



***The Laura Longley Show
Spirit is Talking To You
with Joan Doyle
June 16, 2014***

Laura: Good morning. Welcome 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 Joan Doyle, author of *Spirit Is Talking to You*, about how to tap into our connection to spirit so we can receive the guidance that makes our lives so much easier. Joan will also be giving away a free mp3 download that has stories from the book read by herself and her husband. Be sure and stay tuned for that later in the hour.

First, we're going to start with our healing meditation as we do each week. Again, this week I would like for it to just be general. Think about someone or something that you feel needs love and healing. It can be yourself. As you do this, you're just going to breathe and open your heart for that love and healing to take place.

Let's begin by taking a deep breath in. Release that. One more deep breath in. Release that. Thanks for joining us on that.

I want to remind you, I started talking about this last week. I want to remind you that beginning at the end of June I'm going to be making some format changes to the show. This is because as I continue to evolve and change and how I want to help others also evolves. My vision from the show from the beginning has always been to help

listeners who were feeling unhappy and stuck and needed some guidance. In the past I've done this by offering guests with perspectives and tools that might be helpful as well as through shows where I share tarot and intuitive guidance with callers. In addition I've always done the Light Bulb Moment, which we'll talk about in just a moment, where I share a personal experience that helped me shift my perspective and change and where a light bulb came on for me. That's why it's called the Light Bulb Moment. The idea behind the Light Bulb Moment is that my experience might trigger you to notice something similar in yourself that will also lead to a shift in your light bulb.

Building on this Light Bulb Moment concept, beginning at the end of June, it'll be the June 30th show, the very end of June, I'll be sharing the Light Bulb Moment at the beginning of the show instead of at the end like I do now. Then I'm going to open up the phone lines for callers with a problem or issue that they need help with. It can be related to what I talked about with the Light Bulb Moment or not. It can be anything you need help with in your life. The goal is to help each caller move to a new place by the end of the call or at least trigger something that as they go forward will create that shift in them. Also, to help trigger shifts in listeners who can identify with the caller or can identify with the guidance that the caller receives.

That's the change I'm going to be making in a couple of weeks. I'm letting you know about it now because I want you to be prepared to listen live so you can call in. I'd really love to talk to people live and help them as well as the people listening get some change.

Part of the shift in the show format is because I've returned my focus to coaching people to find their life purpose. In particular, how to apply that life purpose in their career or in starting a business. I've been doing that type of coaching for more than 5 years, but I had been putting my focus and energy elsewhere for a while. I wasn't doing it as much as I used to. I'm feeling really reinvigorated around that and inspired to help you figure out what you came here to Earth to do in this lifetime.

I'll be using my tried and true tools that I've been using for the past 5 or 6 years along with some new ones that I've learned in the past year. I'll also be including tarot and numerology in that coaching if that's something that speaks to you and you'd like to use.

I'm also telling you about that because I'm opening up my schedule now to take coaching clients. If you're feeling like you need to sort out

your life purpose give me a call to schedule a free initial consultation so we can talk about what program might be best for you or how to approach, it might be best for you. My phone number is 206-792-9912. Or you can shoot me an email at Laura@thelauralongleyshow.com.

One more thing I want to share before I introduce our guest, I've been talking a lot more at the beginning of the show than I usually do. I want to give you a preview of this week's Light Bulb Moment. This weekend I attended a workshop that was put on by the Alternatives to Violence Project. Lately I've been drawn to non-violent communication, which can also be called compassionate communication. I've taken some workshops around that. This workshop really felt kind of like a natural extension to that. I had some really interesting insights over the weekend. I know that these came about because I was able to be in beginners mind, which is really about not thinking that I already knew all of this, even though a lot of it was related to stuff I already knew.

During this week's Light Bulb Moment I'll share a little bit more about what I discovered this weekend and how a beginner's mind practice can help us learn and grow. Be sure and stay tuned for that at the end of the show.

Now I'm finally going to introduce today's guest. Joan Doyle has been a spiritual counselor with Centers for Spiritual Living since 2005. She specializes in her work as counselor and teacher in promoting harmonious relationships as well as individual empowerment as people navigate change, loss, or confusion in their lives. Her own path to transformation fires her enthusiasm to share the keys to freedom and greater happiness that she has discovered on that journey. She is also an award winning watercolorist and animator with many major feature film credits. She was born in Ireland and has lived in Los Angeles since 1993. Let's welcome Joan Doyle to the Laura Longley Show. Hi Joan.

Joan: Hi Laura. It's great to be here with you today.

Laura: I'm very happy to have you here with us. I'm grateful to have you here with us because your book, *Spirit is Talking to You*, I just loved it. I read it over this past week and for listeners, it's filled with stories of how people paid attention or were called to pay attention to a way that spirit was giving them guidance. I just love that there are so many different ways that it can show up. Really, the key is for us to pay attention.

Joan: Absolutely. Absolutely. I just love that you're adding in the Light Bulb Moments into your show. These stories are kind of...they are really. When you pay attention, you will get the light bulb moment if you're paying attention.

Laura: Absolutely.

Joan: If you're not, you're just going to struggle some more. Also, I think when people ask for things or they pray for things, or put them in prayer we tend to move on and look for the next thing rather than really acknowledge what we've received. Definitely paying attention to realize how blessed you are, what you have received, what spirit has given you. Acknowledging that is huge.

Laura: A couple of weeks ago on the Light Bulb Moment I had shared how I had had kind of one of these middle of the night meltdowns over finances. I asked for help. It was really not help about give me money. It was help me see there are other ways to get money besides somebody writing a paycheck by getting a job.

Joan: Usually our own thinking is too small. Spirit is so much larger. We forget we can actually open up to it.

Laura: Right. I went back to sleep. I had a dream about selling jewelry. That morning I got a phone call where a car accident I had been in 2 ½ years ago that was paid by uninsured motorist, now the motorist was paying it back so I was getting my deductible back. That happened all within 6 hours.

But, I had to pay attention and notice that. I couldn't just think this was a dream, not guidance. The thing that I really got into, and I've been moving in this direction, but this particular experience really got me really in the moment acknowledging and saying thank you when those things come up for me.

Joan: Yes, yes. Gratitude really opens doors. I think especially if you practice it last thing before you go to sleep it's like opening your consciousness to when you're in your dream state. You're so much more open to inspiration.

Laura: That's so interesting because I used to do a gratitude practice where in the morning I would write a list. Now what I do is right before I go to sleep I lay in bed and I go through what went on that day and

what I am grateful for. I think that that's great to think about how it does then impact my dream state.

Joan: Yes. Absolutely. I do the same thing. I write down every night 5 things that I'm grateful for that happened that day. Sometimes it's the same thing over and over. I also try to really...the things that we overlook most of the time like my organs worked perfectly today. I saw with my eyes today. I walked across a room today. We take so many things for granted. There's always something we can find gratitude for at the end of the day.

The other thing in that same journal I used to keep a list at the start of the journal of things that are fun for me to do. Sometimes I forget to add something fun into my day. So I always have that list. Write a letter to a family member. Dance to one of my favorite songs. Things like that. Sometimes we go through a day and we forget to have fun. Doing the gratitude at night reminds us, tomorrow I'm going to add some fun in. There's always more fun to be had. We're not here for suffering. We're here for joy.

Laura: I think that that's a fabulous idea. I do not...you get so focused on what you're doing you don't remember to have fun. At least, that's me. I love that you have a list of things that are fun. You don't even really have to think about it. You just go to your list and go, "Oh, I could do this."

Joan: Right. I've found that particularly useful. Like I say, we do get into, "What do I have to do today? What are my list of things to do today?" I had to work all day. Then I had to make dinner. Whatever. Oh, I forgot me. Have a laugh, call a friend, whatever. Just take a moment for me and remember I'm here for joy.

Laura: Exactly.

Joan: Set that intention.

Laura: On that fun note, it is time for us to take a quick break. The listeners can go have some fun for three minutes while we take our break. You're listening to the Laura Longley Show on Transformation Talk Radio. We're going to take a quick break and when we come back Joan will share more about how we can hear spirit talking to us.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Joan Doyle, author of *Spirit is Talking to You*. Before we continue, Joan I'd love for you to share with listeners how they can find the book and how they can find you.

Joan: You can find the book on Amazon, just look under books for *Spirit is Talking to You*. You can also get it through my website which is www.spiritistalkingtoyou.com. I just checked this minute because the price varies on Amazon sometimes. Right now it's at \$13.45. On my website it's \$13 plus shipping, but you get an autographed copy.

Laura: There is a benefit to that.

Joan: On the site you can learn about spiritual counseling that I do. I also am an artist, so I have some artwork that you can view also.

Laura: Very good. If people are interested in your services, you can do it remotely by phone?

Joan: I can. I can work over Skype. We can do phone or Skype, whatever works for the individual. And of course in person if you're in LA.

Laura: Yes, she's in the LA area. When I was reading the book, you start out with this story. It's actually your husband's story about pennies. I just really loved that. I loved how when you got introduced to that story, you also started seeing coins everywhere. I'd love for you to share briefly what the story is and how it has impacted your life.

Joan: Right. I'll take one step back. Before I met my husband I had been on www.match.com for about 2 years. One date and maybe a second date. Slowly, slowly I was pretty much putting myself out there as someone who was interested in spirituality. It was kind of something I kept a little bit hidden. I didn't put it up front because I thought it would put people off, which is really silly. It is so much of who I am, so important in my life. Why would I try to hide it? I'm just not being myself. The more I became myself, the more likely I was to meet someone who would match me.

I met my husband on www.match.com. We had one date, similar to what I had been having with all the guys I was meeting. I thought he's a nice person, we'll stay in touch. I have met many male friends on www.match.com. I haven't missed being part of www.match.com

because of the people I would meet. Anyway, we stayed in touch. During that time I was looking for somewhere to meditate that was close to home. My church was a half hour drive from where I lived. He knew of a place. I kept getting into contact with him saying, "Do you want to go to that spiritual center? I'd like to meditate."

Finally, finally we got it together and we made it to the meditation center. I loved it. Afterwards we had lunch and we sat down at the table and my husband said, "Oh look, there's a penny on our table." No big deal. It's just a penny.

Laura: It's not worth much.

Joan: He said, "Oh, but you don't know what a penny means to me. A penny means, because it says 'In God We Trust' it means that I'm on my perfect path today." Okay, that's nice. He told me the back story about how he had a mentor who shared this with him many years before. The idea is, when you find a penny you need to ask yourself am I going the right direction. If you've been thinking about making a decision, you just made it and you find a penny, yes you're on the right path. Another day we were talking about going to dinner. Something as simple as going to a new restaurant. Oh, let's go try that place. We found a penny. It turned out that that was one of our hangouts for the coming years.

Always, after we had lunch that day, he was on his perfect path, that was the day our relationship completely transformed. We saw each other in a different way. We ended up spending the entire day together sort of really opening up more to one another and seeing something completely different in each other than we had ever seen before to the point where I looked at him like, "Where did you come from? I've known you for a year but I'm seeing something completely different." What is it you're seeing? We'd look in each other's eyes and I'd see the biggest heart I had ever met. That was kind of, we were both coming to the place of really having an open heart to be able to love in an unconditional way, like neither of us had ever done before. It really was a transformation. That penny is really significant.

Laura: Did you keep that penny?

Joan: Oh yes. That one, he would have kept that one. I have a drawer of pennies. They're stuck on cards and they have a little blurb. This is the penny I found when this happened. It was because I had a drawer full of these pennies on cards, and quarters, all these things. Because

of this drawer full of cards, my husband encouraged me to write the stories up and how the book came about. I love writing and at first I thought, "A whole book about penny stories? No, it might get a bit monotonous." Then I open it up to friends and people at church. I made a website and invited people to submit stories. Then the fun began. It was all these stories started coming to me. It was so much fun for me. This is one of the most fun projects I have ever worked on in my life.

Laura: I can tell it must be fun because every single story that you hear just affirms again the power that is there.

Joan: Right, right. I think for people already on the path, this is definitely an affirmation. I'm not the only one. For people who are searching, it's an encouragement to look, to ask, to invite. It's like courting the presence of spirit, the guides, the angels, whoever is there to help you. So much of the time people go around thinking it's just me, I'm all alone. We're closed off in fear or whatever it might be. It's just I hope the message in this book is for people just open up for a moment. Take a breath and invite inspiration, invite an angel to guide you.

The stories are broken up into categories. There are several categories like writing. One my things, I journal all the time. I invite spirit's inspiration when I write. If I'm having a difficult situation I sit down and I write all the crap that comes to my mind. It's like morning pages from *The Artist's Way*. Start out that way if you've ever done that. Just let all the crud out. By the end of the writing I find I'm coming to a calmer place. Now I'm seeing the love in the situation or the solution that's coming now after I've written it all out. It's a process of getting the stuff out of your head and putting it down. That's one method that you can invite spirit's presence.

You can also just...there's left hand writing and right hand writing where you ask the question and get the answer with the other hand. Meditation, of course, is one of the best ways, sit quietly. A lot of people say, "I don't get any answers when I sit quietly." It may not come while you're meditating but because you have meditated, you have slowed down so that during the day the possibility that inspiration will pop in.

Laura: And, I would add to that that you really need to be prepared that it might not show up in the way you expect.

Joan: Exactly. Exactly.

Laura: I've had that experience where it wasn't until the end of the day and I went, "Oh, that was the answer to that question I asked."

Joan: Right, right, right. I think we're in a hurry these days. We want the answer, we want it now. We want to have a solution at the end of the day. I love this idea that impatience is distrust. Wanting it now is distrusting that it's not already here. When you sit in trust, it's more of an allowing energy. Okay, I know it's going to be here. If it's not here this moment, it's going to be here. It's here. I allow it. There's a section called Listening and Allowing. That's being more in that...not resisting what's going on, just allowing. There's a place for inspiration to come.

Let's see, some of the other headings of the sections.

Laura: I'm going to ask you to save those because we do need to take another break. When we come back we'll talk about the other categories that are in the book as well as some more stories that are in the book. We'll also give away, when we come back, a free mp3 download of Joan and her husband reading some of the stories. 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. Stay tuned and we're going to be right back.

[Commercials]

We're back on the Laura Longley Show. Today I'm talking with Joan Doyle, author of *Spirit is Talking to You*. Before we talk about more of the stories in the book and some of Joan's insights we'd like to give away, Joan would like to give away a free mp3 download to the first caller. In this download are some of the stories in the book that Joan is reading or her husband has read. It's a different way to get exposed to these inspiring stories of spirit talking and giving guidance and wisdom.

First caller at 800-930-2819. Again, if you want a copy of that mp3 download, 800-930-2819. First caller. Thank you so much.

Joan, on the break we were talking a little bit about something that has been up for you in your lifetime and that you're really focused on in your life around this idea that whatever is happening, I am safe and secure in this present moment. Can you talk a little bit about that?

Joan: Absolutely. I think...when I was younger my life was drama. It felt like everything became huge. I think that's pretty typical teenager, 20s. Your emotions are most prominent and something goes wrong, it's like the end of the world. For me, as I matured and as I grew spiritually, it was to note, to really kind of deeply get the message, that living message, that I'm okay no matter what the circumstances are that are happening around me. I think the way that I was led to that was through self compassion, that is basically being kind to myself, to know that even when the relationship didn't work out, that didn't mean I wasn't loved. I am still lovable. That person has chosen I'm not the one he wants to spend the rest of his life with, but that's not a value judgment of me. Even how an interview was to go, how I set up a workshop and it didn't go as flowingly as I thought. Just knowing that no matter how things went, I am not necessarily the one who is always in control here. Spirit is at work. I have to take the hands off a little bit and know that spirit is working perfectly. Maybe spirit, by that ending relationship, spared me from a lifetime of suffering with the wrong person. Even if the workshop didn't go like I thought, maybe whoever was there got what they needed.

Allowing myself to know that I'm okay. Spirit is doing the work through me. I can love myself even when I judge, because I'm the judge always of whether that was good enough or not good enough, and just what my inner judge says, I'm still okay. That, for me, has been the biggest lesson I've gotten. No matter what happens, no matter what circumstance I find myself in, even if I'm feeling really, really uncomfortable and right now I'm thinking I'm not doing the right thing, I'm not good enough, I'm want to create an appearance to someone and I'm not able to create that appearance like I'd like, it's just time for me to let go and just go with it. I'm learning. I can confess to this person, "I'm not feeling real confident about this situation, or what I'm doing. Maybe you could show me how to do this." It's allowing myself, as I would have previously judged, be weak or not know, not know everything, whatever it might be, and be okay with that.

Laura: I think the part that struck me, I agree with all of it. What really stood out to me was the letting go because especially when we feel uncomfortable, we try and control. That's what happens in our

human nature, that's what we try and do. It's the exact wrong thing. It's the letting go that allows it to resolve in the way that it's meant to.

Joan: Just knowing, we want everything to be perfect. We want ourselves to appear perfect. Just to know and acknowledge just the shared nature of our imperfection, our human condition, that we share that with everybody. Once we can tap into being kind to ourselves in that moment and acknowledging I'm really just like everybody else right now. We're all perfect and imperfect all at once. It's a dichotomy. Life is full of them. It's embracing the whole and just being. As I've matured, I've found that kindness is one of the most important qualities anybody can have, especially myself.

Laura: For yourself, absolutely. I totally agree with that. It's sometimes more difficult to do it for ourselves than others.

Joan: Right, right, right. We're trying to create how we appear in the world to people and create things in the world. There's all those voices inside always telling us what we should and shouldn't do, how we should and shouldn't appear. It's nice to have a little kind voice in there.

I remember one time in one of my journaling sessions reassigning, talking to that critical voice in my head going, "I'm afraid we've had to downsize and your job is on the line...but, I can offer you a new position, which I think you'd be really good at. Because of the energy you bring to your job, I have another option for you. You can be my champion instead." Ever since I did that I have found a shift. It doesn't mean that occasionally it doesn't come back. Sorry, I reassigned you. It's not your job now.

Laura: I'd like to remind you that you have a new job description.

Joan: Exactly.

Laura: Here it is. I really love that. I had another guest a while ago who talked about she would send that part of herself out for a latte when she needed a break. I really like reassigning the job description because it makes that shift. We all have that piece of us. As human beings we have ego, or whatever name we give to it. It's managing it.

Joan: Right. You know, in the book *Spirit is Talking to You*, spirit is for me, I call it spirit. I went through various ideas for the title. I thought spirit was a broad term. Some people in the book talk about God.

Some people talk about the universe, the absolute. There's one story, a friend of mine, she is an atheist. She doesn't have any name for God, she doesn't believe in a God. She believes we're somehow interconnected. She has this wonderful story about a bee that she met in the desert that called to her. It's lovely. I do believe that the energy, which I call spirit, is one that is always encouraging us to grow. The universe itself is expanding, and so are we. In consciousness, it's always wanting us to grow. It's a loving force. It's inviting us always. Love is like fertilizer, it grows us, whereas criticism does not. For me, when spirit is talking to you, it's always a voice of love it's always to give you the idea you are connected with others. You are not separate. When spirit is talking to you, it's something you want to hear. It's not something you're going to shut off. When you're open to it, your life is definitely going to improve.

Laura: This is a perfect note for us to wrap up on. Unfortunately we have come to the end of our time. Before you go, would you share once again how people can find the book and how people can find you?

Joan: You can find me through the website of the same title as the book, www.spiritistalkingtoyou.com. You can email me through that site. You can also find the book on Amazon. At the moment it's the same price as I offer on my website, \$13 for an autographed copy plus tax and shipping.

Laura: Thank you so much for being on the show. We had such a spirited conversation.

Joan: I enjoyed it a lot. Thank you Laura.

Laura: I really love the books. I do encourage people to go out and find it. Thank you so much Joan.

We're going to take a quick break and when we come back, we'll share this week's Light Bulb Moment, which is about beginner's mind and how approaching something that you might think you already know as if you don't can really be some freedom and you might be surprised at what you learn.

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

[Commercials]

We're back on the Laura Longley Show. Today I was talking with Joan Doyle, author of *Spirit is Talking to You*. You can find more about Joan and her book at www.spiritistalkingtoyou.com.

Some other ways to get help moving forward in life, you can find me on Facebook at the Laura Longley Show and I post there frequently with ideas and videos. We have some great conversations. On Twitter I'm @lauralongleysho and of course always at www.thelauralongleyshow.com.

Earlier in the show I was talking about this workshop that I took over the weekend, Alternatives to Violence Project, and beginner's mind and how all that came into it for me. Really what happened is that when I signed up for the workshop, it was kind of a spur of the moment thing. I signed up three or four days before it started. It came to me in email. Oh, this seems interesting. I wasn't really sure why I wanted to take it. I didn't know what I wanted to get out of it. That helped me be more in the place of beginner's mind, which is thinking I don't know because I didn't have a specific purpose for the information. I decided to be open to whatever showed up or whatever resonated for me. I also knew that a lot of the material was not going to be new. I've done a lot of these kinds of workshops over the years, I really wanted to be open to what was new that I would discover. It wouldn't necessarily be in the material, but it would be an insight for myself.

In conjunction with that, I've also been working on dropping the roles that I play, or the masks that I wear. Meaning, I've been working on showing up authentically without having to be in a role like being the radio show host, being the interviewer, being the teacher, or in this case, being the learner. Just being me. I thought this is another great opportunity to practice letting go of being in any role at all and just showing up and being open to whatever was in this for me. Also, by letting go of roles, I could let go of making it about anyone else. In order to be in a role there has to be an other. In order for me to be a teacher, there has to be a student. In order for me to be an interviewer there has to be an interviewee. By dropping the roles, it could not be about others at all. It could be just about me.

Beginner's mind really is about approaching something with the attitude of, "I don't know anything about this. What can I learn?" The combination of the intentions to be in beginner's mind and also to drop my roles led to some kind of interesting observations for me. I was

more able to notice and say what was true for me because it freed me up from having to already know it. It was okay for me to be uncertain. It was okay for me to ask about things that if I was in the role of I already know this, I wouldn't ask about it. Because I didn't have to play a certain role, I didn't have to be the person who already knew this material and helped others, whatever it might be. I can just be me and get whatever I got out of it.

Some of the other things I discovered for myself is I was once again reminded of how much I like knowing what the rules are, or the expectations. This was last week's Light Bulb Moment about how I'm really trying to move away from needing to know the rules and just going with what's right for me. There was one exercise where I was really confused about the rules. I found how I got hung up with...I wasn't clear what I was supposed to do so I just kind of threw up my hands. I still could participate. Other people were participating. That was kind of a really good noticing for me. How much do I quit because I feel like I don't know what the rules are? I discovered that I could play. This is something Joan and I talked about a little bit at the beginning of the show, I really have a lot of trouble just playing. By play I mean doing an activity simply because it's fun with no other purpose in mind. In the workshop they would do...it was very experiential. It wasn't like we were taking notes or anything. They would be giving us information and they had maybe two activities like that. Then they'd have what they would call a "Light and Lively" activity. They were games. They were games like you would play when you were a kid, like musical chairs, something like that. It has no purpose other than being fun. I have not laughed so hard in I would almost venture to say years. We probably did maybe 3 or 4 of those every day. There was one yesterday I was laughing so hard I couldn't even open my eyes. My eyes were squeezed shut. There were tears running down my face. I have not laughed like that in ages. It felt so good to just feel it. If I hadn't been in beginner's mind, I don't know that I could have been as free to just experience that as I was.

I was also able to accept something about myself that I had previously judged. That is, if I think I'm in physical danger in a situation, let's say someone is harming someone else or an animal, and I think I might be in danger if I intervene, I can't act. I have to say, I've never faced that where I've had to decide that. In my mind, when I think about it, I don't think I could intervene.

Going through this process where there were exercises where this kind of thing came up, I was really able to accept that's just where I'm at.

That's just how I would have to be right now in my life and not judge it. I was able to share that with the rest of the group without feeling like there was something wrong with me, even though some of them might be able to physically intervene to stop harm. Even though I might wish that I was different, once I accepted this is where I am right now, I could think through, what would I do if I was faced with this situation. I know that I would not cross the street and confront someone. I just would not do that. Who knows, maybe in the heat of the moment I would. In my mind, I wouldn't do that. What could I do to be helpful to a situation like that? That was really useful. It allowed me to get past the judgment which then allowed me to come up with what would be something that I could do.

To summarize, not having preconceived notions about what I should know and who I should be, what role I should play in the workshop freed me up to get the most from it.

You, just generically, beginner's mind, ideally we would approach all activities with beginner's mind. You start initially with something you don't know much about. It's easier to be a beginner then. Just be curious. Don't think you already know the answer or outcome. Allow yourself to ask questions and stay open to being surprised. I got surprised this weekend. As you practice more just being curious and being open to what you don't know, what might show up, bring this attitude to activities where you kind of have the attitude of, "Been there done that, I already know this," and really see how much more you can gain from it.

I want to remind you again that the show is going to be changing format. It's going to be a call in show beginning June 30th. I would really love for you to listen live so you can call in with your questions and problems that you need guidance with. Also remember I'm opening up spaces for life purpose coaching with a specific emphasis on career and business. If you're interested in that, shoot me an email at Laura@thelauralongleyshow.com.

I want to thank my guest today, Joan Doyle, for sharing such great information on talking to spirit and listening to spirit. 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.