



***The Laura Longley Show
How To Put Fears Behind You
and Take That Leap of Faith to Your True Purpose
June 30, 2014***

Laura: Good morning. I'm Laura Longley and you're listening to the Laura Longley Show on Transformation Talk Radio. Stay with us for the next hour and let us help you experience ways to get unstuck and live an inspired life full of meaning, purpose, and happiness.

Each week on the Laura Longley Show I share a tool to help you make authentic and lasting changes in your life. Then we open up the phone lines for your calls. This is your chance to get some intuitive coaching on an issue or problem that's been keeping you stuck. If you want to receive some on-air coaching you can call in. We're not going to take calls just yet, but you can call in now at 800-930-2819 and Benny will keep you on hold until I'm ready for calls. If you want to get some on-air coaching, you can call in at 800-930-2819.

Each week we also give away lots of free coaching sessions with me throughout the show. Be sure and keep tuned in, keep listening for your chance to win a free coaching session.

Today is the first week of this new format where I'm doing this call in thing. I'm really excited to share the stage with you and take your calls. I'm also kind of nervous. I haven't done a call in show in about 6 months. I'm a little bit nervous. I really appreciate your calls because your issues and working through those helps other people as well. Not only do you get helped, but other people get helped by hearing what you're going through and hearing a way to address it and deal with it.

One of the carry-overs from our previous format is our healing meditation. We're going to continue to start each show with that. Today we're going to do a very general invitation where you can focus on something in your life or in the world that you feel needs healing. It may be a person, it may be a situation, it may be something with yourself. During this meditation, just focus on that and send your love and healing energy.

Let's begin. Take a deep breath in. Release that. One more deep breath in. Release that.

We're going to dive into this week's Light Bulb Moment in the new format of the show we're starting today. Light Bulb Moment comes at the beginning of the show instead of the end. While I'm sharing that, if you think you have a problem where you're feeling stuck and you need some guidance with feeling unstuck and moving forward, you can call in now at 800-930-2819.

This week's Light Bulb Moment...last week I took a little 3 day vacation and I went up to Whistler, BC, British Columbia for those of you who aren't in the northwest, up in Canada. It's about a 4 hour drive from Seattle. It's a ski resort, but in the summer there's lots of things going on there as well. I love to go up there, but I hadn't been there in 8 or 9 years. I was really surprised at how long it had been since I had been there. One of the things that is always fun to do there is they have the gondolas that go up to the top of the mountain; there's actually two mountains, Whistler and Blackcomb. There is a gondola that goes to the top of each mountain. In the summertime you can go up there and go hiking or it's just a great view.

I was looking forward to going up the mountain in the gondola, which I did. I also realized when I bought my ticket, since I had been there, they have a new gondola, which is a peak to peak, which goes from the top of Whistler to the top of Blackcomb. I'm like, "Oh, this is fun. This'll be really fun." I go up to the top of Whistler. I get up there and I realize when I'm looking at this gondola that goes from peak to peak that it is really high off the ground. When you're going up the mountain, you're not really that high off the ground, maybe 20 to 30 feet, not very high. This one, I asked because I have a fear of heights. 1,200 feet above the ground. To me, 1,000 feet sounds higher than 1,200. 1,200 is higher. That's basically equivalent to a 120 story building above the ground.

I was like, "Oh my gosh. I don't know if I can do this," because I do have this fear of heights. What I did...I didn't want to wimp out and really miss a great opportunity. The other thing was that if I didn't go over to Blackcomb I missed out on seeing the sights over there. Here is what I did.

My plan to decide whether or not I was going to do it was first of all I talked to one of the attendants there. She was really great, "Oh yeah, here's all the safety information about it." It had been going on for 6 years. They'd never had any problems with it. Then I watched it for a while. That kind of helped me come up with a plan for what am I going to do. How am I going to deal with this? After I watched it for a while, I thought about how I could minimize my fear when I was in the gondola. One of the things I came up with was I could sit backwards so I couldn't see what was coming. I would only see where I had already been. I could close my eyes if I got too scared. Then I asked myself, "What's the worst thing that could happen?" The worst thing that could happen is it could fall down and I would be killed. To me, being killed is actually better than being maimed or something. I'd have a few seconds of terror as it came down but then I'd be dead and fine. I wouldn't have to worry about it. So I went, "Oh, okay."

In the end, it really was I just had to trust and have faith both in the engineering of it and in myself. I couldn't know that I'd be okay. I decided to do it and I did have a queasy stomach all the way across. I really made it across without being too scared. I got kind of nervous when someone else in the gondola got up and was walking around. That bothered me. But, it was all great and I got across.

Having succeeded at that, I decided to take the chair lift back down the mountain. First of all, it's not that high up off the ground. My fear about it was that you could fall out. It's not enclosed like the gondola. I've always been scared when I went on the Ferris Wheel, which is what it reminded me of. I did it. I took the chair back down. It was actually two chairs to go back down. Saw a black bear when I was on one of the chairs. That was my reward for doing it. I was really proud of myself and grateful that I hadn't missed out on those experiences.

I'm telling you this story because it's very similar to making changes in our lives that sound scary. There is some risk involved. Any time we make a change there is some risk that it won't work out.

Shifting it for a moment here into a Light Bulb Moment and how you can get unstuck by overcoming fear of a change that's going to help

you get unstuck is to just start by thinking about a step that you'd like to take to change in your life that would help you, but you're not doing it and what's stopping you is fear. There may be one thing in particular that you're afraid of. You might have many fears around that particular change.

Here is what you do, and this is basically what I did with the fear of heights. Decide if more information will help and if so, get that information. Think of ways you can minimize the impact of that change in your life. This is like deciding I can close my eyes or ride backwards. Ask yourself what the likelihood is that this thing you're afraid of is actually going to happen. The likelihood of the gondola falling down was pretty small. And, what's the worst possible outcome if you choose to make the change? In my case I would be killed, and I was really okay with that...not that I want to be killed, but I could be okay with that. If the worst thing happens, what would you do? What would you do if that worst thing happened?

If you follow that chain of logic, we find we can deal with it, it'll be okay. Last, but not least, if the bad thing were to happen, the thing that you were to fear would happen, would it be bad enough that it would make you decide not to make the change if you could foresee that would happen? That might...the severity of it might be something that you would say, "No, I'm not willing to risk that."

Last, but not least, are you willing to take a leap of faith? We cannot predict the future. We can only predict the likelihood. As I said, usually you'll find the worst case scenario is something you can overcome once you acknowledge what it is.

That's this week's Light Bulb Moment about taking that leap of faith and overcoming those fears.

We're getting ready to take a break. I want to remind you that after we come back to the break is going to be all call in for coaching. If you want to receive some on-air coaching about getting unstuck in a situation that you don't know what to do with, it can be anything, it can be career, business, relationship, it can be something in yourself you want to change, call in now at 800-930-2819. Also, after we come back from the break, we'll be giving away the first free coaching session. Be sure and stay online for that.

I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. You can find me on Facebook at

the Laura Longley Show and at www.thelauralongleyshow.com. We're going to take a quick break and when we come back we'll give away a free coaching session and take some callers. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today we're talking about how to let go of fear and take a leap of faith to get unstuck and start moving forward in your life.

Before we talk more about that I want to give away a free 30 minute coaching session now to the first caller at 800-930-2819. I do all my coaching by phone, so you can be anywhere in the world. If you have Skype access we can do it. Again, if you want a free 30 minute coaching session, 800-930-2819. There are three types of sessions you can choose from; just a straight forward coaching session where you have an issue and you want to work on it, we can do a numerology report and talk about what the information says about your life purpose and your direction, or I can do coaching with tarot as also some guidance in there. If you want any of those kinds of free coaching sessions, give a call right now at 800-930-2819. If you'd like to receive some on-air coaching you can also call in right now at the same number, 800-930-2819 for a free coaching session or to get some on-air guidance. If you choose to do on-air guidance you'll also get a free coaching session.

I know Benny has gone into the other room to answer the phones. While he is doing that, I just want to talk a little more about our topic today, which has been how do I let go of fear in order to make the changes that I need in life, in order to really get on track with what my purpose is? One other piece that is kind of...it's related. It's really a specific kind of fear that we have. It's the limiting beliefs that we have about ourselves. We can do a very similar process with our limiting beliefs that will help us get over them and be able to take the steps that we need to take in order to make the changes we want to make. In order to be able to make shifts in our lives, we do have to make changes. We do get kind of stuck in this box of who we think we are and what we think is available to us. Limiting beliefs are anything that we tell ourselves that will limit our options and choices. They are perceived limitations, because they are perceived. They are not real. They are limitations that are placed upon us by our family and friends, by society, and most importantly by ourselves. These limiting beliefs are really the difference between what you think you should do versus

what you want to do. They are beliefs, not facts, because they have not been proven. They are what we believe, not what is a fact in life.

That is the most important thing to remember is that they are beliefs, not facts.

Like we did with our fears, we want to minimize those so that they don't prevent us from what we want to do in our lives. When we come back from our...are we going to do a caller now Benny?

Benny: Yes. We are a little ways from our next break. Tina is from Federal Way. She wants to say hi and maybe a small little reading as well.

Laura: That would be absolutely great. After we talk to Tina, we'll talk about how to deal with your limiting beliefs.

Hi Tina.

Tina: Hi. How are you?

Laura: I am good. How about you?

Tina: I'm doing good, thank you.

Laura: Are you enjoying the sunshine today?

Tina: Yes, I really am. I needed the sun.

Laura: It's a nice change after the weekend. So, tell me what's up with you?

Tina: Okay. I've been in my banking career for about 25 to 28 years. I'm doing very, very fine. I suffered a very traumatic life event, a great loss, about 3 years ago. I am still trying to get back on my feet. It seems like I've been shuffling from situation to situation. I really want to get back on my life track and my career path.

Laura: What I'm hearing you say is that you had been in banking for many years and then you had this event occur. Did you quit working at that time? What happened?

Tina: No, I continued working. I'm working still. My drive, my visions for my future changed. They changed dramatically. I had to reassess.

Laura: So, that's where I was going. Basically, what it sounds like is that this career that you had for those many years, it was based upon this certain vision of success for your life path. Then when this other event occurred, it kind of threw everything up in the air and you went, "Oh, is this really correct?"

Tina: Correct.

Laura: So, do you know what it really is or not?

Tina: My career path?

Laura: Yes, or what your purpose is as related to career.

Tina: I do. I still love what I do but I'm finding it hard to keep the motivation. I feel like people are...because of what happened to me, people are staying away from me for whatever reason. I'm trying to get...I love what I do and I'm trying to get back on track. I'm missing that fire. I know that it's out there, but I need encouragement and I don't know what I need, but I'm not connecting like I did prior.

Laura: You know what I feel just based on what you're saying is that this life event that occurred, part of the purpose of it was for you to discover that it was time for you to do and be something different in the world.

Tina: Oh, okay.

Laura: The reason you're not feeling inspired by your work anymore and people around you are not connecting with you that they used to because that's not where you're supposed to be.

Tina: Okay. I can accept that.

Laura: You might find that what you really are supposed to be doing has elements of what you did for all those years, but is a somewhat different path. It really sounds like you're not getting fulfillment and enjoyment from what you're doing anymore.

Tina: True.

Laura: That is, really I speak from personal experience but also working with a lot of people on similar types of issues. When we lose

that spark, it can be that just a thing or two needs to be tweaked and it will come back again. I also think that because it was the result of a huge shakeup in your life, that part of the shakeup was for you to make a shift career-wise as well.

Tina: Okay. That makes a lot of sense.

Laura: If you weren't to be in the career you were now, do you have a feeling for what you would want to do?

Tina: I do.

Laura: Oh good! See, you already know. That's what I love, we already know the answers. Sometimes things are just kind of obscured for us but you already know.

Tina: Right. Okay. I just have to get away. I was listening to your talk, prior you were talking about letting go of the fear.

Laura: Yes.

Tina: Think about what is the worst case scenario that would happen.

Laura: Yes.

Tina: I've been thinking, maybe I don't have to just jump in full length into something but slowly progress to that direction.

Laura: There are so many different ways that we can move in the direction that is right for us. It doesn't have to be a leap off the cliff kind of leap of faith. It can just be a one step at a time kind of thing. As long as we're moving in the right direction.

Tina: That makes a lot of sense. Thank you.

Laura: You're welcome. Do you want to share what it is you think you'd like to do or not?

Tina: I've been writing a lot. I do a lot of media. I've been writing on the side for like 6 years. I do some stuff in front of television. I've been doing that for the last...I did that for years, I've been doing it constantly for the last year. It just brings me joy. It brings me fulfillment. I don't even try to do very, very well and I love it.

Laura: That's a key. You don't even try. It's just easy for you and you love it. I think that that's absolutely right on track. And, since you won the free session, when we connect to do that we can explore more what you might do to start moving in that direction.

Tina: That would be great. That would be great.

Laura: Very good. Thanks so much for being the first caller today. I think I had said I was nervous because I hadn't done a call in show for a while. I really appreciate you calling in. Thank you Tina.

Tina: Thank you. I'll talk to you soon.

Laura: Alright, thanks. Bye-bye.

I know we have another caller but it is just another minute until break. I think we will hold off on that caller until after the break. I just want to say a couple of words about the kind of coaching that I do is about life purpose and to a large degree how that's related to career or starting your own business. Life purpose does also impact us in every aspect of our life. One of my little tag lines is life gets a lot easier once you know who you are and what your purpose is. I'm really passionate about helping people find their life purpose.

To that end, when we come back from this next break, we're going to take another caller to win another session. I don't know why I can't get the words out today.

Benny: You're still 1,200 feet up.

Laura: That's it. I'm still recovering from my fear of heights. We are going to take a break. I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. When we come back we'll give away another free coaching session and we'll take another caller. Stay tuned.

[Commercials]

We are back on the Laura Longley Show. Today we're talking about how to let go of fear and take a leap of faith that will get you unstuck and moving in the right direction in your life. We're going to give away another free 30-minute coaching session to the first caller at 800-930-2819. If you want a free session you can call in right now at 800-930-

2819. While people are calling for that we do have a caller, correct Benny?

Benny: We certainly do. We have Cassie calling in from Everett. Cassie, welcome to the show.

Laura: Hi Cassie.

Cassie: Hi. How are you today?

Laura: I am good. How are you?

Cassie: I'm pretty good.

Laura: Good. Before we start...this new format of the show today, I'm kind of a little bit discombobulated. I had a new way I wanted to take callers. I forgot to do it with the first caller, so you get to be the guinea pig. I want to start with what's one thing in your life that you're grateful for?

Cassie: My family.

Laura: Yes. Very good. Now, what is your thing that you're calling about?

Cassie: Well, I am really trying to practice following my intuition, really trying to focus more on that lately. I am feeling kind of like I can't make a decision right now about whether or not I should move. There is an opportunity to move into this neighborhood that would be better for my daughter. It's in her school district. We're driving her now back and forth. We're renting. Our lease is coming up. We could possibly get into this new place. I just don't know. I'm trying to see a big sign letting me know if it's the right thing or not.

Laura: So the thing that popped into my mind immediately that I would recommend you to do, have you done any work with muscle testing before?

Cassie: No.

Laura: Do you know what it is?

Cassie: Yes, a little bit.

Laura: Just for listeners who don't know what it is, our bodies have intelligence that we don't always consciously have access to. Our bodies know the answer to pretty much everything. That is our subconscious, our intuition, all those different words we use for it. One of the ways to access that information is through something called muscle testing. You can do it on your own with a pendulum. I have used this in my own life, especially when I'm feeling really confused and not sure what I want. It is so helpful to me. My recommendation is you get a pendulum and you ask the question. The way that it works is that you ask yes and no questions. You prime it by asking things like, "Is my name Cassie. Is my name Robert." Which obviously you'd get a no for that. You get really solid on which direction is yes, which direction is no. Then you can say, "Should I stay in this house? Should I move?" Then that can lead you. You don't have to...yes, it said yes so now I'm going to move. It can lead you down the path of...okay, here's what my body is telling me I really want to do. Then start looking at why you're confused about it.

Cassie: Okay. I know what I want. It's just all the other factors that play into it like financially, emotionally. Moving is hard and everything. Long term I feel like it's better. I guess I could do the muscle testing on that to see if it's all worth it or not I guess, or if the time is right.

Laura: Exactly. That's another good question to ask. Is this the right time to move?

Cassie: I think that's a big piece too. We just moved a year ago.

Laura: And, I would also say, is that a limiting belief that you're putting yourself in this box. We were talking about limiting beliefs earlier where your thought is that if it's only been a year we shouldn't move again so soon.

Cassie: Right.

Laura: Is that true? That's not true, that's just a belief. It's not a fact, it's a belief. I would try the muscle testing. I would also...you may have already done this piece, but I would write down...here are all the reasons I want to move. Here are all the reasons I don't want to move. You can use those as questions with the pendulum.

Cassie: Okay.

Laura: Does that make sense?

Cassie: Yes. Definitely. I've thought of doing the pros and cons, but I haven't actually gotten down to writing it and everything.

Laura: Right. I'm not even saying pros and cons because when we're in this kind of confused state of mind, to me at least, that seems even more overwhelming. I already know those in my mind. Right?

Cassie: Right. Exactly.

Laura: Just say...okay, I already do know the answer to all of these on a level that I'm not accessing yet. Pendulum, you're going to help me. I don't have to think about it. I just ask the question and see what the answer is.

Cassie: Right. I don't want it to be...if it's hard, obviously it's the universe saying it's not right. It's too much work.

Laura: You can even ask, "Will this move be easy?"

Cassie: Okay, oh I like that. That's a good question.

Laura: Separate from the pendulum, you can intend for that. If you decide to move you can set an intention that the move is easy and effortless.

Cassie: Okay. Okay, well thank you.

Laura: You're welcome. Before you go, a couple of things. One more thing you're grateful for.

Cassie: One more thing I'm grateful for?

Laura: Yes.

Cassie: I am grateful for my health.

Laura: If you want to stay on the line Benny will come and take your information and I'd like to give you a free session.

Cassie: Great, thank you.

Laura: Stay on the line and Benny will help you with that. And, in the meantime, do we have another caller?

Benny: We can take Cheryl, calling in from Seattle.

Laura: Hi Cheryl.

Cheryl: Hi Laura.

Laura: How are you?

Cheryl: Good. Thank you for taking my call.

Laura: You bet! You're learning the drill just as I am. What's something you're grateful for?

Cheryl: I'm grateful for my life. I have a really good, happy life. I have a good family, friends, pets. I'm mostly just really grateful.

Laura: That you have the life you do.

Cheryl: Yes.

Laura: I can totally relate to that even at the times when my life isn't as ideal as I might think it could be. I also look at what are all the things I've learned from situations that weren't ideal. I love just saying, I'm grateful for this life I have. With everything that comes with it.

Cheryl: You know, I heard you ask the last caller so I thought...right now I'm in a funk. I thought, really everything except this one area that I'm in a funk about.

Laura: Is that what we're going to talk about? The area you're in a funk about?

Cheryl: Yes.

Laura: We'll find gratitude in that too. Tell me, what's going on?

Cheryl: I've started a new business and I have a business and it's been very successful. I manifested it really easily and have always been able to manifest very quickly and easily in most aspects of my life. I really felt like it was time to transition. I still have my old business, plus I have a new business and both of them have business

has just dramatically dropped off. The more that happens, the more depressed I get about it. I know, you have to be positive to manifest.

[Overtalking]

I am so frustrated, angry, sad, the whole gamut.

Laura: Are the businesses the type of thing that are related to one another? Are they totally different things?

Cheryl: They're totally different.

Laura: My question for you is what sense do you make of the fact that business has dropped off in both even though they're not similar things?

Cheryl: The only thing I can think of, and I actually get is that it's my attitude. I know my second business really isn't going anywhere. It's made me do all the things I just described. That's affecting my first business too, I think.

Laura: So, just from a timing perspective, did the second business...the first business didn't start dropping off until after you were disappointed in the performance of the second business?

Cheryl: Yes. I would have to say that's true. Mostly.

Laura: Okay, so here's a question that popped into my mind. It may not fit or not. When you started the second business, did you have any fear about being too busy?

Cheryl: Yes. Yes. A lot.

Laura: You're not too busy, are you?

Cheryl: No. I'm not busy at all.

Laura: So you've manifested a way to not have to worry about being too busy.

Cheryl: Right. That is so true. That has occurred to me in the past. I haven't thought about that for a while because I haven't been busy for a while.

Laura: So, tell me a little bit about what you have been doing to try to get out of the doldrums you fell into.

Cheryl: Well, I do...I talk to my guys. I pray. I visualize. I do what I call the "ah" meditation, which I learned from Dr. Wayne Dyer, which is sound meditation and visualizing what you want. I do counsel people about all of this. That's one of the things I do is counsel people to manifest. Manifest! I just...

Laura: Doctor, heal thyself.

Cheryl: Exactly.

Laura: I think that this is tied to a limiting belief. It's interesting how I started talking about limiting beliefs and now the last two callers were running up against that. I think it's tied to a limiting belief that you cannot be successful at both businesses. Until you address that, you can do as much intention setting as you want. That's going to derail it. You need to work on that belief.

Cheryl: The limiting belief that I can't do both because I'll be too busy, I'll be overwhelmed and all that.

Laura: Let me ask you this, do you believe that?

Cheryl: Not now I don't!

Laura: Okay. I would start doing some things that are counteracting that belief. Things like, "If I got too busy, I could do x." You've got your plan B so you don't have to be worried about getting overwhelmed. If you start to get there then you'll know what to do. You've already figured it out. Does that make sense?

Cheryl: It does. Yes.

Laura: Very good. Before we say goodbye, another thing you're grateful for?

Cheryl: I'm really grateful for my health. I am really lucky to be my age and really healthy.

Laura: Okay. Good. If you want to stay on the line Benny will take your information and I'll give you a free session too.

Cheryl: Thank you so much!

Laura: You're welcome. I'm excited to do it. Especially with people that are...I won't say especially. Yeah, I guess I have a thing for people that are doing their own business. I do mine. I know how difficult it can be.

Cheryl: I've heard you talk about that.

Laura: It's been a journey, that's for sure. Stay on the line and Benny will take your information and we'll connect.

Cheryl: Thank you so much Laura.

Laura: Thanks. Bye. We are going to take another quick break. When we come back we'll give away one more free session. We'll take more callers for intuitive coaching and guidance.

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[Commercials]

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I'm going to finish up this little talk that I started about limiting beliefs. Just a little bit of a recap. A limiting belief is really a special type of fear. What it does for us is it kind of keeps us in a box. I'm sure saying "kind of" a lot. I guess it's better than anyway.

Limiting beliefs keep us from being all that we can be. They tell us that we can only be this big, or we can only look like this, or we can only look like that. It keeps us from really realizing our life purpose. Our life purpose does not have any limit to it. It allows us to be as big as we need to be to be able to fulfill that purpose.

What I want to remind you is that these are limiting beliefs. They are things we tell ourselves that are not facts. They can become true, as

we heard when we talked to Cheryl, by thinking them. If I believe something is true, that's what's going to show up in my life. We want to release these limiting beliefs as much as we can. Sometimes it can be as simple as realizing, "Oh, that's what I'm telling myself. I'm telling myself that I cannot handle running two successful businesses." Once I realize that I go, "Of course that's not true." Sometimes it takes more work. As you heard me tell Cheryl, one of the ways she can work on it is by saying if this were to start becoming true, if I were to notice I was getting so busy that I felt overwhelmed, what could I do about it? Having those plans in place to begin with is another way to deal with those limiting beliefs.

Sometimes, however, they are so deeply engrained in us and even in our subconscious we may not be aware of what they are. It can take a subconscious process to ferret them out and shift them. Some of the processes that I've used for this that are very helpful are hypnotism can get to that subconscious level; Psych-K, which is a specific process for dealing with beliefs that we want to shift that are subconscious beliefs. Psych-K is something you can do on your own once you've learned how to do it. Body talk is another thing you've probably heard me talk about on the show. I do work with a body talk practitioner who also uses Psych-K. I've seen lots of changes in my life with shifting limiting beliefs. The last one that I was thinking of just totally went out of my mind. What was the last one I was thinking? Oh, EFT. Emotional Freedom Technique, the tapping on acupuncture points. That can also help us shift those limiting beliefs that are so engrained in us or may even be unconscious or in our subconscious that we're not aware of them.

To recap what we've talked about today, we've talked about fear and how it keeps us from moving forward. I shared my little story about being up at Whistler and my fear of heights, my fear of going on the peak to peak gondola and how I got past that. That's a formula you can use to overcome fear of anything that's preventing you from taking a step you want to take. We talked about limiting beliefs that are a special case of fear and keeps us small because we're afraid of something that might happen if we get outside of that box, and some techniques we can use to overcome our limiting beliefs as well.

For those of you who did not win a free coaching session with me, there were 4 or 5 winners today, which I'm really excited to work with those people because it really is my passion to help people figure out what their life purpose is and then how they can create their life based on their life purpose. If you didn't happen to win a free coaching

session, you can get a free 15 minute consultation with me by going to the website, www.thelauralongleyshow.com and in the banner up at the top of the page on the right hand side you'll see where you can click to sign up for a free 15 minute consultation. During that consultation what will happen is we'll talk about what's going on with you. I send you a little questionnaire to begin with before we have our sessions so I know what your focus is. Then we'll look at what are ways that I can help you with the situation that you're dealing with in your life. It's totally free. Nothing to lose. May as well go sign up for it. I would love to work with you. Again, you can sign up for that by going to the website, www.thelauralongleyshow.com, in the top banner on the right hand side of the page.

The other thing that I wanted to share with you that would be helpful for moving forward with life and making changes in your life, getting over the stuckness as we call it, is 5 Simple Tools That You Can Use to Get Unstuck. This is a free pdf that you can immediately download from my website, www.yourauthenticwisdom.com. Again, it's www.yourauthenticwisdom.com. You'll see it down at the bottom in the right hand corner where you can sign up to see the 5 simple tools that you can use to get unstuck now and hopefully help you get moving forward in your life and really creating the life that you want that is based upon your life purpose. That's really what we're all here for, is to express our own life purpose.

We're wrapping up rapidly here. As I said at the beginning of the show, I was a little bit nervous doing an all call-in show for the first time in 6 months. I appreciate all my callers so much. I'm really grateful that you had the courage to call in and share your problem and let others listen because I know that others got help from listening to your issue as well as you. I always learn something with each person that I talk to. Thank you so much.

I want to thank everyone else who didn't call in because obviously not everybody could call in, for tuning in to the Laura Longley Show with me, Laura Longley. I really 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 purposeful week and I'll see you back here next time.