



***The Laura Longley Show  
Do You Think The Universe is a Beneficent Place,  
Or Is It Out to Get You?  
How To See EVERY Experience As A Benefit to YOU  
August 4, 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 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. You also earn a free 30 minute coaching session with me in the process.

First, we're going to start with our healing meditation like we do each week. Today we're going to leave it general so think of something, a situation in the world or in your personal life that you would like to have healing and love sent to, maybe even something within yourself that needs healing. Just keep that in the forefront of your mind as we do this and send your love and healing to that situation or person.

Let's start by taking a deep breath in. Release that. One more deep breath in. Release. Thank you for sending love and healing into the world.

I'm going to share this week's Light Bulb Moment in just a moment. I do want to remind you that once I do the Light Bulb Moment we're going to be opening up the phone lines for you to get free coaching on the air. I'm going to give you the number now so you can start calling

in now while I'm giving the Light Bulb Moment. The number is 800-930-2819. This can be any problem or issue that's taking place in your life that you want help with. Again, the number is 800-930-2819. Every caller that I speak to on the air gets a free 30 minute coaching session with me also. That's another little incentive. I know sometimes people are shy to talk on the air.

While people are calling in, let me share this week's Light Bulb Moment. Most of these Light Bulb Moments, I'd say all of them, come from my own personal experience. Many of you know that I moved a couple of weeks ago. One of the things I really didn't like about living in downtown Seattle the past year was that over many years I've had a walking routine in the morning. That's my form of exercise. It's also a form of meditation for me. I've talked about that on the show too about talking out loud to myself while I'm walking, which helps me process things and brings in inspiration and creativity. One of the things I'm loving about the new place I live is that it's just a few blocks from the Green River Trail. I've reinstated that morning walk that had kind of gone by the wayside for the last year. I'm enjoying it so much and just being around nature again is really restorative for me.

That's not what the story is about but it happened on a walk one day last week. I've been exploring different places along the Green River Trail that I like to walk and I was walking a new one last Thursday. It actually wasn't on the Green River Trail. It was across the river and it was on a country road. It wasn't even really wide enough to be a two lane road.

As I was walking along I reached a place where there was a pedestrian bridge over the river and part of there...there was covered area there. People had taken advantage of that covered area to party a little bit. I know this because there was a lot of their garbage left behind. When I...as I was walking I of course noticed this. It made me kind of sad. Here I am in a very natural setting where there is a lot of beauty, natural beauty around and then there's this garbage. It's really kind of one of my pet peeves, people that can't pick up after themselves and ruin the experience for everyone else as well. I noticed it. I had that momentary thought of, "Oh gee, this really makes me feel sad." I kept going. I walked on for maybe 10 more minutes and then I turned around and headed back.

As I was approaching that same area I saw that there was a pickup truck pulled off to the side of the road and there was this elderly man doing something. Until I got closer I couldn't really tell what he was

doing. As I got closer I saw he was picking up the garbage. He had one of those grabber things on the end of his stick. He was picking up the garbage. When I got close enough to where he could hear me, I told him thank you for doing that. It was really...it meant a lot to me that somebody cared enough to do that. His response was so...it just...it warmed my heart. It really was eye opening to me in some ways. What he said, with a big grin on his face, was, "You know, it gives me something to do. I don't want to spend my life in a rocking chair." The part that resonated for me most was the thing about him smiling saying, "It gives me something to do." He was viewing the fact that people who left their garbage there were doing a benefit to him. I won't say doing him a favor. There was a benefit in what I would call their bad behavior to him. It gave him a purpose in life. He actually was grateful for having that chore to do or that job to do. It kept him active in his life. It just really hit me. Wow, I've been someone who believes that everything that happens is for my benefit in some way even though I may not recognize it. Really seeing his...to me, I would say joy, at having something to do that kept him active really reinforced that for me in kind of a different way. I just loved that. Of course, I loved the fact that he didn't want to spend his life in a rocking chair either and that he was doing something about that. He wasn't going to be just relegated to sitting in his recliner watching TV like way too many people do when they retire. I think just out of lack of knowing what to do with themselves more than anything else.

As I thought about it, another thing that really was of a benefit to me from this particular experience was that I realized that if I had not said anything to him, if I hadn't verbally thanked him for what he was doing, then I never would have heard his perspective. I never would have heard his story and I wouldn't have gotten the benefit of his joy at doing this chore.

For me, that also reinforced how important it is for us to tell people that we appreciate what they're doing. We take so much of it for granted. For me, personally, I know that I...you might be surprised given the forum here, but I can be a little bit shy. I'm not always going to say to a stranger anything. I might just keep going. I really appreciated it so much that I got out of that little shell that I can sometimes have and I said thank you to him.

I loved that I got this great reinforcement back for saying thank you to him. I really got some value and joy, really, out of his response.

Let's talk about this as the Light Bulb Moment and how you can do this for yourself. What I'm asking you to do for yourself is #1, find the benefit in every situation. Be more deliberate about thanking people. As I said, I totally believe that everything that happens in life has a benefit to me in some way. Whatever is going on, ask yourself, "How can I make this be a benefit for me?" Sometimes we get so in the moaning, groaning, this is awful thing, that if we can just turn that 180° and say, "What benefit is there for me in this situation?" Then we can snap out of that. It might not always be obvious. Just believing, truly believing there is a benefit to you is going to make you feel better even if in the moment you can't find exactly what it is.

Secondly, take action to create the life you want. This man was not going to be relegated to sitting in a rocking chair. If you don't want to be sitting in a rocking chair, then take action to make it be different. Let him be an example to you of that.

Lastly, make a point of saying thank you and expressing appreciation when you notice someone going out of their way to do something nice or good. He wasn't doing it for the banks. There was nobody there to witness it until I walked up. That is even more important for saying thank you to people when they're doing something like that. Especially when you normally wouldn't. I'm saying that for me, but I bet there are other people like me out there who notice, who would appreciate it but never say anything, express that appreciation.

We're going to take a short break here in a minute. I do just want to remind you that the phone lines are open if you want to receive some on-air coaching. You can call in at 800-930-2819. Again, the number to call is 800-930-2819. I want to just give you a little run down of the rules around winning the 30 minute coaching sessions. Anyone who calls to speak to me on the air is going to receive a free coaching session. If I run out of time and I can't take your call you're still going to get that free session. Give your name, phone number, and email to Benny when you call in and if for some reason after you give Benny the info you hang up and you don't stay on the line, then sorry, you don't get the free session. People who have won a free session with me in the last 6 months aren't eligible. If you fit into all those other categories, they're really not that hard rules to fit into, give a call at 800-930-2819. I'd love to talk to you.

Alright, 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](http://www.thelauralongleyshow.com). Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today we're talking about how to start viewing everything that happens in your life as a benefit. Not only taking bad things and shifting them to a benefit but actively looking for...how can I turn this particular situation into a benefit for me. We're going to talk a little bit more about that. I do also want to let you know that the phone lines are open. If you'd like to receive some on-air coaching you can call in now at 800-930-2819. As I mentioned, I'm going to be giving away a free 30 minute coaching session to each person who calls in to speak with me live on the air. I would love to hear from you any kind of issue that's going on in your life, I'd be happy to help you with some intuitive coaching. 800-930-2819.

You know, as I was preparing for the show today and I was thinking about this situation that happened last week, it reminded me also that I, throughout my life, especially in the last 5, 6 or 7 years I've really been focused on the fact that I do believe that the universe is a beneficent place. Instead of being paranoid, there was a book I got introduced to maybe 5 or 6 years ago called *Pronoia*, where instead of thinking they're out to get you, think that they're out to support you.

Since it was in my consciousness, I was thinking about some other things that have been going on in my life very recently where this is showing up in a slightly different way. One of those ways that it's showed up for me very significantly is something I want to share with you for yourself as well is the #1 step to shifting from paranoia to pronoia is to stop being a victim. You have to really think and believe that whatever is happening is happening for you, not to you.

I had never thought of myself as a victim, consciously. I would never have called myself a victim. I didn't think that the way that I approached life was as a victim. Then maybe 6 months or so ago I was doing a session with the energy healer I work with, Wendy, and something came up where she brought that up. I'm like, "What do you mean? I don't think I'm a victim. I don't play that game of being in the victim mentality." You know what? Yes, I do. Yes, I did. Throughout my entire life. I hadn't realized that's what my perspective was until then. Let me just share with you how it showed up for me.

The way it showed up for me is that I have been through 99% of my life, it's something I'm working on a lot, I have been a people pleaser. I have made a lot of choices and decisions in my life based on not wanting people to be upset with me. I'm being a victim in that place. I'm not doing what's best for me or what's right for me. I'm doing what they want because of a fear that I have. My fear, I got clear on this very well...I will say I've known this for a while. I got clear on it on a different level very recently. It's related to a fear of abandonment.

I have grown up with this idea if I don't do what you want then you won't want me. You'll leave me. I had chosen through the majority of my life to do what other people wanted so that I wouldn't be left. I put up with a lot. This was something that came up again when Wendy was here to do the house clearing with me 10 days ago. She said to me, "You still have that remnant of putting up with things." It showed up in the energy clearing. I'll share with you in a minute how it showed up.

We don't have to be a victim from the perspective of being abused. It's really self abuse when you allow other people to be more important than yourself. It's starting by loving yourself. The "bad energy" that was in this new apartment of mine was all about violence against women, whether something like that had happened here or that energy signature was here from other events that were like that. That's how it was all showing up. Here is where I turned that around. It was here for my benefit to finally work through and let go of making choices out of fear, making choices out of fear of not being liked, not being loved, of being abandoned. For me, this is also related to work I've been doing on balancing masculine and feminine. That's clear to me as well. That's another topic. I'll share more about that next time.

That is how I really got clear on...I can't be a victim and truly believe that the universe is a beneficent place and everything that is happening is for my benefit. If I am making choices based on fear, I'm not living that belief. That really helped me a lot with getting clear on that.

I had another experience last week that really...what's the word I want...reinforced it, I guess, for me with the body work person that I work with. I'll share that piece in just a minute. First, I want to check in. Benny, do we have anybody on the line? Benny, are you there? Maybe he stepped out for a minute or he's probably talking on the phone with a caller.

What happened with my body talk worker, Kavitra, is that I...in the course of our session, frequently she asks me what do you want to give yourself permission for. In talking through it with her, what I needed to give myself permission for was to exist. What I've been doing by choosing what other people want over what I want is not allowing that essence of myself, my soul, to really express itself, to really exist and that resonated for me so much. Once I literally got that, I went, "Okay, I'm not going to be a victim anymore." This is the consequence. I really don't allow myself to exist. I'm invisible. I don't exist.

What I loved is that on the way home, when I was driving, the universe was supporting me because I heard two songs in a row that totally reinforced and helped me remember this thing about existing and my right to exist, my right to be who I am. The first one I heard was a song back from the 70s called "Hold Your Head Up" by Argent. Part of the lyrics go, "And if they stare, just let them burn their eyes on you moving. If they shout, don't let them change a thing that you're doing." That was part of what I really needed to hear and remember. Other people's reactions outside of me should not change what I know is right.

The other song that came on right after that was Tom Petty "Stand Your Ground." I'm sure many of you have heard this song. Part of it goes, "I won't back ground. You can stand me up at the gates of Hell, but I won't back down. I know what's right. I've got just one life. In a world that keeps on pushing me around. I'll stand my ground and I won't back down." I really thought, "Really? Those two songs back to back? That can't be a coincidence." That was for me. That was the universe giving me support saying, "Hey, you're not alone. People have written songs about this. You aren't the only one who has to remember to stand your ground. You're not the only one who has to remember to hold your head up and let people say or do whatever they're going to do and not let it affect what you choose to do."

So, with that we are going to get ready to take another break. I do want to remind you that the phone lines are open at 800-930-2819 for your calls for intuitive coaching. You will get a free 30 minute session offline with me if you call in and do on the air coaching. The other thing I wanted to share a little bit with you about is what my offline coaching is about is really focused very much on helping people find their life purpose and then once they know what that is, using that purpose to really help you sort out the rest of your life. Once we really understand what it is that we individually are here to bring to the

world, working through some of our issues to really be a whole lot easier. If you think that that's something you might need help with either from a career perspective or in your personal life, I do offer a free 15 minute consultation. You can sign up for that, you can schedule it directly online at [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com) in the banner up in the right hand part of the page. You'll see "Need help figuring out your purpose?" If you click on that you can schedule a free 15 minute consultation.

Let's go ahead and take a break. When we come back hopefully we'll have some callers that we can talk 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](http://www.thelauralongleyshow.com).

[Commercials]

We are back on the Laura Longley Show. Today we're talking about instead of being paranoid, being pronoid, which means instead of thinking they're out to get me, thinking they're out to support me.

We're going to talk some more about that later in the show. We do have a caller. Diane?

**Diane:** Hello?

**Laura:** Hi, how are you?

**Diane:** This is Diane.

**Laura:** Hi Diane, how are you? Welcome to the show.

**Diane:** Thank you very much.

**Laura:** Before we get to your question, what's one thing in your life that you're grateful for?

**Diane:** My family.

**Laura:** Yes, that's a good one. What can I help you with?

**Diane:** I'll tell you, my whole family is in crisis. Right now we're all going through probably the worst stress we've ever had. I have one daughter battling cancer and of course that means the whole family is



battling with her. And another daughter whose life has become very stressful. She and I have talked a number of times about her finding someone to discuss it with that would help her go in another direction. I know it's with her permission that I'm calling you today on her behalf.

**Laura:** Okay.

**Diane:** She would be the one that would benefit most at this point from a consultation with you.

**Laura:** Okay, so you're going to give your free consult to her.

**Diane:** Absolutely.

**Laura:** Okay. As long as we're on the phone here, what would be helpful to you in terms of support during a time that obviously is difficult for you with two daughters going through difficult times?

**Diane:** I'm going through something as well. It just seems like it's...I'm 76. My daughters are 56 and 53. There's just so many things going on all at once it's kind of overwhelming for us. My daughter of course is in treatment for cancer. I'm supporting her financially, and her alternative care as well, which is what I embrace. I feel like I'm doing as much as I can there. My youngest daughter has a very, very, very demanding job and has very...doesn't have as much...it's gotten bigger. She adopted a child 5 years ago and instead of her job getting less so she has more family time it's become bigger. She really doesn't know which direction to go. That's why I have...I've listened to you many times and thought you would probably be a great person for her to consult with.

**Laura:** I want to talk about you, Diane. I think part of what's...the benefit of all this stuff and stress going on around you...it is difficult when things are hard for people that we love. But, there is also the piece that looking at for yourself, how to be able to love them and support them and do what you can for them and separate it from...trying to think of how to say this. I'm a parent. I get that when it's your child even though they're an adult child there is something even more than just someone else that we might love. I think for your own stress management, that you need to be able to find ways to say, "I'm doing everything I can do." Being able to be in a place of trust and faith that whatever is unfolding is for their benefit as well as for your benefit. This is kind of keeping with the theme of today's show.

I know that no one wants to have cancer. No one wants to have to go through that. Yet, I personally believe that there is something to be learned there, something to be gained there. That's why it showed up in life. That's not...

**Diane:** I don't question that. That's my belief system as well. It's difficult when it's your child, I guess.

**Laura:** That's not to discount that it's stressful and it's hard and it's sad and we grieve. If we can also look at that side of it. I would say for each of your daughters in whatever each of their situations are. If you can help them to do the same, that would be of great value to all three of you.

**Diane:** I think you're right in that. My oldest daughter, the one that's battling cancer, was my wild child. She and I...she was a difficult child growing up. I love and adore her. She is a remarkable, remarkable woman. There is still that residual resentment from her towards me. I really walk on eggshells around her because I want to keep things as calm and open as possible without her feeling her teenage resentment all over again. She has a lovely relationship with me. That's a constant source of heartbreak to me. I had something similar with my mother. I understand it and I try not to "take it personally." It is what it is with sons and daughters.

With what she's going through, I was a single parent. I worked very hard to raise them and care for them as well as if they had their father there. I guess I still feel that sense of responsibility that I need to do more and if I can do more it can solve these things.

**Laura:** When you hear yourself say that, do you really believe that you have the power to resolve it and make it better?

**Diane:** I keep reaching for a solution somehow, emotionally, spiritually, financially. I'm 76 and I still work full time. One of the reasons is because my daughter has been going through this for over 3 years. I need to work to help her. I know she appreciates my help. She doesn't say that, but I know she does. I think at the same time she resents that I'm the one that is giving her that kind of help when she'd rather not be me at all.

**Laura:** What I was getting to was that...you've been working. She's 56, is that how old? You've been working for a very long time to try

and make that relationship right and it hasn't happened. You can only do your part. She has to be willing to let go of the resentment. I would hope over the course of 40 years you'd come to understand that it doesn't really make any difference what you do or don't do at this point. It's now hers to resolve.

**Diane:** You're right. I understand. I'm making it...backing away from it is what I found difficult. It seems like something always comes up where she really needs me. She really resents it at the same time. You're absolutely right. That's the common sense way to look at it.

**Laura:** Right. I'm not suggesting that...I'm not saying the answer is you quit helping her. If having the perspective of you're helping her because you love her and you know she needs it versus I'm helping her because I hope she'll see that I love her.

**Diane:** I don't expect to turn her attitude around. I would just...I don't expect that. I don't expect a 180 from her. I would like...I text her every day. I'm thinking about you and I hope the world is jumping with you today. She rarely, rarely answers. I know that she's feeling really crummy some days and she doesn't want to answer anybody. I'm just looking for a little courtesy and connection, I guess.

**Laura:** I will say to you, and I've said this on the show fairly recently you might've heard me say it, what my therapist said to me 10 or plus years ago about my ex-husband. You keep expecting her to be a different person. You want the common courtesy from her but you've never gotten it. Why would you? That's why you have to really just do it without regard to what her reaction is going to be. It has to be this is what I want to do without any consideration of how she will react.

**Diane:** You're absolutely right. I absolutely understand. I'm hand in hand with the universe on a 24/7 basis. I understand exactly what you're saying. It's just letting go from my earthly mother standpoint. I need to let go and accept it.

**Laura:** Yes. As a mother and as a mother who is struggling with my still teenage son with similar issues, it hasn't been going on for as long as yours, I get it. I totally get it. I get that it's very, very difficult to do. I think that it's the only way that anything ever changes. We have to do something different than what we've been doing.

**Diane:** You're absolutely right.

**Laura:** It's very difficult at the same time. I get that. Diane, thank you so much for your call. We're going to get ready to go to a break here. I'll be sending you an email, or whatever information you gave Benny, I'll be sending an email about the free session.

**Diane:** Thank you very much.

**Laura:** I'll either connect with you or your daughter that way. I appreciate your call. I certainly wish the best for you and your family. Just getting through a difficult time with as much grace and ease as possible.

**Diane:** Thank you so much. I appreciate your time as well.

**Laura:** Thank you. 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. When we come back we'll take more callers. The lines are open at 800-930-2819. If you want to call in for a little bit of on-air coaching. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today we've been talking about how to go from feeling like, "They're out to get me," to feeling like, "They're out to support me." We'll talk more about that as the show goes on. We do have a caller. Benny, who do you we have?

**Benny:** We'll take Vicki, calling in from Seattle. Vicki, welcome to the show.

**Laura:** Hi Vicki. How are you?

**Vicki:** I'm well. Thank you.

**Laura:** Good. As I always start with, what is something you're grateful for?

**Vicki:** The ongoing wisdom that keeps giving me more insight.

**Laura:** Yay! Very good. I kind of heard a little tongue in cheek about the opportunity to keep learning lessons.

**Vicki:** Absolutely. That's what the call is about.

**Laura:** Tell me what I can do for you.

**Vicki:** Like the previous caller talked about, and what you've been talking about, is I really understand that what shows up is no accident. It's there for revealing things that need to be cleared, greater understandings. An ongoing challenge has been one of remembering forgiveness. Facing the fact that there's nothing to forgive. You don't forgive the gifts that are delivered to provide you with the lessons. Nevertheless, what is behind a lot of this needing to forgive is going around and judgment. I have a sharp mind. I have a lot of critical thinking. It's based in not only my basic makeup, it's also demanded in my job. It's reinforced a lot that I go around making assessments all the time. They also seem to quickly go into judgment and it's so inappropriate. It's so not in alignment with understanding that the gift is just more information. Then you have to understand that what's required is forgive yourself for having done this. Then that...it seems to be an ongoing theme.

**Laura:** I have to tell you that I can totally relate to that. It's been one of my ongoing themes as well. Really, if people were honest I would believe that most of us have this going on for ourselves. Is it mainly you're getting stuck in beating yourself up when you find yourself judging?

**Vicki:** No. I don't think...I don't go to beating myself up. I go to kind of sorrow that I resort to that.

**Laura:** So, here is my suggestion, two things. #1, really set an intention of noticing whenever you're judging. It sounds like you're pretty aware. Really set an intention to notice so that since you're really focused on it you'll start to notice sooner and sooner and sooner what's going on before it really gets on its track and runs away. That will help kind of derail it so it doesn't get so big. One of the things that I do is that when I notice that I'm judging I just say, "None of my business." That's not my business. Try and let it go, which is easier said than done. Again, it's practice.

The second thing is when you do find yourself feeling sad that that's where you went...I have a couple of things there. I would have some curiosity around why you feel so sad about that.

**Vicki:** You know, it's the...what's underneath that. You have critical thinking and then you go to judgment, that's inappropriate and it doesn't serve anybody. This is my stuff. Then you have to go down to

what is it that...what's my perspective? What's my view of myself that feel a need to not be more compassionate? There is something behind this judgment of unworthiness, something at the core that makes me want to...it's like a striking out to be in judgment, right? It's like jumping on somebody else instead of owning what your issue is.

**Laura:** I think that perhaps by doing the first part of just really setting an intention to become hyperaware of whenever you're doing it, that in itself is going to help you reduce it. I think that we all have that unworthy thing going on. Maybe just saying that this is part of the human condition. This isn't about something with me that needs to be fixed. This is part of being human. I can manage it, but it's never going to go completely away. That's having compassion for yourself, starting with having compassion for yourself leads to having more compassion for others.

**Vicki:** That's why I said, at first you forgive others. Then you realize, there's nothing to forgive them for. You need to forgive yourself for having this inclination to do this. That is like saying where are you going to be in acceptance of yourself as opposed to being critical.

**Laura:** On that note, I'm sorry we do have to wrap up. We're coming to the end of the show here. I hope at least you got some helpful information.

**Vicki:** Yes, thank you so much. I appreciate your walking me through this.

**Laura:** Yes. Thank you for your call Vicki. I appreciate it very much.

As I said, time has run away from us like it frequently does. We're going to have to wrap up the show. I do want to remind you that you can go to the website, [www.thelauralongleyshow.com](http://www.thelauralongleyshow.com) and sign up to get a free consultation up in the right hand corner of the banner. Click on that and you can schedule it right online. I want to remind you that doing a gratitude practice is the fastest way to happiness. I would encourage you to put together a gratitude practice that you do each and every day. This can just be writing down three things at bedtime that you're grateful for. Give that a shot and see how that shifts your happiness.

I want to thank all the callers who were brave enough to call in and ask for some guidance. I want to thank all of you for tuning in to the Laura Longley Show with me, Laura Longley. I had a wonderful 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](http://www.thelauralongleyshow.com).