



The Laura Longley Show
Becoming Free, A Woman's Guide to Internal Strength
with Christy Monson
June 2, 2014

Laura: Good morning. Welcome to the Laura Longley Show with me, Laura Longley, 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 Christy Monson, author of *Becoming Free: A Woman's Guide to Internal Strength* about how we can each free ourselves from outdated childhood beliefs and become the woman or man we were meant to be. Christy will also be giving away a free copy of her book later in the show, so be sure and stay tuned for that.

Like we do every Monday, we're going to start with our healing meditation. Today we are just going to leave it open to whatever you feel needs healing within yourself, within your community, or within the world. We'll just focus on that for yourself and open your heart and send love and healing.

Let's begin by taking a deep breath in. Release that.

One more deep breath in just to anchor that in. Thank you for doing that. It does help to heal the world.

Yesterday was my birthday. Since it's over and done with, I still like to share that it was my birthday. We want to celebrate more than just one day out of the year. I don't know if this has anything to do with numerology, but what I will be interested to see is this year is the

same...I was born in 1957 and yesterday I turned 57. I don't know if there's any correlation at all between those numbers. It will be interesting to see if this year is different in any way because of that. I want to thank everyone who sent me good wishes and happy birthdays on Facebook. I really love hearing from you. I really appreciated those good wishes.

Speaking of Facebook, the last couple of days I've been posting some answered prayers. It started for me when I realized that my "cry for help" during a midnight meltdown was answered in two different ways within a couple of hours. During this week's Light Bulb Moment later in the show I'm going to share with you what happened, how I've kept that energy going and how you can get your prayers answered too. Be sure and stay tuned for that later in the show.

For now, let me introduce today's guest. Christy Monson established a successful counseling practice in Las Vegas, Nevada as a Licensed Marriage and Family Therapist. She also practiced in Salt Lake City for several years before her retirement. Her books, *Love, Hugs and Hope*, *When Scary Things Happen*, and *Becoming Free: A Woman's Guide to Internal Strength* are published by Familius. A book on family counsels will be released in 2014. Today we're going to talk about *Becoming Free*. Let's welcome Christy Monson to the Laura Longley Show. Hi Christy.

Christy: Thank you so much for having me.

Laura: I am excited to have you here and I loved your book. I felt like it was a very practical guide to really getting unstuck and moving forward in creating the life you want to create. Thank you for your book.

Christy: Thank you for having me on your show. I appreciate it.

Laura: There was one other thing I wanted to say. Your subtitle of it is about women, but this is applicable to men as well, right?

Christy: Yes. Since you asked the question, I always answer this when people ask the question. I went to the publisher and was accepted and edited. Everything was fine with examples of men and women throughout the whole thing. Then it got down to the date they wanted to publish it. The marketing people felt like it ought to be a more focused market. They said, "Would you please change it all to women?" Then I scrambled and went back through the whole thing

and changed all the examples to women. It's totally about men and women. That's the marketing person.

Laura: I appreciate from the marketing perspective that they do drive to a narrower market then they're more likely to get sales. I would guess that women are more likely to buy this book than men are anyway.

Christy: That's true. I think it's very funny. I just like to challenge readers. Go through the book and see if you can pick out which were really men incidents and which were women. You can have fun with that.

Laura: I'm going to have to go back and look. It would be interesting to see if we could tell. Do people ever respond to you about that? I'm curious if people can tell.

Christy: No. I haven't really had anybody say anything. I think it would be a fun thing for people to do. I would love to hear from somebody if they wanted to do that.

Laura: My guess would be I probably couldn't tell. It would be really interesting. Maybe I'll take you up on that challenge and see if I can tell.

Christy: I would love that.

Laura: What I really loved about the book is it really is a step by step practical guide to being able to get over our stumbling blocks, basically. I know that where this came from for you was you were a family therapist who practiced for many years. You had noticed that some people are able to make these shifts and changes and create a better life. Other people didn't seem to be able to. What was it that you found that was the distinction between those people who were able to do it and those who were not?

Christy: Well, one of the things I've found is they have enough courage to want to change. They were willing to push forward. Sometimes that came right from the beginning when I first got them as clients. Sometimes it came as they went along and could see, the more self esteem they got, the more courage they had to change. It was kind of a cyclical thing.

The other thing I found is people who were willing to set goals and move toward their goals were much more likely to change than people who just stayed stuck and weren't really willing to push forward. That kind of is the premise of the whole book. I put the goals right in the beginning of the book. We keep ourselves stuck sometimes with old emotional beliefs that we figured out when we were kids like I'm a procrastinator, I can't get organized, I'm a perfectionist so I'm going to do it, whatever those original childhood beliefs were. They keep us stuck. Many times I could help clients move beyond childhood beliefs and then they could free themselves and move beyond to the next life. That was really key, I found.

Laura: I will second that. I know that I have found in my own life as well as working with clients myself, we can set whatever goals we want to, I also call them intentions, having intentions for our life. If we have a belief that contradicts that goal we want, we can't do it. We have to look at that belief. Sometimes, at least what I've found, you can say if this has been true in your experience as well, sometimes just acknowledging that belief is enough to say, "Oh, okay. That's why I'm staying stuck. That doesn't really serve me anymore."

Christy: That's absolutely true. I love that you've identified that. Sometimes all we have to do is figure out what they are. If we figure out what they are we can move beyond. There are times when the emotional trigger is a little bit deeper. We have to go back and find the root of that and then rewrite our script. We really don't have to go off old tapes anymore. We can change those. Many times those tapes came from our little kid brain trying to figure things out. I really never like to attach blame to parents, grandparents, whoever. I feel like sometimes our little kid brains were doing as good as they could and this is what they figured out. So then we come along with these belief systems.

Laura: Even without blaming parents, I know that lots of times those beliefs have a parental voice attached to them.

Christy: Many times that's true.

Laura: It's really your parent's belief. It's not even yours. You've just adopted it without really questioning whether it's true for you or not. When you're a little kid that's what you do. That's not saying the belief is wrong. It's choosing to say, "No, that really doesn't work for me."

Christy: That's excellent. That's a very good way to put it. There are times, however, that the beliefs don't come from the parents, that they come from our life circumstances.

One of mine came that way. My father was killed when I was 6 years old in a car accident. My belief system as a 6 year old, I just figured out that men will abandon me. My dad was really my good friend. He will leave me. He will abandon me. That wasn't a belief that anybody else said to me. I just figured it out myself. Of course, by the time I got to be 20 it was not working for me anymore. I had to change that.

Laura: Absolutely. Really, recognizing where it comes from does help you to change it. I'm glad you were able to do that. I'm sorry you lost your dad so young.

Christy: Thank you.

Laura: It's hard. It's hard. Well, it is time for us to take our first break. When we come back what I'd love to talk about is you have 4 steps basically in the book. Let's do an overview of those and then we'll start diving deeper into some of the steps.

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

[Commercials]

We are back on the Laura Longley Show. Today I'm talking with Christy Monson, author of *Becoming Free: A Woman's Guide to Internal Strength*. As we talked about in the first segment, or a man's guide to internal strength. It's applicable to both genders. We don't want to leave anybody out. Before we talk more about the book, I want to make sure everybody knows where to find Christy and how to find her books. Can you give that information for our listeners?

Christy: Yes, the easiest way is to go to www.christymonson.com. I've got my books listed on the website. There are some free articles there too you are welcome to go and download. My book *Love, Hugs and Hope*, and *When Scary Things Happen* is a picture book to facilitate communication between parents and children when a tragedy happens in a child's life like divorce or death or difficult circumstances of any kind.

My *Family Talk* book, which is about family meetings, how to organize family meetings and solve problems and strengthen relationships, that is just out yesterday, in fact. The links to those are on the website. You can go directly to Amazon if you want or you can go to the Familius website if you want. The links are on my website.

The other thing I was going to say, there are free downloads there. You can download the articles on any of the three books that you want. Just print those out and use them as you will.

Laura: Great. Very good. Some free resources too. I know that as a parent myself, both of your other books that are more family oriented definitely are helpful or people that are raising kids right now.

Christy: Yes. Yes.

Laura: So, before the break we had started talking about the book that we're talking about mostly on the show, which is becoming free. What we had talked about is that you had noticed some differences in your clients between people who seem to be able to take the steps and move forward and those who were not able to. That's kind of what's gone into this book. What I'd like to do right now is you've got laid out in four steps, four areas of focus what you learned from your clients about how to go about doing this. Can you just step us through each of those four things at a high level? Then we'll dive a little deeper.

Christy: Okay. One of the things I think was most important at first was to do the goal setting and set the long term and short term goals so that people really could begin to move forward. I think it's so good for people to be creative when they do that. You don't have to set your goals at one time or another. You can set them throughout the year.

The other thing I think is important is to be able to focus on yourself and make the decisions you need to and strengthen yourself enough so that you'll be able to move beyond whatever the problems are.

Communication was the next one that people can...hang people up some of the time.

The last one is really about becoming your best self and all the techniques I learned as I worked with people. It's a wonderful resource for people. I've just taken all the techniques that were helpful for

clients through the years. I put them all in that section of the book. That really is a wonderful resource for people.

Laura: This concept that we were talking about earlier too, about these limiting beliefs that we have that we carry with us from childhood, does that kind of fall into that step 2 about the self care where you're releasing those things?

Christy: It does, but it also...I've used it all the way through the book because it limits people in the beginning who are unable to set their goals. They set their goals, like we've said before, then there is some trigger like perfectionism, procrastination, that keeps them from meeting their goals. The next section maybe it's decision making, depression or anxiety or those kinds of things that will keep them from becoming free of personal hang-ups. The communication one, limiting beliefs keep us from communicating with others in a healthy way. We lose relationships because we've got some mistaken beliefs.

That last section doesn't really have so much about limiting beliefs. It's more about taking care of yourself and the techniques.

Laura: I love that...I love all of it. I love the last piece with the different things that we can do to help us move forward with achieving the goals that we're setting in the beginning. I know that starting with the setting goals, you take an approach of choosing what you want for the long term and then setting short term goals that are in support of those long term goals. Maybe a goal would be that I want to get married and have a family. Then you would take short term goals that would lead you in that direction. Is that right?

Christy: That's perfect. Really be able to pick up the things that are inhibiting you from reaching that goal. That was one of the things I struggled with. That little childhood of mine, that little 6 year old inside of me says that men will abandon me. They're not going to be there for me. I really had to do my own therapy and work through some of those limiting beliefs before I could get into a long term relationship.

Laura: Right. I will ask this because I know that this is one of my things. Some other listeners might relate to this as well. I don't always know what I want in the long term. I think that when we're younger, just getting out into the world, we have perhaps more of an idea for long term goals like going to college, getting a job in a certain career, getting married, having a family. When we reach mid-age, which is where I am, it's sometimes hard for me to say...I don't know what I

want to have...I don't know where I want to be 5 years from now. Do you have any suggestions around that?

Christy: Yes, there's a couple of chapters that I talk about decision making in there. I think the model fits. At least it does for me and maybe other people have got a good model. This is the model that I use for myself and my clients. First of all, I try never to make any rash decisions. I always give myself a 24 hour rule. I'm not a...sometimes I've had a hard time making up my mind over the years. I haven't felt confident in doing that. I always give myself a chance to really think about things for a while. As I do that, I like to brainstorm in the beginning, absolutely, every possibility under the sun, weird, different, whatever. I like to list them all. Then I can narrow that down if I've got two pages of writing I've listed. I would narrow that down to maybe 6, 7, 10, whatever works for you. Then I take those and list the pros and cons of each one and what the long term value of each one of those would be. Then I can weigh it from there and make the decision I need to. Then I feel like I have made a good, solid decision.

Laura: I see too that the idea of brainstorming, it just reminded me of another guest I had on a few months ago. His first step in his process is that you sit down and write for I think he said 20 minutes. Kind of a free flow of what is my ideal life. What would it look like if my life was exactly the way I wanted it? I think sometimes we can get really...we put ourselves in a box of what we think that should be. If you get into that free flow of writing it, then you've at least got a starting place for your decision making process. Then you come back to it and say, "Where do I really want to focus for right now on creating these things?"

Christy: I think that's wonderful. I love the free flowing idea. I think that's absolutely great. I am a strong advocate of journaling, journaling of all kinds whether it's writing, drawing, quilt making, crafting, anything you can think of. I like people that are outside the box. I just grooved in on my clients that were able to come up with some creative ways to journal and think and report things. I love the free flowing idea. I think that's a wonderful idea.

Laura: I'll throw in one of my favorites that works very well for me. I've since learned there are some reasons from a neuroscience perspective that this works. I walk, I go for walks and I talk out to myself. What I've learned is that the talking out loud engages a different part of our brain than thinking internally does and the physical movement engages something different too. That works really

well for me when I'm feeling like I don't have a clue. That's really helpful for me too.

I love that all these different ways that we can get in touch with what it is that we do want and what our long term goals might be.

Christy: I had a group of clients that would get together for lunch once or twice a month. They would talk, but it was almost like a self-help group where they would set their goals and then they would talk with each other on how they were coming on their goals and it was just a wonderful, supportive group to kind of help each other. That kind of incorporated some of the things you're talking about. I think we need a kind of accountability. Sometimes good friends are a great accountability. Talking out loud is very important. It helps me focus my feelings. I could talk, talk, talk. Pretty soon I've got an idea of what I want.

Laura: You know, what I've found too, this makes perfect sense to me, by talking...I guess this is true with writing as well. Once you're actually saying it out loud you get out of that loop you sometimes get in your head. You have to actually come up with words to describe it. That's really helpful too.

Christy: Another technique that I've found, it's one of the ones in the last section of the book, is we can change our stories. We can write the story to have the kind of ending that we want to have. I discovered that when I worked with children quite a bit that had bad dreams or had been abused. We had to write happy endings to the dreams and stories. It was a wonderful technique to help kids get out of things. It also worked for those of us who are past the age of kids. That's for us to rewrite our stories.

Laura: It is time for us to take a break again. I want to talk a little bit more about that idea as well as some of the other tools that you have in that fourth section when we come back. Plus, we're going to give away a copy of the book when we come back.

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[Commercials]

We are back on the Laura Longley Show. Today I'm talking with Christy Monson, author of *Becoming Free: A Woman's Guide to Internal Strength*, or a man's guide. Before we talk more about the book, let's give away a free copy to the first caller at 800-930-2819. If you want a copy of Christy's book, you can call in now. First caller at 800-930-2819.

Christy, I want to just jump right to that fourth section with these different tools that you've included in the book that can help us really achieve the goals that we come up with in the first section. There's really some great ones there. Most of them I'm familiar with, but it's always good to be reminded or have a different twist on them. What are some of your favorite in that section?

Christy: I really...I don't know that I could say that I have a favorite. I can...that's a very hard question. I don't know that I can do that. One of the ones that I use myself more than probably some of the others, the gratitude one. I just have to pull myself up short with that gratitude one once in a while, take myself down a notch or two and get back into the gratitude. I do that with my journaling a lot. Sometimes I'll do it with my mantras, my positive self talk. That's a really good one for me.

Some of the others that have really been helpful for people, of course the meditation one is very good and everyone can kind of choose their own way. I do love rewriting your story and writing your own script. It was interesting for people to change their stories. Some people had a very hard time changing their stories. It's interesting for me to see people...there were some people at church yesterday with some specific stories and they were just entrenched. They were not going to change their stories at all. I just feel sad for people that are not willing to do that. One of the things in changing your own story that I think is interesting that worked with so many of my abuse survivors is I would have them use the nondominant hand writing. I don't know if you've ever done any techniques like that. That is really a good one. You take your nondominant hand and you have to let that inner child of yours write what she thinks, how she feels, and what's going on. That is really startling for some people to do that. There you are, of course scribbling like you do in kindergarten. That hand is hard to write with.

Laura: Mine is worse than kindergarten. I'd have to just know what it said because I'd be unable to read it.

Christy: It's difficult. It puts you back in that...it connects you with that inner child. That was wonderful. Some of the others were accountability groups that people had. We had crocheting groups, we had knitting groups, we had positive self thought. People can establish any kind of a connection with people. I'm still in touch with a group called the Knit-Wits. They just love to knit. They're doing service all the time. They're making hats for the homeless and scarves for the homeless. It's a wonderful project. They make baby blankets to send to Africa. You go girls! That's awesome.

Laura: No kidding. I would love for...the rewriting our story. When we're talking about our story it's like an episode in our lives that we have certain thoughts about, we tell ourselves what it meant and what it meant about us. Can you give an example either in your own life or one of the ones from the book where someone has rewritten their story?

Christy: Mine...let's go back to mine where my father was killed. I felt abandoned and I began to rewrite that as a child. My father was always part of my life. I began to talk to him as a young girl. He and I had a special bond as I was growing up. He would...I just could go in my room, curl up on my bed, and he and I would have a long conversation. We would talk to each other all the way through my life. That was really how I began to rewrite that story and continue to rewrite it. I just think it's important for people...he and I of course were not together. If people have a belief in afterlife, I knew he was in heaven. I was here and he was in heaven but we could still communicate with each other. My little kid brain figured out how to do that. That was helpful for me all the way along.

I've had clients feel like one bad thing after another bad thing after another bad thing happened to them. Then we went back to look at each one of those incidents and pulled out the strengths that they learned from those. Every time we have a trial we may not want to admit it when we're going through the trial...of course, I'm number one to be there saying, "I don't want to do that again." After I get all the way through it, then I can look back and find the strengths that I gained from it.

We would take incident by incident from these people's lives and they were able to see the strengths they had gotten from them. Then write their own mantras. I love for people write their own mantras. They say to me, "I don't know what to write. What should I say?" I never tell people because I feel like it's important for them to put the words to it.

I won't know the right words to say. It's just like the dream interpretation. Somebody will come in and talk about their dream and maybe they were free falling or whatever, which means they were feeling powerless. They have to put the words to whatever that meant to them. I won't ever do that for people because it's much more powerful if they do it.

Laura: I love that you brought up dreams. I know that it is also a technique with dreams to rewrite what happens in the dream. If we have a dream that is distressing to us or we don't like what it means to us, we can reimagine that with a different ending or with a different course of events. I have someone who does...it's what she does is dream interpretation. That's where I learned that technique. I've found that to be really helpful for myself personally.

Christy: Take it a step further with what you had said before and talk out loud. That will reaffirm it more. Rather than just imagining it in your head, you talk it out loud. That will help reaffirm it I think.

Laura: I haven't done it specifically, but I'm really big on talking out loud. Maybe it's no surprise I have a radio show. Obviously, I'm a talker. I'm an audio kind of person for how I process things. One of the things that I've started doing with just interpreting my own dreams, not the rewriting of the story, even just doing the interpretation, is I will just talk out loud. I will do it instead of writing it. I will say, "Here's what happened in the dream. I wonder what that meant? Here's what I think that meant." For me, that helps the flow of processing. We all have different ways in which we process things.

Christy: That's a wonderful technique. I love that you do that. That's great. Something I would espouse all of your listeners to, because I think it connects us with our subconscious. Then we really can figure out what's going on on that level just a step down from the life we live every day.

Laura: Exactly. I'm a total believer that our dreams are all about messages to us. It's to our benefit, it's for our benefit. Being able to understand what it means to you, whatever happened in the dream, it gives you information and it gives you encouragement. Sometimes it's very literal.

I can remember...this was years ago. I was on a vacation with my sister. I am thinking, "Oh, I need to recharge the battery for the video camera." This was back in the olden days when it actually had a tape

in there. The batter would get used up really quickly. I forgot to do it. I woke up in the middle of the night. I had a dream about it. Go recharge that battery!

Christy: Another word that I love for the technique you're using is it's very empowering. It's not only encouraging, it's empowering. At least it is for me.

Laura: I agree with that. That is a great word for it. Because it does bring it back to it's all within us. We have it there. It's all within us.

On that note, it is time for us to wrap up. I had such a lovely time. Before you go Christy, I would love for you to share once again how people can find you and how they can find your books.

Christy: Oh, thank you. I have enjoyed being with you so very much. People can go to www.christymonson.com. The books are all there. The links to Amazon or Familius, wherever you would like to order the books are there. Download the free articles. They're about kids and about adults and about family communication. Enjoy.

Laura: Thank you so much Christy. It was such a fun conversation and lots of really good information. Thanks so much for being on the show.

Christy: It was my pleasure. Thank you.

Laura: We're going to take a quick break and when we come back I'll share this week's Light Bulb Moment about asking and receiving. 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 Christy Monson, author of *Becoming Free: A Woman's Guide to Internal Strength*. It also applies to men. You can find out more about Christy and her books at www.christymonson.com.

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

Earlier in the show I was talking about the fact that last week I had another one of my middle of the night meltdowns. It seems like that's when it always comes and I think I'm probably not alone in the fact that sometimes I wake up in the middle of the night and all of a sudden have an anxiety attack. That makes it sound more serious than it is. Sometimes I start to get some anxiety over something that when I'm busy during the day I don't ever think about at all. It was true in this particular case. What I realized was I've been making some shift in my business. As you know, I've also been talking about getting a real job. That really hasn't been going very well. Nothing has been happening there. I was getting this little freak out around money. I talked to God, the universe, source, whatever name you want to use, my higher self all the time. As I was saying to Christy earlier, I talk out loud. I said in the middle of the night, "I know I'm really stuck on this idea that the only way to get money is to earn it either with a paycheck from a real job or from my business. I know that's not the only way I can get money." Frankly, I've learned in the past it's shown up for me in other ways. "Please help me. Please help me shift this belief."

Two things happened within the next 5 or 6 hours. I had two things happen. The first one was that I had a dream about selling my jewelry. I have a fair amount of jewelry that's actually very nice from younger years that I never ever wear anymore. Two years ago I sold a bunch of it and with gold prices the way they are I got several thousand dollars. There's some money for you. There's a way to get it without a paycheck. Right? That morning I got a phone call from an insurance company about a car accident I had in 2012. It's been 2 ½ years since that car accident. The other driver was at fault. They did not have insurance. My underinsured motorist paid it but it cost me \$100 in a deductible. Hey, their insurance company, they actually did have insurance, is going to pay it back. I'll get that \$100 back. Granted, \$100 isn't a lot of money, but here were two pieces of evidence. All I had to do was ask. Show me that there are other ways to get money besides earning it with a paycheck or through my business. #1, sell my jewelry and #2, get money back from the insurance company.

That kind of got me on a roll of really paying attention and deliberately asking. I go through phases of doing that but I'm not always as consistent as I should be. The very next day I'm driving. I took a 3 day road trip for my birthday. I left Friday morning. Friday morning I'm driving. I get a phone call from the other insurance company. There were some issues around getting my insurance company

connected with their insurance company. I could just see that I was going to be stuck in the middle of it. I shouldn't have to be. That's what my insurance company is for. It's to take care of that. I made a phone call to my insurance company and talked to the person in my agent's office who I talked to before when I got the first call, and I said, "Can you please help with this and get me out of the middle of it?" In the meantime I say a little prayer which is, "Please let this get resolved with effortless ease. Take me out of the middle of it and let it get resolved without me having to do anything."

The agent person called me back about an hour and a half later. She had talked to the claims adjuster who had said they were going to call the other insurance company. 30 minutes after that the claims adjuster calls me. She had talked to the other insurance company. A check was in the mail.

There was my next bit of evidence around all I had to do is ask and it got resolved with effortless ease.

Then I decided every single day I'm going to ask for something and see what happens. The next day I was on the second day of my road trip. I've been seeing a lot of cows and horses throughout the day. I saw some more horses and I said even out loud, as I often do in the car by myself, I said, "Gee, it would be fun to see some goats. I think goats are really fun." I kid you not, less than 2 minutes later I go around a corner and there on the side of the hill were some sheep. Not goats, but sheep. I'm going...okay, I hadn't seen any sheep at all that day. I'd been driving for about 8 hours. I didn't see any more the rest of the day. I kind of figured, well maybe there weren't any goats in the area for the universe to pop them up there for me to see, but I got some sheep, which I hadn't seen yet that day.

Then I said, "I'd like to see some deer. I want to make sure they don't get on the road. I don't want there to be any danger of them getting hit by a car." It was a couple more hours before I got to my hotel for the night. Didn't see any deer. I get to the hotel and there are statues of deer outside the hotel. There were my deer. I will say the next morning within 10 minutes of leaving the hotel I saw 2 different pairs of deer.

I'm saying all this so that you get the idea that when you ask you will receive. Part of the process is also when you receive you say thank you. It's that gratitude thing. Then you ask for more. You get in the flow of asking, receiving, thank you. Ask, receive, thank you.

I do want to point out just one little thing. I never did see any goats. I asked for goats, didn't get goats. Sometimes we're not going to get what we ask for. Sometimes the answer that we get back is no instead of yes. Sometimes the answer we get back is slow. It's no, slow, or go. No means no, I'm not going to give you that. There may be reasons that I'm aware of or reasons I'm not aware of why I don't get it. Slow means you can have that, it's just not time yet. This is in the idea of divine time. All things happen in divine time. I can't always know what that is. Of course, go is yes.

If it doesn't show up exactly as you expected, like I got sheep instead of goats, I still call that a yes. If it shows up as a statue of a deer instead of a live deer, I still call that yes. Pay attention to those things. If you're not getting the answer you want, there is a reason and trust that there is a reason. Just briefly, the rules, whatever it is you want, no matter how small or large, ask. If you don't ask the universe can't know you want it. Look for the response in unexpected ways. You might get it through dreams or ideas that pop into your head. Let go of expectations of how it's going to show up. If you don't get what you ask for, look at why the answer might be slow, not yet, or no, not now or never. The more you ask, receive, and express gratitude, the more you'll continue to receive. It is a cycle that feeds itself. Gratitude for it is the key.

Go try it. Really, I'd love to hear your experiences of what happens for you on the Facebook page. I'm posting mine there. Come to the Facebook page, the Laura Longley Show, and post your examples too of what's working for you.

I want to thank my guest today, Christy Monson, for sharing such great information on how to get unstuck and move forward in our lives. I want to thank you all for tuning in to the Laura Longley Show with me, Laura Longley. I had a great time. Please join me every Monday at 2pm Eastern, 11am Pacific on KKNW in Seattle, WBLQ in Rhode Island, or anywhere at www.thelauralongleyshow.com. Have a great week and I'll see you back here next time.