you need to do. You're a top athlete. You're a gold winning athlete. Same thing if you're going to achieve in business. Starting your own company, you pick through what you need to do for that. That's how you run your life now. That is who you are. You're stepping into that world. You're acting as if. You dress the part. You act the part. You speak that way. You do everything in keeping with that.

**Laura:** And that piece that I want to kind of highlight too is that second step of feeling energized. A lot of that is also around feeling the feelings that you will have when that is reality, correct?

**Cynthia:** Yes. This has been...this is amazing research that's been done here too. For example, when people want to be...athletes are a great example of this. When they want to be catching...if they're a quarterback they can imagine they've got sticky fingers, like that football is magnetically attracted to their hand and it sticks. They get the feeling for it on every level. This is kind of weird stuff. Sticky fingers? Oh, sure. Sounds funny.

**Laura:** That reminds me. I know there was a study done, and I won't get all the specifics correct. It was basketball players and shooting free throws. They had three groups. One group that all they did was practice. They had another group that all they did was visualize themselves making the hoops. They had a third group that did what you're saying, which is both visualizing it as well as practicing. Obviously, the third group did better. What was surprising was the second group where all they did was visualizing did better than the baseline one. They did better, but not as good as they could've done if they'd added the action part to it.

**Cynthia:** I remember that study. It's extraordinary. Some of the research that I'm mentioning in *Quantum Jumps* is very similar to that. It's talking about...I mentioned the football player. It's also applies to just about anything in life. If you can get that feeling, like you say, combining the meditation of picturing it like this is really happening. This is occurring right now. You're shifting gears and you've got whatever quality you need and you're acting as if you have it, this can totally work for you.



I've done this quite a bit in my life. It made me a superstar when I worked at CitiBank as a project manager. This was before I wrote the book *Quantum Jumps*. I would act as if I had qualities, as if I was involved in a merger or acquisition. I didn't have legal training, but I would act as if I did. Then I would write documents that looked like I had legal training and I was some kind of a lawyer to the point that my managers would be astonished. What is this? How did you write this?

**Laura:** You're not a doctor, you play one on TV, right?

**Cynthia:** Yes.

**Laura:** I understand exactly what you're saying. It's the confidence piece of it. It's having the belief and the confidence that you can do it.

**Cynthia:** I know it sounds kind of funny to a lot of people that are listening right now that might've just tuned in. We are talking about acting as if you have a quality. This has been proven over and over again. Before that last break we were talking about the placebo. I'd love to mention one more amazing example, if I might, about a study that was conducted where there was a kind of experiment happening with people's vision. It had to do, very remarkable, with a way that you can improve people's eyesight from 30 to 40% just by what they're wearing and what they're doing. I know you might think, "What? How is that possible?"

**Laura:** Really!

**Cynthia:** What happened in this experiment, it's really fun, they said the experimental group would step into a cockpit and work with...they're wearing a pilot's uniform while they're doing this and operating an actual working flight simulator. When they jumped into the cockpit, wearing a pilot's uniform, boy does that feel official. Most of these

people probably were not pilots to begin with. They'd come out of the experiment and then they'd take a visual test. The people that wore the actual pilot's uniform and real cockpit and did the flight simulator scored their visual tests like you might get when you go for your driver's license or something, or at the doctor's office, some 30-40% higher than the people who wore some kind of a jacket, sat in something kind of like a cockpit, and worked with what looked like a broken flight simulator. It just wasn't really doing everything. It was more like a kid pretending to be a pilot.

**Laura:** Right, right. Interesting.

**Cynthia:** It was showing again, people really get physical levels of improvement, huge levels of proficiency better simply by acting as if they have those qualities to begin with.

**Laura:** This is a great note for us to wrap up on. Unfortunately, our time is up. The time just flew by. So much great stuff to talk about. We couldn't get to even half of it. Once again, before you go, could you tell people how to find you and how to find your books?

**Cynthia:** Yes. You can find me at [www.realityshifters.com](http://www.realityshifters.com). My books are available at [www.amazon.com](http://www.amazon.com), [www.barnesandnoble.com](http://www.barnesandnoble.com) and autographed copies through my website [www.realityshifters.com](http://www.realityshifters.com).

**Laura:** Great. Thank you so much for being on the show Cynthia. Such an interesting conversation. I know you have tons of examples. I wish we could've heard more of them.

**Cynthia:** I'm pleased to be on the show. I really appreciate getting to talk with you about it.

**Laura:** Great. Thanks so much. Enjoy the rest of the long weekend. For the rest of you, we're going to take a quick break. When we come back I'll share this week's Light Bulb Moment, which is about not trying too hard.

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've been talking with Cynthia Sue Larson, author of *Quantum Jumps: An Extraordinary Science of Happiness and Prosperity*. You can find out more about Cynthia and her books at [www.realityshifters.com](http://www.realityshifters.com).

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

At the beginning of the show I was talking about how I was trying to figure out what I wanted to do for a Light Bulb Moment for today's show. It occurred to me that I was working too hard at trying to figure that out. What I'm going to talk about for the Light Bulb Moment is how to notice when you're trying too hard, how to stop doing it, and why we try too hard because it really doesn't work. We all know that in our heads. I know I've talked about this before.

Yesterday, I didn't connect seeing this quote yesterday with the decision to do the Light Bulb Moment until I actually started working on it today. I saw a great quote on Facebook from Marianne Williams. I also posted it to my Facebook page. If you want to see it you can go there. the quote is, "Ego says 'Once everything falls into place, then I'll

feel peace.' Spirit says, 'Find your peace, then everything will fall into place.'" Really, isn't that the truth?

I know that in my own life that when I have allowed myself to quit worrying, quit stressing out about something and just relax, everything always works out exactly the way it was meant to. If you don't feel like that's the truth or you haven't noticed that's the truth, maybe it's because you haven't yet been able to still ego's voice long enough to really feel that peace and just allow everything to fall into place. That's my first piece of advice for you is noticing that you're listening to ego saying, "I need to work, work, work at this in order to feel okay."

Another thing that happened to me, this has shown up for me so many different ways in my life. One that I'm remembering, and I don't know why because it's been 6 years go, for some reason I was remembering this the other day. When I was doing my Master's Degree in counseling we had to write a paper. It wasn't as formal as a thesis but it was kind of like that. I was having so much trouble. I started it so many times and I just couldn't get going. I can be a pretty in the flow writer, but I just couldn't get it going. I stopped and I went and watched an episode of American Idol. It just so happened that someone was singing "Let it Be" on the show. If you think of the words in the song, it's all about letting go and just trusting that what's supposed to show up will show up. There will be an answer, let it be. That's a good thing for all of us to remember, not just me.

Why do we try so hard? What's up with that? Am I the only one who does it? No, not by any stretch of the imagination. First of all, it's human nature. This is something that I learned when I was training to be a psychotherapist. It's human nature when we're trying to do something and it's not working. What we do is we try even harder without changing anything. We keep doing the same thing harder. Well, you've heard the definition of insanity, which is doing

the same thing and expecting different results. It's insanity for us to keep doing the same thing only harder. Yet, it's kind of how as humans what we go to initially.

That's also related to that saying, this might be Albert Einstein who said this. If not, I apologize. It's the idea that the thinking that created the problem can't solve the problem. When we get in there so focused on how do I make this work, we get tunnel vision. We don't see that there are other ways of looking at it from a different perspective.

Another reason we try too hard is in our culture we value making things happen. We value taking action. We don't value sitting back and just allowing. This is kind of the masculine versus feminine view of things. Inside each of us, we have a masculine and feminine component. I know for me, personally, my masculine has been on overdrive the majority of my life. I've been a doer, a pusher, a striver, all those things. Those are all masculine traits. That's what our culture values. That's another reason that we try too hard. Haven't you been told if at first you fail, try, try again. Maybe if at first you fail you take a step back and just relax and go, "Hm, I wonder why that didn't work." See what happens and try again.

The other reason that we might try too hard is that we don't have faith. We think that the only way something will happen is that we have to make it happen. Part of this is about having faith that the universe is on our side, that if we ask for help, it will show up if we say, "Boy, I sure don't know how to do this. Trying harder isn't working. Help me," that something will show up. We need to have faith that yes, it's all going to turn out the way it's supposed to and we don't have to stress and worry about it.

Let's boil this down to steps you can take if trying too hard is one of your issues, which I would guess for a lot of you it might be. First of all, notice when you're feeling stressed.

This can be a real great sign that you're trying too hard. What is it that you want that doesn't seem to be working out? Focus on that one thing. For me this morning it was, "What in the world am I going to talk about for the Light Bulb Moment?" Just stop. Stop worrying. Stop pushing. Stop trying. Just allow it to stop doing anything. Know that you can have peace whether this particular thing works out or not. You can be peaceful no matter what happens in the external world. Remember, the universe is a beneficent place. Everything that happens happens for you not to you.

Finally, ask, "What else is possible? This isn't working." Trying to hard doesn't help. What else is possible? Then listen for the answer. There will be an answer. Let it be.

I want to thank my guest today, Cynthia Sue Larson, for sharing all this great information on quantum jumping. Quantum can be such a thing that is mind boggling, she does a great job of distilling it down. I want to thank all of you for tuning in to the Laura Longley Show with me, Laura Longley. I had a great time. Please join me every Monday at 2pm Eastern, 11am Pacific on KKNW in Seattle, WBLQ in Rhode Island, or anywhere at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com). Have a great week and I'll see you back here next time.