



The Laura Longley Show
The First Step to Authentic Change: Accept Reality
How Do We Do This and Still Move Toward Something Better?
July 7, 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. Today's topic is going to be accept reality in order to move forward. I'll be doing a Light Bulb Moment on that in just a minute. First I want to also remind you that we are giving away lots of free coaching sessions during the show. As a caller with a question for me you will also get a free coaching session. Be sure and stay tuned for that.

First, as always, I want to start out with our healing meditation. Today I do have a specific place that I'd like for us to focus our healing attention, that is the conflict going on in the Middle East with the Israelites and the Palestinians. I feel like it's a really good example of today's topic about accepting reality in order to move forward. This fighting there has been going on for many, many, many years, many generations and the only way they're going to get past it is to accept the reality that they're both there and they need to learn to live together.

Let's go ahead and send love and healing to everyone who is affected by the conflict. Let's start by taking deep breaths in. Release that.

Let's take one more deep breath in. Release that.

Last week was the first week of our new format where I'm doing a Light Bulb Moment and then opening up the phone lines for you to call in and get coaching from me. I'm going to make a little bit of a shift this week based on experience from last week. If you want to receive some on air coaching, I'd like for you to start calling in right now before I do the Light Bulb Moment. This helps everybody get in the queue so that we can go directly into calls when the Light Bulb Moment is over. If you want some intuitive coaching on air, the number to call is 800-930-2819. Again, that's 800-930-2819. Everyone who calls in for on air coaching will also receive a free 30 minute session with me that they can schedule some time in the next month. If you want some coaching, 800-930-2819.

The Light Bulb Moment for this week, as I mentioned, is about accepting reality. I always start out these Light Bulb Moments by sharing what my story is around this particular issue. What happened for me is that when I got divorced many years ago everything went great with my ex-husband up until the divorce was final. Then we started having a lot of issues around how we dealt with our son, who at the time was 5 years old. I really struggled. I was going through all kinds of angst because things weren't working out in a way that I thought was in the best interest for my son.

One day, my therapist who I had been seeing off and on for at that point at least 10 years, so she knew me quite well. She said to me, "You keep expecting him to be a different person." Talking about my ex-husband. It was kind of like those V-8 commercials where it's like you want to slap yourself upside the head and say, "Oh yes. I am. Aren't I?" It's the definition of insanity. You keep doing the same thing expecting a different result. I kept expecting him to act in a certain way and he wasn't acting in that way. I was still approaching him with the expectation that he would act in that way. I had a lot of good reasons why I expected him to act a certain way because he had been...it was actually a second marriage for both of us. He had children from his first marriage who during our marriage lived with us a lot of the time. We had a great relationship with his first wife. As a matter of fact, during the time that I was pregnant with our son, her mother (my ex-husband's ex-mother in law) would call me seeing how I was doing, giving me advice. His ex-wife actually babysat our son for my 40th birthday so we could go to a party being given for my 40th birthday. We had this really great relationship. That was what it thought it would

be like when we got divorced, that we would continue to be friendly, we would continue to collaborate on raising our son as well as his sons from his first marriage that were teenagers at that time. That's not what happened. As a matter of fact, it was 180° different.

He very quickly got involved with someone else. They got married about 6 months after we were divorced. They moved in together right after our divorce was final. I never even met her. I was never introduced to her. My son was spending half of his time in their home. I never met her.

You can see it was very, very different.

What happened is once I let go of my expectations of what it was supposed to be like, then I could start dealing with how it really was. I still don't like how it was, but once I accepted that I could only do my part, I was really better able to get a result for my son that I liked because I was dealing with what was true, not what I wished was true.

I'd like to be able to say I was peaceful and calm internally while...not so much. Even 13 years later I still get triggered. It's all internal. It doesn't come out externally. I've gotten to where I can move very quickly past the point of emotional upset to get what the issue is and what it is that I want the result to be.

Before I move into the more generic how you can use this in your own life, I do want to remind you that the phone lines are open if you want to have some on air coaching. You can call in at 800-930-2819. It doesn't have to be related to today's topic. It can be about anything that you're struggling with in life where you're feeling stuck and you need some tools or guidance to begin moving forward. 800-930-2819.

Now, if you are in a place where you're feeling really stuck and you think the problem might be that you're having trouble accepting reality, then that's probably correct. I think that's part of what keeps us stuck is we can't accept where we're really at. We have to be able to see where we are in order to get where we want to be. If I want to get to New Orleans, and I think I'm in Miami, I'm going to take a different route than if I realize I'm in Seattle. It's the same idea, just in a different way.

It's natural for us, as human beings, if something isn't working for us we try even harder. If it didn't work the way you were doing it, just doing more of it the same way isn't going to work. That's again going

back to the definition of insanity. Doing the same thing over and over and expecting different results.

What do you do when you realize I'm not accepting reality? The first thing is to identify your should about the situation. You might be telling yourself you shouldn't be in the situation that's creating grief for you. That was kind of me. This shouldn't be happening this way. I shouldn't have this crappy job. I shouldn't have this unhappy relationship.

Or, you could be saying that you should have, be, or do something different. I should get a new job. I should leave this relationship. I should be happy. You're not. That's where you're denying reality. You might want those things but you're not there now.

Then let go of every should or shouldn't in your repertoire of self talk. Nothing should be any different than it is. If it was supposed to be different then it would be. That's about accepting what reality is all about.

Believing and embracing that where you are right now is exactly where you're supposed to be is the key to the situation. I know it's kind of a hard concept to understand and also accept and embrace. Think about it this way, how would your happiness level shift if you suddenly quit saying, "I shouldn't be in this situation," and instead you said, "Boy, I'm unhappy in this situation. This is where I'm at right now, like it or not. I know I have the ability to create a shift by you doing something different, it will create a shift.

What happens next is you stop focusing on all the reasons that it's unfair that you're unhappy, all the reasons it's not your fault, for some of us why it is our fault. That's partly mine. You quit looking at why it shouldn't be the way that it really is and you shift to looking at how you can begin to make it different. Then you shift your focus from what you don't want to what other possibilities might be. That's when the possibilities of how you can do things differently to get a different result start to show up.

In summary with this, what you resist persists so accept your reality. Once you quit denying reality you'll be happier. You'll realize, "This is where I'm at," and you can do something about it. You start by doing something about it by letting go of the way things should or should not be and just accept this is the way things are. As long as you deny reality you can't focus on shifting. The new possibilities start coming

in. That is what you need to do to accept reality to begin moving forward.

Once again, phone lines are open for coaching at 800-930-2819. You'll get a free 30 minute coaching session with me if you call in. 800-930-2819. All my coaching is done by phone so it doesn't matter where you are geographically. We can also do Skype. Even if you're international, feel free to call in and get that free coaching session.

We're going to take a quick break. 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. I want to give away a free coaching session. We're not getting any callers today. My feelings are hurt by that. I won't say that. I will say that! I have lots of stuff I want to share with you guys. If you're too shy to go on the air, I will still give you a free coaching session to the first caller at 800-930-2819. Free 30 minute coaching session. 800-930-2819. All of my coaching is really geared towards identifying life purpose and how that helps us in the rest of our life. It could be career. It could be if you're starting a business it could be in your relationships and it could just be being happy in your life by really understanding what you're here on Earth to do. You can just do a straight coaching session. You can do one where we use numerology or you can do one where we use tarot. 800-930-2819 for the first caller. Call me now! I'm lonely. Please call me.

In the meantime, while we're waiting for those phone lines to really light up, I wanted to share. Somehow we make these intentions about how we want to live our lives and things we want to focus on in our lives. Then we get busy and kind of forget. One of those things came up for me today. One of my really big things in life is gratitude because I totally believe that the more I say thank you for what I have the more that I get what I want. Showing that appreciation is saying to the universe that I get it. You didn't have to give me this, whatever it may be. One of the things I intend for, I set intentions about in the course of the moment is getting a good parking space. A good parking space doesn't always mean closest to wherever I'm going. One that is a good parking space for me. whenever I ask for that and then I get my parking space I always say, "Thank you."

Today I had a little bit of the opposite situation. Here at the KKNW studio, we're in a 7 story building and they've been doing a lot of work around the entrance to the building over the last couple of months where they've blocked off a lot of the visitor parking. Over the last couple of months it's sometimes been difficult to find a place to park when I get here. The last few weeks it has been great. They've finished with all the landscaping and things that they've been doing and so I'm not even thinking about this being an issue. I come up a hill, because you go up a hill and turn the corner. There's all these work trucks that are taking up a bunch of the visitor parking spaces and they have more of them blocked off. In my mind I'm going, "Oh my God. Where am I going to park? There is no visitor parking. What am I going to do?" I come around the next corner into the area where there's the 2 hour visitor parking and there was a parking space right by the front door. I hadn't even, in that moment, I hadn't said, "Please give me a good parking space." I had just gone, "Oh my God. I can't find a parking space." It wasn't until I was walking in the building that I went, "Oh, I need to say thank you for that." I was given...I was given this gift of now I don't have to figure out where I'm going to park and I've got 10 minutes until the show starts."

This was just an example where I wanted to share where we do get really caught up in things and we sometimes forget what it is that we are really trying to intend to do in our lives. For me, that was one of them. The other thing that for me came out of that is I got myself all wound up and upset about I'm not going to get a parking space when there was one there. That's another reminder. Just believe that it's all going to work out. Don't get upset until it doesn't. It did. It all worked out.

On that note, I think we have a caller.

Benny: Bring on Sandra from Seattle. Welcome to the show Sandra.

Laura: Hi Sandra.

Sandra: Hey, hi. How are you?

Laura: I am well. How about you?

Sandra: Great. I'm okay. I'm sitting here half listening to you. I'm guilty of reading a book.

Laura: That's a good thing to be guilty of, actually. Reading a book.

Sandra: I heard you say something like I'm lonely, I don't have any phone calls. So I picked up the phone and thought I'd call you.

Laura: I love that. Thank you so much. Before we start, would you mind sharing something that you are grateful for?

Sandra: Oh, my gosh. I'm just grateful to have a dry place.

Laura: Good for you. We sometimes forget those things. Those are the places we should start is...I've got 2 eyes, 2 ears, 2 arms, 2 legs. I have a place to live. I'm happy. I'm grateful.

Sandra: That's right. I'm very grateful.

Laura: Is there something I can help you with?

Sandra: Well, no. I'm going to have a birthday tomorrow. Other than that.

Laura: Do you have exciting plans for your birthday tomorrow?

Sandra: Oh, no. Just open up the book and start reading. I enjoy a good book.

Laura: What are you reading right now?

Sandra: Right now I am reading Civilization and New History of the Western World by Roger Osborne.

Laura: Oh my goodness, that sounds like some heavy duty stuff.

Sandra: Yeah, I'm also reading...I read about 5 books at a time. I'm reading [inaudible (22:35)] and just some real positive Christian stuff. I'm usually...the Christian books are really easy to read so I read like one a week with a heavy duty book once a month. I try to get a balance. I'm trying to read more warm, fluffy stuff, but it doesn't keep my interest.

Laura: Are you...do you feel like you are already in that warm, fuzzy place?

Sandra: No. I know I'm not. Quite frankly, I don't know if I want to be comfortable all the time because there's no growth in it.

Laura: I agree.

Sandra: I want to grow and then rest, grow and then rest. That type of balance for me is good.

Laura: I agree that our growth does come from challenges. If we already knew everything and we were already in a great place, then we don't have any incentive to do some of the hard work that sometimes we have to do. This might just be a matter of semantics, how we're talking about this Sandra, but to me, being in the warm and fuzzy place is not about everything is great all the time. What it's about to me is that I expect that everything will be fine in my life. I expect the universe is a beneficent place. When things go awry and I have a growth opportunity I can stay in that place, most of the time, of this is a growth opportunity, not woe is me.

Sandra: Right. When I have...it might be a choice of vocabulary, when I do have challenges somebody might call them a situation, others might call them a problem. There was a point probably about 15 years ago that I could see the silver lining in the cloud, why the cloud was dumping rain on me. I knew there was a point and at my age and experience I could basically say what that lesson was going to be. I didn't know what the outcome would be or what my new tools would be with the graduation of that class, but I knew there was a purpose and I knew that it was temporary. It was okay.

Laura: I completely agree with that. We can't always know how things are going to turn out. As long as we believe there is a purpose to what's happening, that is what makes all the difference.

Sandra, thank you so much for calling and keeping me company. We do have some other callers on the line so I want to move to those. I think Benny has your information. If you're interested in a free session I will send you an email with that information.

Sandra: Okay. Great.

Laura: Thank you for breaking the ice and being my first caller today.

Sandra: I loved it. Thank you.

Laura: Bye-bye. Now who do we have Benny?

Benny: We're up to a break. So let's take that.

Laura: Absolutely, we are. 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 and I do just want to throw in that if you do go to www.thelauralongleyshow.com you can also find out how you can get a free 15 minute consultation with me in the upper right hand corner of the page. You can schedule a free 15 minute consultation. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Benny is grooving along to that song as we come back from break.

Benny: I love me some Michael Jackson. He'll never get old. He's timeless.

Laura: He is, absolutely timeless.

We're going to go directly to the phones. Who do we have Benny?

Benny: We'll travel southward a little, way south actually. Allison calling in from Phoenix, Arizona.

Laura: Hi Allison. How are you?

Allison: Hi, how are you?

Laura: I'm good. Before we start, do you have something you're grateful for you'd like to share?

Allison: I'm grateful for my awareness. I'm more aware of things that I know I have a bad habit of doing.

Laura: Awareness is the first step, believe me. Good for you for being grateful for being aware. That's great.

Allison: Before, I didn't really think about it. Now I watch myself. I notice more that I do that maybe it's a habit and I should break that.

Laura: Right, it's not serving you. What can I help you with today?

Allison: I have a lot of issues, but to narrow it down, I've been...I don't know. I get confused a lot. I double guess myself. I want something. Once I get it, then I become disinterested. I don't know.

Laura: Here's what it sounds like to me. It sounds to me like you are not happy in your life. You are trying different things to see what will make you happy. Does that sound like it fits?

Allison: Yes.

Laura: So the second guessing yourself, you know what comes to us first is usually the best thing for us. That comes from source, spirit, universe, whatever name you like to use. Then our brain, our mind, our ego, the human part gets in there and starts saying, "Wait a minute, that's not really it. Are you crazy? That's not right." That's when we start second guessing ourselves. Does that sound like what happens?

Allison: Yes. This is what's confusing. I start second guessing my second guess and then I'm like...what does that...maybe I should change my mind. What if I'm wrong?

Laura: I love that little, "What if I'm wrong?" because what you do when your brain says to you, "What if I'm wrong?" you go down that path. Okay, what if I am wrong? You just follow that progression until you get to the end which is usually, "Okay, I can handle it. If I make this choice and it's wrong, I just start over. I learned something. Right? Do you have a specific example of that? I'd love for the listeners to hear how that works, how we go down that chain of what if.

Allison: This is, I guess, the most recent one. It's not a big deal, but it's something that I second guess myself. I'm trying to complete my degree. I want to...I [inaudible (34:15)]. I wanted them to send me the information. It was online so I was like it'll be flexible for me. I won't have to go to a campus and be there. Now, I'm like I really don't like the fact of being online. I was like maybe I made the wrong decision. Maybe later on it will suit me because I won't have to go in and make time to go. There's something I'm second guessing myself. Did I make the right decision to do this? Not to complete my degree...

Laura: To do it in that way. So, in that case, what I would do is I would say, I tried this and I don't like it. I had valid reasons why I was

going to do it online. Once I got to doing it, I didn't like it. I learned something. This isn't the way I want to do it.

Allison: Yeah, they don't offer that on campus. It's just a waste of money for me to take courses that [inaudible (35:28)] to take courses and then say, "Okay, that didn't work." I've been doing that all my life and it just goes back to like...okay, that didn't work. I've just started making...

Laura: What I would ask you is what do you not like about doing it online?

Allison: The fact that it's too much, I guess, to make up for not being on a campus. They want to make sure you're getting all the information. There's a lot more to do, which is fine, but it's way too much. Also, to have team assignments and you communicate with your team members that are in different states through messenger and emails. I find that really annoying.

Laura: Really, to me, it sounds like it's not the right choice for you based on the two things you just said about it. I understand that part of what you're measuring this against is that in the past you haven't followed through and completed. There is a difference between saying, "I'm going to try this and see what I think," and then go based on how it works out. Do you get what the distinction is? You're not saying you're not going to finish. You're just saying this would be great for me and it's not. Let me try this other way.

Allison: I get it. I'm trying. It's very stressful.

Laura: Obviously you need to...you always have choices, right? Your other choice is that you can go, "I don't really like how this works. I am committed to finish it, therefore I am going to finish it."

Allison: I guess I could always try something else.

Laura: Right. Right. You always have a choice. I think that maybe going forward listening to that inner voice, rather than logically it makes sense to do it this way, but if perhaps you listen to your inner voice about how you felt about online, you might have realized that isn't really how I would like it.

Allison: That's the thing. When should I listen to my inner voice?

Laura: Always. You should always listen to it. It's a skill and a talent to learn how to distinguish what's your inner voice and what's not.

Allison: Okay. That's where I think I start to second guess myself. That is the second guessing myself...maybe I shouldn't do that. Maybe I should. I just get confused and I don't know what voice to listen to.

Laura: What I would say is I know Benny has your information. You have a free 30 minute session with me. I would suggest we use our free session to talk about techniques where you can know if it's your inner voice that you're hearing or if it's your ego talking.

Thanks for your call.

Benny: Hang on Allison, I'm going to grab your information because I didn't not get it. I was running through the phones. That's okay. Let's bring on Nancy. Nancy is calling in from Kirkland and you can start with her while I grab Allison's information.

Laura: Hi Nancy. How are you?

Nancy: Oh gosh, I'm grateful to be with you.

Laura: Good. You gave me what you're grateful for before I even asked. You got the swing of things going here. What's on your mind today?

Nancy: Gosh, a gal that I've been doing emotion code work with texted me and said, "Hey, get on the radio and listen to Laura Longley."

Laura: That's great! I love that.

Nancy: She suggested I phone in. It seems very synchronistic because I'm looking on your website right now. I am struggling to find my purpose in life. I feel like...I'm sorry.

Laura: It's okay. It's an emotional topic.

Nancy: I feel like a bit...like I'm on the precipice of crisis or finding my wings. I've done a ton of personal work. I'm 24 years, recovering, sober and a member of a number of 12 step groups. I've done a ton of work. I'm currently in my life, nothing seems to be working at all. I'm kind of scared, actually.

Laura: Yes. Everything I say to you right now comes from me knowing this personally, because I have been there and in some ways I am there right now in my life. My belief is when nothing is working it is because we are on the precipice of moving to a new level. It is terrifying.

Nancy: It does feel terrifying.

Laura: Yes. It's terrifying. I really, really relate to that. I'll share with you, just in the past two weeks, for myself I've really become conscious of I'm in this place of I've always been someone who had a lot of structure in my life. Part of that came from my upbringing. I had a very structured family. Also, it was my safety. At the same time, I'm claustrophobic. I can relate being in a box with that structure to claustrophobic.

The other piece is that I also have a fear of heights, which I don't know if you listened last week when I talked about that fear of heights, my fear of heights is that fear of the structure being taken away and being able to just jump off the cliff and soar. That is the part that I find terrifying is that there are no bounds. I think that's what happens for us when we're getting ready to move to that next level. Does that sound like it fits for you?

Nancy: Yes. I just want to know that everything is going to be alright. I want to see around corners, really.

Laura: So, I'm just going to tell you, everything is going to be alright.

Nancy: It doesn't feel like it.

Laura: I know it doesn't. I know it doesn't. Like I said, I totally, totally relate to this. What I've had the good fortune of having wise people share with me is that we can never know that. We can only have faith that it's going to be okay. If you look back over your life, you will see that it's always been okay. We just have to trust. That's all that we can do.

Nancy: Okay.

Laura: I know that sounds kind of woo-woo.

Nancy: It doesn't sound woo-woo. It doesn't sound woo-woo at all. I surrendered this morning again. I let go and let God. I'm doing it often and taking action and I'm still in this place. It feels terrifying. Trusting...okay, maybe I'm not trusting enough.

Laura: It's just not time yet. It's all things in divine time. That became my mantra a couple of years ago. I had been so in a place where I had always been someone who made things happen. I had goals and I was striving and everything always happened...then I found that wow, I really don't have control. I do have to trust that it all unfolds in the time it's meant to unfold. Sometimes it's because there's something more we need to learn before it's time. You can look at that. And, it really is just trust that in the end it's all okay.

Nancy: Okay, I'm on the verge of being evicted, not making enough money. That's kind of security stuff. I'm healthy, I'm sober, I have people around me to support me. Those security things don't feel okay.

Laura: I totally hear you and I totally understand that. Even if you get evicted, even if you don't have enough money, you will be okay.

Nancy: Okay. Okay.

Laura: It's just not your vision of what okay looks like.

Nancy: It certainly is not.

Laura: Right. And, I know that doesn't sound very comforting, maybe.

Nancy: Not completely. But, I mean...

Laura: If there are things that you can do in the physical world to shift that, do those things. But, I'm assuming you already are.

Nancy: I'm doing that every day. I'm taking action with what I can.

Laura: So then all you can do is trust that this is the path that you're supposed to be on. It will be fine.

Nancy: It's embarrassing though. I look around at my peers. Unfortunately, I compare. I look around and I think, "Wow, life seems to be working really well for them, and them, and them, and them. What the heck did I do wrong?" That's my mind.

Laura: Yes, that is your mind. It is because...really, these are all things that I'm struggling with myself. Where I go with it is stop comparing because who knows what anybody else is here to do. Who knows what anybody else is happy doing? Right? You don't know internally what those people feel like.

Nancy: No.

Laura: You only know externally what their life looks like.

Nancy: That's true.

Laura: For me, that's where I have to keep going. I hear you on it's embarrassing. You think at a certain age everything should be all set. If we had chosen a safe life it would have been, wouldn't it.

Nancy: If I hadn't made some mistakes in the past, blah, blah, blah.

Laura: But you did. You learned. That's why you're here. You're not here to amass stuff. You're here for the learning. You're here for the growth. You're here for evolving.

Nancy: Oh goody.

Laura: I know. I tell you, a week ago I had this conversation with one of my practitioners. I hear your side of it. I totally, totally do. What she said to me is if you were going to choose the white picket fence version of this life you would have done it and you didn't. That's not what your soul is here to do.

Nancy: I also want to learn and grow in joy as opposed to crisis and trauma. I'm all for leaning lessons and growing. I just...it'd be nice to have an easier, softer way.

Laura: I hear you. I'm sorry Nancy, we have to end the call now. We do need to take a break. Benny has got your information. You and I will connect offline.

Nancy: Thank you very much.

Laura: We'll work through it together. I really hear you. I really do. I could use the support too.

Nancy: Thank you Laura.

Laura: Alright, so we're going to take a quick break...

Benny: Let's actually move right on through. We've got other things to run through. Let's just finish up with Jennifer. Is that okay?

Laura: Sure. That's fine.

Benny: Jennifer from Mountain View, welcome to the show.

Laura: Hi Jennifer. Jennifer?

Benny: Jennifer, are you there? Maybe we won't get to Jennifer.

Laura: That's okay. Do we want to take a break? Or do you want me to just wrap it up?

Benny: Just wrap it up.

Laura: Just keep going. I really got behind on breaks you guys, I'm sure you don't really miss the commercials.

Anyway, you know, to kind of wrap things up here, I do want to just say a little bit about the call with Nancy. It is really difficult for those of us that are on this sort of a evolving...what I call a spiritual path. It doesn't always look in the world the way that things in our society tell us our lives should look. It wasn't just lip service. I really am going through some things that are similar to what Nancy is going through and I can really relate to comparing ourselves, especially at an advanced age in our lives. Where am I versus where are other people, why does it look so easy for them and it hasn't been easy for me.

I really believe this is all about embracing that we each are here as a soul for different reasons. What my life looks like is completely different than what somebody else's looks like because they aren't here for the same reason as I am. I can't compare myself to others. If I do, it just makes me feel bad. I know I've done Light Bulb Moments on this in the past. That's just something I'd like everybody to really remember. You really need to come from who you are authentically, that's what this show is all about; learning who I am as a soul, who I am authentically, and how I'm supposed to be expressing myself in the world. That's just a really good reminder. I know...Nancy, I'm speaking to you, to myself, and to anybody else going through this...it

doesn't always feel good. It really, it doesn't feel good. This is how we learn. This is how we grow and evolve.

This really turned out perfectly. I had a little exercise that I wanted to share with you, you being anybody listening right now. It'll just take me a couple of minutes to describe. What I think is great about it is that it will help you tap into some things in yourself that maybe you're having trouble finding.

How the exercise works is think of a fictional character that you like. Who is your favorite fictional character? This could be in a book, a movie, in a cartoon. It can be anybody fictional. Don't overthink it, whatever comes to your mind first is the right answer.

Now that you've got your fictional character, what are the three best things about being that character? Write those things down. If you're not in a place where you can write, categorize them. Then, what is the one drawback to being this character.

I did this exercise myself last week. It was really profound for me. I'm going to talk fast because we're almost out of time. Mary Poppins was the one who popped into my mind. The three best things about her is that she's magic, she can create whatever she wants, she does whatever she wants, she believes she's the expert and she knows best. The third thing was that she helps people. Wow. I really, really connected with all of those things. The first two things are things that I'm really working on. The third thing is something that I've been on a path for, the helping people, for quite a while. The drawback to Mary Poppins is that she can't stay connected to people. She pops in to help and fix circumstances and then she leaves again. Also something I'm working on in my life is finding and connecting with people that I can be connected with for a long time.

This is a very, very powerful exercise. I hope that it brings some help to people who are struggling that you see what your strengths are through doing this exercise.

We're up to time to wrap up already. I can't believe it. This hour went by so fast. Once you guys started calling me and talking to me, which I really appreciate.

I want to remind you that you can sign up to get a free 15 minute consultation with me by going to www.thelauralongleyshow.com. In the upper right hand corner of the page you'll see "Struggling to find

your life purpose? Learn more." Click on "Learn more," and you can schedule that consultation with me.

I want to thank all of my callers. I really had some great conversations today. I hope that what I shared was helpful. I know we can't always wrap things up in a nice bow. We are making shifts as we go forward.

I want to thank all of you for listening 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.