



***The Laura Longley Show
Why Change, Even Good Change, Is Stressful
and How Best to Manage That Stress
July 28, 2014***

Laura: Good morning and welcome to another sunny day in Seattle. Although, I have to say that I really appreciated the big rain that we had last Wednesday. It was kind of a nice break from the monotony of sunshine.

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 to experience ways to get unstuck and live an inspired life full of meaning, purpose, and happiness. Each week I share a tool that can help you to make authentic and lasting changes in your life. Then we open up the phone lines for your calls. So this is your chance to get some intuitive coaching on an issue or problem that's been keeping you stuck. And we also give away lots of free coaching sessions during this show and so be sure to stay listening for your chance to win a free session with me.

So, first we're going to start with our healing meditation. As we do each week at this time. Today again, I'm just going to leave it open to whatever calls to you to be healed during this time. It can be a situation in your life it can be a situation in the world. It can be physical pain, it emotional pain, it can be a group of people whatever is calling to you right now to help heal. You can focus on that during this time and open your heart and let the love and healing flow from you. So let's begin by taking deep breaths in and release that.

Just one more deep breath in, and release. And thank you for participating in that by joining together our energy we really can make

a big difference in the world. And that is why I do that healing meditation every week at the beginning of the show. So, we are gonna be taking calls later in the show after I do the Light Bulb Moment. So, if you have a situation or a problem you need some help with you can start calling in now and Benny will just take your information and put you on hold until we are ready for the call. So if you want some on air coaching you can call in at 800-930-2819 and that's 800-930-2819.

If you were listening to the show last week you may have noticed that it was an encore presentation, meaning a repeat, of a show had done before and the reason for that was that I moved about 10 days ago. And last year you heard me talking a lot about getting ready to move last year at this time a little bit earlier in the summer. I was putting my house up for sale and selling it and deciding where I was going to live and moving and all that good stuff. And I actually talked about it quite a bit on the show. And this year really didn't talk about it, I think at all. I really don't think I ever mentioned it at all, that I was moving again. And the reason for that was that I felt like was not a big deal.

Last year I had this whole progression of getting my house put on the market and part of that was getting rid of a bunch of stuff. Then going through the process of selling the house then bringing back some stuff I put in a POD once the house was sold and figuring out what to do with that stuff. And figuring out where I was going to move and just and it was a lot. It really was a lot.

So this year it just didn't seem like that big of a deal. But, the reality is that I ended up really feeling stressed out. And that is what our Light Bulb Moment is going to be about this week. Is that whenever we make a change it can be stressful for us whether we are consciously feeling like it's something that is going to create stress in our lives and even if it's something that we want to do. Because I wanted to do this move and I was really excited about it and still I ended up suffering from stress around it.

So I am going to talk a little bit about how that showed up for me, why that happens, and what we can do about it. So, basically I moved last year. I had a one year lease. You've heard me talk about living downtown and the pros and cons of that. Even though it had been something that I had really wanted to do most of my adult life in the end it turned out it really wasn't where I wanted to stay. And that was fine, I was glad I did it, I was glad I had the experience and it was time to do something different.

As I mentioned a few minutes ago, because I had been through so much stress the year before, there was so much more involved in moving last year. I really didn't think it was going to be that big of a deal. Now there was one thing I was conscious was creating stress leading up to the move this year. And that was where I lived downtown they were building a new high rise across the alley from my building. A few weeks before my move was scheduled they had closed off the alley in order to done work with new building. In addition to that, they had moved the dumpsters in the alley into the load/unload zone for my building. So I was going, "Ok, where is my moving truck going to go?" Last year it went into the alley. Well, now the alley is blocked off in addition to that the load/unload zone is also blocked off. So, I went through some gyrations around trying to figure that out. I actually did a pretty good job of getting to a place of going, "You know what I did, the things I could do and I'll do..." it didn't get resolved, I didn't get an answer. So I figured I will just deal with it when the movers show up, which I did. I dealt with it; they did end up getting a parking ticket. But, in the grand scheme of things it was not that big of a deal. But, then what happened for me was, once I got moved.

So this was on Thursday, ten days ago, by the end of that day I had a migraine and I woke up the next morning with a migraine. I still had stuff I had to do because I had cleaners were coming to the old place so I couldn't just chill out and relax, but part of what signaled to me...what the signal was for me that I had a migraine, "Why is this going on?" And in conjunction with that I started feeling really down. I would almost say depressed, you know clinically you don't call it depression until it has gone on for six weeks or something. But, those feelings that you feel when you're depressed and so it led me to a place of going, "Oh, what is going on here?" Because, I wasn't unhappy with the choice to move. I really was happy with it and I was happy with how the move had turned out and there wasn't anything to be feeling really stressed or, unhappy about. Yet, that was how I felt and so what that did for me it made me have to say "okay" reminded me I guess that what happens is that even when we have a good move or rather a good change it is stressful for us. And the reason for that is that you know we're moving into something new and we have to make adjustments physically and emotionally and mentally.

Of course there is a piece of it where in order to change to do something new we have to let go of the old thing. And lots of times there is kind of a grief that is involved in that that is not because we to be in that old place but because it has been, the letting go process. Lots of times when we have to let go of something we grieve it. And it

doesn't mean we want to hold on to it. It just means that's part of the process of letting go of it.

Where I really recognized that was all rolled up in that Thursday/Friday time frame for me was when I was at my old apartment on Friday, the day after I moved with the cleaners I could have, I mean I was done, everything was moved out, the apartment was clean...I could have just turned my keys in that day and I wasn't ready to that. I actually waited almost another week before I went back because I didn't have to be out of there until the 28th, which is today. But I waited almost another week before I went to back. So that really clued in for me also, "Oh, I'm struggling a little bit with letting go of this, even though I was ready to go".

So those are some of the reasons that we might feel stressed even though we have a good change we have to adjust, we have to adapt and it is something new and unknown and there is sometimes some fear even though it is something we want. And sometimes we have a hard time letting go of the old thing or we have to grieve old thing before we can really move forward.

What helped me was first of all just acknowledging that I was feeling stressed and acknowledging that you know my body was reacting by having a headache and my emotional life was reacting by feeling sad or depressed. Just acknowledge that and go oh, ok this is normal for this situation so I shouldn't feel any differently this is how I should feel right now.

Another thing that helped me was getting back into my daily practices of meditation grounding myself in walking, and all the time I had lived downtown I had really gotten out of my routine of walking where I live now it is very easy to go out and walk. And that really has helped me.

And, also cutting myself some slack in how quickly I needed to be done adapting. So, for me that was like was I didn't have to have all my boxes unpacked the next day. In fact here we are ten days later I have four that are partially unpacked not completely unpacked. Just saying "I will do this in the time frame I need to and that's fine. I don't need to it right now."

Another thing that helped me, I decided to do an encore presentation of the show last week. Instead of having to gather my thoughts together and figure out what I wanted to do for the show and prepare it and present it when I was in that place of really transition. And so

again, kind of cutting myself some slack and saying “hey I don’t have to be all things to all people in every moment,” and allowing myself to hold onto the keys to that old apartment for a few days and not feel like I have to be done with this right now.

Finally the thing that healed me was asking for help from friends and some of the practitioners that I work with, you know mainly just talking about how I was feeling and getting validation and support for that.

So, if you or when you are going through a change in your life and that is something that you really want, and that can be something like, you going back to school, changing jobs, getting a promotion, having a baby, getting married. These are all really positive things in our lives and they rate really high on the stress scale of what creates stress for us. So, here is what you can do, first of all, notice that you are feeling stress. Some of the symptoms of this might be anxiety, not sleeping well, depression, irritability, just feeling emotional or teary and allow yourself to grieve the situation that you are leaving behind. So if you are having a baby, allow yourself to grieve for being childless and the freedom that comes with that. Allow yourself to grieve for your single life if you’re getting married. It’s okay, it doesn’t mean you still want that but grieve it. Do the things that relieve stress for you personally, some those are exercise, meditation and having fun. Cut yourself some slack and ask for support.

So we are going to take a quick break right now. I kind of wrapped that up quickly but we can revisit it if we want to. 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.

[Commercial break]

We’re back on The Laura Longley Show. Today we’re talking about change, good change, positive change, change we are wanting in our lives and how it creates stress and what to do about that. We’ll talk some more about that as we go along here. But, I do want to let you know the lines are open for callers. So, if you need some help with something that is going on in your life you can call in at 800-930-2819. It might be related to a change in your life, and it could be about just a situation in your life that you need some help with. And a lot of my focus is really around discovering what your life purpose is

and then using that in your life with your life situation. So again, if you want some help with a problem you have 800-930-2819.

I want to go back for a minute and revisit the last piece of the Light Bulb Moment. When you are going through a positive change and you're experiencing stress, briefly, I am going to lay it out briefly here are the steps. First of all notice that you are feeling stressed. Secondly, allow yourself to grieve for the situation that you have left behind. That's normal. Thirdly, do the things that relieve stress for you personally and some common ones are things like exercise, meditation, and then just having some fun to take your mind off of the things. Fourth, cut yourself some slack. Lots of times our stress is compounded by thinking we should just get over it and not feel stress so let yourself feel stress. And lastly ask for support, from you friends, from your family, from practitioners that you work with that can support you in that way. Those are ways to work through having, going through some stress when you are having a positive change.

And once more, once more I want to remind you that the lines are open for callers at 800-930-2819. So if you have a change you're making in your life or, a change you're considering and you're anxious about, that might be good thing to call in about 800-930-2819.

Laura: Benny do we have any callers or are lines still open?

Benny: Lines are still open so feel free to give us a jingle!

Laura: Alright well, since we're waiting on callers, and I certainly would love to have people call in. But, I've had a lot go on in my life the last couple of weeks, other things I would love to share with you as well. One of the things that in the course of this move came up for me that was partially a reminder of things I already knew but it was also a new situation for me in a certain way as well. What kind of the theme was is about energy has a life of its own. You know everything in this world in our existence, really is energy that's what it all boils down to. We are energy. Our thoughts are energy. Our emotions are energy. Everything around us is energy.

I've had some experiences related to the move that were reminding me of that and really having it show up for me in a different way. But, just kind of to set the stage for you, I've wanted to share with you, and I've talked about this on the show before. I'm what's considered a highly sensitive person, in HSP. That means that I am maybe more sensitive to the energy of others and the energy around me than the

average person is. And this is something that I discovered about myself or really named myself a couple of years ago. At that time, I realized that I don't really have very good boundaries for the energy of others and that is something that I have been working on since then.

With the help of a couple of practitioners that I work with around helping me to better be able to distinguish what is mine and what is somebody else's and but I still stumble with that to a certain degree. And working with these practitioners, I've talked about them on the show before I have my energy healer, Wendy, that I work with and my body talk person who does other kinds of energy work also, Pavitra. And lots of times what work I am doing with each of them really dovetails the things that come off are very related. Working with them has really raised my consciousness around that I need to really get better at setting these boundaries and really enforcing them. And, with this move I've been in a lot more social situations, cause I've moved to an area where I have some friends and that is also reminding me of the difficulty that I have spending time with groups of people because of that issue. So, that's something that I am working on and it comes into play with this piece that is really directly related to the move.

Wendy is the energy healer that I work with and the last time that I saw her she suggested to me that when we get together next time that she come to my new apartment and do a house healing. So she and some of her students came on Friday and you know, I had never done this before. I had somebody do Feng Shui at my house several years ago but I had never had somebody do the house healing piece before. And you know, this is the piece about everything being energy that I had never thought about that is really new for me. I never thought about the fact that energy from previous tenants gets left behind in the physical space. I guess if I thought about it I'd know that's kind of what ghosts are or hauntings are is energy from previous people that gets pulled behind. And because I am sensitive to other people's energy, I don't always know what's mine and what is theirs. In this new space it was really affecting me. I was having a lot of trouble sleeping and I also think it is part of the emotional thing I was going through where I said I was feeling depressed.

Wendy and her students came and really did a lot with shifting energy in this space. She gave me some techniques that helped me set that boundary and kind of protect myself from energy that doesn't belong to me. She and her students also did work with relieving and dispersing the energy that isn't mine that doesn't belong here in this space any more. At this point it is probably ninety percent cleared.

That's the number she gave me and definitely I feel the difference. But the reason I was sharing it today was because it was just kind of a "huh" to me. I hadn't thought about how there would be energy left over in this space that didn't belong to me. So I was really grateful that she felt called to come and do the healing, which is why she ended up here was because it really needed it. And it's something for you to also think about, "Is there energy in your space that doesn't belong to you that's affecting you?" so that you can either set boundaries around it or find ways to disperse so that it doesn't affect you anymore. That was my experience with, um it's not really ghosts or hauntings, but with foreign energy in my space that affecting me.

So we are going to go ahead and take another break. And I do want to invite you to call in if you have some issues or problem that you need some guidance on and I would be happy to work with you on that. The call in number is 800-930-2819 and every caller gets a free thirty minute individual session with me and I do all my work by phone or skype so it doesn't matter where you are. So if you want a free session as well as some help on air give a call at 800-930-2819. We're gonna go ahead and take a 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. We'll be right back.

[Commercial Break]

We're back on The Laura Longley Show and today we're talking about how even positive change and change that we are choosing in our life can be stressful and what to do about it. And we're also taking your calls and any coaching that you might need for a problem or issue and you can call in now at 800-930-2819. And I know we do have some callers waiting. So Benny who do we have?

Benny: Ah, Yes we'll take Khathi, calling from Seattle. Khathi welcome to the show.

Laura: Hi Khathi! How are you?

Khathi: Hi! I want to thank you for taking my call. Good, how are you?

Laura: I'm well, so before we start what is something in your life that your grateful for?

Khathi: I'm grateful for um, being able to communicate my passions with others and connecting.

Laura: Good for you! That's great, and what would you like a little help with?

Khathi: That's actually exactly why I am calling in. I'm a crystal energy healer and lately I've been kind of having changes in my life with struggling to find my voice as a healer. When I'm able to connect with others I'm flowing and carefree. But, yesterday I did a house clearing for my friend's mom. You know I just can't tell the difference between when somebody is ready to hear something versus when I have to cut back and tailor it to that individual because they're not. Either they're not ready to hear it or they need to hear it in a sugar coated way. If you know what I'm talking about.

Laura: Right, I do.

Khathi: So very in the past I have been good at being straight forward and looking at holistically and being mindful and aware of my word choice and my tone. But, lately because of all of the new energies I have been experiencing...like yesterday, I had a flow of hot energy through me in one part in the house. I couldn't find what it was and it took me by surprise. I think they were a little bit freaked out by what I was experiencing. I didn't know what it was until I said, "Hey, I need to take a step out and see what this is." But, I could tell that I was instilling fear in them, or they had a fear reaction to me. And I sometimes close down and shut that part of me. I'm just kind of at a loss, because something that I love doing, communicating with others and connecting it's changing and shifting. It's unknown territory. Can you please help me with this?

Laura: I will do the best that I can to help you with that. So when you look back on what happened yesterday, in retrospect would you have done anything differently?

Khathi: I think I would have grounded and centered myself more.

Laura: So to begin with.

Khathi: Uh huh.

Laura: Is that what you are saying?

Khathi: Yes.

Laura: Or when that experience happened?

Khathi: Exactly.

Laura: Ok.

Khathi: Because it took me by surprise.

Laura: Right. And you know I mean, I want to start out by saying, your perspective on things is that when in doubt be authentic. I appreciate what you are saying too. People are not ready to hear the depths of it of whatever it is. You have to lead them down, you know, baby steps kind of thing. I do appreciate that and I do appreciate that you're sensitive to your clients in that way. Do you feel like now that you realize "ok, I could have grounded and centered better or more". Is that something you could have been aware of in that moment?

Khathi: Yes.

Laura: Okay.

Khathi: But I chose not to, I think. Or at least I wasn't aware of it at that time.

Laura: Okay. Because, you know, part of what I'm thinking about is that you're in this place of your abilities or your sensitivities are expanding. Is that correct?

Khathi: Yes

Laura: Okay. And so it might be a little bit of a trial and error kind of period with how you are going to deal with that. And I do think that it's a great goal to have to be able to communicate and present the information in a way that the client can take it in.

Khathi: Uh huh.

Laura: And I also think that it's part of where you're at right now and it is really about change like we're talking about. It's that you need to cut yourself a little bit of slack at not doing it perfectly.

Khathi: Mmmm, okay.

Laura: So, I think that going back like we just did, saying "Okay, what would I have done differently?" is a useful exercise from the perspective of being able to do it differently in the future, but not from the perspective of saying I should have then beating yourself up.

Khathi: Okay...

Laura: Does that help?

Khathi: Yes, it does. Thank you very much.

Laura: So, as long as we're talking about this, because this is really related to talking about my energy healer and coming and doing the house healing with me, would you like to share how people can find you if they want to have this kind of work done with you?

Khathi: Oh, ah, yes. So right now I live in Seattle and I am a Kriya Yoga teacher and a crystal healer. You can contact me at Khathi.pham@gmail.com and thank you very much.

Laura: Well you know, I always like to...things that I've found useful in my life I like to share with other people as well. So I am glad that you called in. Is there anything else that you want to touch upon before we say goodbye?

Khathi: Yes, I feel as if I am stuck in an old paradigm and I am shifting into a new one. Is there anything you can say for anyone, an exercise or something to help keep us grounded and stable during these times of massive changes?

Laura: You know, the thing that immediately popped into my mind, even something that is not as large as a paradigm shift but we can do on smaller scale as well, but it also works along the spectrum, is you know when we go through change there is fear involved because there is fear of the unknown. We haven't been there before we haven't done it before. Part of what I like to remind clients of is that our body's fear and excitement have the same chemical reactions in our bodies. So when you start to feel fearful about either the unknown or something

that is happening new for you and you don't feel in control of it. You feel like, eek! Can you shift that feeling to one of excitement? Here is something new that I am excited about.

Khathi: Wow! That's really good perspective. I think I will try practicing that. Thank you so much.

Laura: You're welcome. I've used that a lot myself when I remember, because we're not always good at remembering these things, when we need them the most. And they are very helpful so try that and see how that works for you. So before you go Khathi, something else that you're grateful for that you'd like to share?

Khathi: I'm grateful that I can be real and authentic about my motives, abilities and my dreams.

Laura: Good. I am grateful that you can have your life purpose playing out. That is something that I am grateful for you, as well. So, well thanks so much for you call and I wish you well.

Khathi: Thank you so much. Take Care.

Laura: All right, Thanks Khathi.

All right we just got a few minutes before break so we're not going to take another call just yet. I do want to just come back to what I was talking about kind of woven in everything is energy conversation was this idea of being a highly sensitive person and the fact that this is something I have come to understand about myself. I want to share with you some of the things that you might notice about yourself so that you can see that this is something that's happening for you. Are you a highly sensitive person and being affected by energy that don't belong to you? And for me there is a whole list of things and gosh, I wish I had the website name in front of me which I don't but you can google highly sensitive person and you'll get a list of things that are symptoms or indicators of this. I don't want to call it symptoms because that makes it sound like a disease but indicators of it.

Some of things that I related to is that I am easily overwhelmed by bright lights, crowds, loud noises or strong smells. And this is part of what I've really been noticing as well since my move being in social situations with larger groups of people. And with me larger groups is more than three (maybe 10 people) I really start to feel overwhelmed

and really kind of exhausted and I noticed that two hours is kind of my limit in being in that size of a social gathering.

Another indicator is that you startle easily. So this could be again the loud noise thing. But, you know that it really startles you. Another indicator is that you really need to withdraw from the world after a busy day because you're feeling exhausted or overwhelmed. This is one for me that didn't use to be true. And then, when I changed careers and I became a psychotherapist and a coach and working with people and their energies all day long. It did start to affect me that way. And I felt kind of like I went from being an extrovert to being an introvert. Because it was at the end of the day I needed to have that time alone to myself. But I have come to understand that it doesn't have to do with extrovert or introvert it has to do with this highly sensitive person thing.

The other piece that I talked about for myself a little bit is that other people's moods affect you. And that can come from the thing from not being able to or not having learned yet how to set boundaries appropriately so that you're not distinguishing what's yours and what's someone else's. So those are just a few that might help you identify if you're a highly sensitive person. And when we come back we'll talk a little bit more about being an HSP and what some of the gifts are that go with it as well.

We are going to take a quick break. I'm Laura Longley and you're listening to The Laura Longley Show where authentic change takes flight. If you want to call in and get some coaching after the break the number is 800-930-2819. Stay tuned and we'll be right back.

[Commercial Break]

We're back on The Laura Longley Show and today we've been talking about making good changes or positive changes in our lives and how that can still be stressful. And how you can manage that stress when those changes are going on. And the caller we just spoke to, Khathi, one of the things she asked about was with these kind of quantum shifts that are going on with lots of us individually and in the world in general. Are there ways to make that more easeful? My suggestion to her and suggestion to you, and this works with all level of change is that in our bodies when we feel fear that is the same chemical reaction as excitement, so when you notice yourself feeling fearful about a change or a shift that is happening and it feels uncomfortable or it's unknown and you don't know what to expect. See if you can change

that feeling of fear and name it excitement. I'm excited about this new thing that's happening even though I don't know what it's going to look like. I know that it's going to be great and I'm excited about it. So that's one tool you can use to start making shift and feel more easeful with these big changes that are going on in the world and a lot of us individually right now.

I want to come back to talking about highly sensitive people and myself as an HSP a little bit ore before we wrap up the show today. I'm gonna just tell you my story about how I discovered I was an HSP so that might resonate for some of you that don't identify that way yet. It might be "Oh..." have the light bulb go on and, "Oh I get that."

What happened for me when I really got it was about two years ago I was at a three day mastermind out of town with the person that was my mentor for my business at the time. And it was a small group mastermind there were only five of us. At the end of the first day, and it was all day it was like from maybe it didn't start at eight but maybe it was 9-5. I went back to my hotel room and I just started crying. I felt really overwhelmed and exhausted. And we were all meeting to go to dinner after that. We had maybe a break of like an hour where we went back to our rooms and then we were meeting to go to dinner. So when went to dinner I was talking about what had happened and my mentor said "Here's what I think is going on for you." I don't remember if at the time she used the term HSP but it came up for me again really soon after that and she also gave me a technique she has used in order to kind of shield herself in the world.

So I had that awareness and I did some sessions with a hypnotherapist who specializes in working with HSPs. And about two months later I was at another event with this mentor and this one was big. There were probably fifty people in the room. And I was good. I was feeling fine. And then what happened was all of a sudden I wasn't feeling fine. And what I noticed was that there was a person that had come and sat right behind me. Who I consciously found to be annoying and I think energetically, she was someone who was...you've heard the phrase, sucked all the air out of the room. One of those kinds of people where she took up way more than her share of the space energetically. And at that point I realized ok this is that HSP thing. And I also related back to a couple months earlier at the mastermind there was a person in the room there. Even though it was only a small gathering of only five people who did the same thing. That was where I started to really get clarity around number one that I get really affected by other peoples energy and certain people in particular and

that I'm not really good at shielding myself from it and started learning some tools of how to do that.

So, if that's something that's going on for you I really encourage you to look for some tools. You can go online and search for highly sensitive person or highly sensitive people and you'll find lots of information online about it. It will probably give you some tools as well. And there are certain practitioners that either specialize in it or just the nature of what they do lends itself to that.

As I said, I saw a hypnotherapist who specializes in it she's in the Seattle area so you can look that up. My energy healer I work with just the nature of what we do a lot of that just setting boundaries energetically. That has helped me really deal with it a lot as well. I encourage you if you feel you get easily overwhelmed by other people that that would be something to look into that would help you feel more easeful in those kinds of situations, as well as, helping you know what is yours and what isn't yours. Because who wants to deal with other people's stuff we've got our own stuff to deal with without taking on everybody else's.

So, before we wrap up this show for today I do just want to share a few pieces of information with you. So I have on my website a free report called Top Five Ways to get Unstuck. I just want to remind you that it's there on the home page. So, if you go to www.thelauralongleyshow.com and click on home it take you to the home page for my coaching practice and it is down on the bottom of the homepage and you can sign up for that. You get it immediately as a PDF in your email, you get a link for that. (I think you can download it as well.) The reason I'm telling you about this is because my whole mission in life here is really to help you get unstuck, from that place you really don't want to be and make those shifts and changes in your life. And so this little report will give you lots of good information on tools that you can try on your own and see if it helps for you.

Another I want to remind you now is my coaching practice now is really focused on helping you figure out what you're here on earth to do, what your life purpose is. And then how do I use that information when I'm feeling stuck or when I'm feeling stressed or when things just aren't working well for me. Knowing your life purpose can really be a huge help in dealing with any issues and obstacles in your life. And so I offer a free 15 minute consultation where we'll talk about anything that you need and then I'll tell you what I offer that might fit that. Or if I feel like something else is a better fit for you I am happy

to make referrals as well. So you can get a free initial consultation. You can sign up right online when you go to www.thelauralongleyshow.com and go to the banner at the top of the page you'll see something that says, oh gosh I don't have it in front of me but basically you know are you feeling, are you struggling with your life purpose I think that's what it says. If you go there you can just sign up right away to get that free fifteen minute consultation and I do all my sessions by phone or Skype so it doesn't matter where in the world you are we can figure it out and find a time to connect.

I just want to remind everyone also that gratitude to me is the biggest way to start making shifts in our lives. If we are unhappy where we are, start practicing gratitude for what you do have. And I would give you an assignment for the next week. At bedtime write down five things each day, write down five things for which you're grateful. And see how that makes a shift in your life.

Well, I want to thank all of you for listening and I want to thank Khathi for calling in and sharing her experience so all of you could benefit by her experience as well. And I want to thank all of you for listening each week. I'm really happy to connect with you in this way. 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.