



***The Laura Longley Show
Does Love Hurt?
We Hear This Phrase All The Time,
But True Love Does NOT Hurt
Learn What is REALLY Hurting You and How to Make it Stop
August 11, 2014***

Laura: Good morning. Welcome to a hot, hot, hot day in Seattle. I think it's supposed to be close to 95 today, which for us in the Seattle area is a little bit much. I think it's supposed to cool down tomorrow so I will be grateful for that.

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 and also earn a free 30 minute coaching session with me in the process.

Today, we're going to be talking about the idea that love hurts. You know, we've all heard that phrase a million times in songs and in conversation. Real love doesn't hurt. Why do we think it does? We'll talk about what it is that is really hurting us and how you can mitigate that pain.

First, we're going to start with our healing meditation as we do each week. The purpose of this is just for us to gather together as a collective and send love and healing energy into the world. You can

focus on a specific situation that you would like to heal either in your life or in the world in general or you can just send love and healing to the world.

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

Thank you so much for participating in that. I really do believe that it makes a difference in our world that we're sending those kinds of vibrations out and healing the world as we do so.

I'm going to be sharing Light Bulb Moments in a moment. I'm doing more than one this week and you'll find out why in a minute. In the meantime, if you want to get in the queue to get some on air coaching you can call in now at 800-930-2819. Remember, every caller gets a free 30 minute coaching session with me. The number is 800-930-2819. I just want to share a couple of rules about free 30 minute coaching session. Anyone who speaks to me on the air gets a free coaching session. Please give your name, phone number, and email address to Benny. The sessions get sent out to schedule by email. If you give Benny your info and hang up and don't stay on the line you don't get to get the free session. Even if we don't get to go get to you but you stay on the line you're going to get that free session. 800-930-2819 to get in the queue for those calls.

Our topic today is about this idea that love hurts. I got focused on this for today's show for a couple of reasons. One was that last week we had a caller on the show who shared a story in her life that reminded me of a story in my own life with my son. I'm going to be sharing that with you in a minute. Quick on the heels of that, this is how things tend to happen for me, it pops up in various ways, I saw on Facebook a friend posted an article that the title of...I forget what the title was. It had the phrase "love hurts" in it and it triggered me because I don't believe love hurts. I know that when we feel hurt by someone we love it isn't because we love them. It isn't because they don't love us. There is something else going on there. That's what we're going to be talking about today. This is really kind of a charged subject because I think that it is sometimes a concept that's hard for us to grasp. If you are confused by what I'm saying or you disagree with what I'm saying, I would love to have your call for that too so that we can sort through it and make sure that we all understand what it is I'm trying to convey to you. Again, the number is 800-930-2819.

As I said, last week one of our callers shared a story about a situation with her and her adult daughter. It reminded me of a situation that I'm in with my own son. What's been going on with that is that I...my son is 18. We've been going through a pretty difficult time. I've hesitated to share this story. Diane's story last week touched me and made me feel like I wanted to share this story. The reason I've hesitated to share it is first of all I didn't want to embarrass my son by sharing private information about him without his permission. I realized that since he has a different last name than I do...and if I don't say what his first name is...anyone who doesn't know me isn't going to know who he is. Anyone who knows he is my son will already know the story already.

The other piece was that I still struggle with feeling some shame and guilt with this particular situation. I realized that those feelings of shame and guilt arise from my fear of judgment by others and also a bit of judgment of myself by myself. By hiding what's going on in my life I reinforced the idea that there is something wrong with it. I'm going to share it with you and my learnings.

The format for the Light Bulb Moment is going to be a little bit different as there are several different lessons I've learned from this situation. You're actually going to get a number of Light Bulb Moments when I share each lesson from the situation.

Let me just tell you kind of the basis of what happened and we'll get to lesson #1. My son is 18 years old. The last several years with him have been pretty difficult in different ways. With many teenagers in order to push away and grow up he's had to make me the bad guy. Everything is my fault. I'm stupid. I can't do anything right. It's been painful for me as I felt like I was constantly being verbally and emotionally beaten up by him even though I hadn't done anything wrong. Any of you who have had teenagers or have teenagers can probably relate to that. It's the tone of voice. You know the tone of voice.

About 9 months ago he was at my home for the weekend. We had a falling out. I told him to leave. I asked him for his key to my home back from him. He hasn't spoken to me since, even though I've made repeated attempts to reconcile with him. That's the basis of the story. On the surface it sounds pretty hurtful and it sounds kind of big. In some ways it is kind of big.

But, having said that, my first lesson is that love doesn't hurt. Here is how this particular situation has really shown me that. Do I love my son? Yes. I do. Do I feel hurt by him choosing not to share his life with me now? Yes. I do. Do I feel hurt because I love him? No. It's not because I love him that I feel hurt by that. The reason I feel hurt is because I have an attachment to certain ideas of what I think love is supposed to be like.

Here are a couple of the ideas that also have created that guilt and shame for me. If I were a good mother my son would want to spend time with me. If my son loved me he would want to spend time with me. That's where the pain comes from. It comes from those ideas, not from my love for him.

You know, what this leads to is that...a realization that love does not place demands on the person you love. Unconditional love is loving regardless of how that person reacts to you. Whenever you love someone based on them acting or reacting to you in a certain way, then that's not really love.

I can and I will love my son for the rest of my life even if we never have direct communication with each other again. It doesn't feel painful to do that. It does not feel painful for me to imagine loving him for the rest of his life.

What does feel painful is wishing that things were different. It's really all about accepting reality. This is the way it is right now. It's only when I tell myself this isn't the right way for things to be that I feel that pain. When I tell myself that it should be different.

What I want you to think that making this shift to accepting reality and loving him regardless of how he reacts, I don't want you to think that that is something that is easy to accomplish. It's like pretty much everything in life that helps us move in the right direction. The idea is usually pretty simple. The practice of it is not so simple.

The more I and you can act in a way that I feel good about, so offering my son an olive branch and letting go of attachment to whether he accepts it or not, the more peace and love I can feel in my life regardless of what he's doing.

That's the core message for today that...it isn't love that's hurting us. It's our attachment to certain ideas that's hurting us.

We are at time for the first break. We are going to take a break right now. I know we have callers in the queue. We'll start taking callers after the break. I'm Laura Longley and you're listening to the Laura Longley Show where authentic change takes flight. Stay tuned and we'll be right back.

[Commercials]

We're back on the Laura Longley Show. Today we're talking about this idea that love hurts and my contention that it really doesn't. It's not love that hurts, it's our attachment to ideas about what love is supposed to be like that is actually hurting us. I believe we have a caller Benny?

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

Laura: Hi Kathleen.

Kathleen: Hi Laura.

Laura: How are you?

Kathleen: I'm very well, thank you. I'm so glad to be speaking with you today. I very much resonated with your story about your son because I'm experiencing the same situation with my daughter who is in her early 20s and has a grandson. He is very, very sensitive and gets her feelings hurt and then reacts by ostracizing. I'm experiencing exactly what you're speaking of. It's very painful. Any advice would be so welcome at this point.

Laura: So, you actually are still in contact with her though?

Kathleen: I mean, I do call her and apologize and cry and say I miss her but she doesn't return my calls.

Laura: Okay. Here's what my advice is to you, and this is from personal experience as well as learning that...book learning, primarily from personal experience. This is why it got triggered for me last week because the caller last week has been dealing with a situation with her daughter for over 30 years. Doing what you're doing does not work. It doesn't do anything. You're giving her all the power. I didn't start this out talking about power, but it really is about taking back our own power and not allowing what other people do to affect us in that way.

What I would do is I would in some manner, you can do it in a phone call, voice mail, I kind of like written communication, a letter or an email because then you can edit. I would suggest you just saying to her, "I love you. I want to be a part of your life. I've done what I can do to make that happen. The ball is in your court now. Just know that I'm here when you're ready to reconnect with me."

Kathleen: Yes. I have followed all of those. I guess I'm impatient.

Laura: Right. I'm going to talk about some other lessons for myself as we go through the show. One of them is about...I can't control others. Love is not manipulating others to try and get them to act in the way we want them to. You can't control her anyway. That's showing up, right? You do the things that you hope will make her want to connect with you and she still doesn't.

Kathleen: Right. Yeah.

Laura: Actually, by pushing you might be pushing her further away also.

Kathleen: I have come to realize that she is empowered by my powerlessness. The best thing to do is just to do nothing.

Laura: Right. The way that you're going to be powerful internally is by knowing...and I'm going to talk about this later too...knowing that whether she ever contacts you or not, you are still going to be okay.

Kathleen: Yes. Yes, I am.

Laura: I understand that it's not your preference. It's not my preference that my son isn't speaking to me. I would prefer that to be different. I can't do anything about it. There's no point in me either beating myself up about it or being upset about it. I do what I can, I offer the olive branch. You offer the olive branch. It's up to them whether they pick it up or not.

Kathleen: Yeah, okay. Well...

Laura: I know it's not what we want to hear.

Kathleen: You gave me a very good idea in a written communication. She's receiving gifts. If I pick out a very special card and write a lovely message, maybe that might soften her.

Laura: I think in addition to that...the writing of it, to me, part of it for me is that it gives the person, whether it's your daughter, my son, or whoever, it's something physical that they can come back to and reread where when they first read it they might be, "Ugh, I'm fed up with this person." Maybe a week, a month, 6 months they come back and they go, "Oh, I didn't notice this part of the message before." Or, "Oh, I have a different feeling about this message than I did before."

Kathleen: In the form of a beautiful card it's a lot harder to throw it away.

Laura: True. That's very true.

Kathleen: Very good. I will take all of this into consideration. Thank you so much for taking my call.

Laura: Thanks for your call Kathleen. I appreciate you.

Kathleen: I really look forward to our session.

Laura: Me too. You gave Benny your information?

Kathleen: Yes, I did.

Laura: Great. We will be getting in touch with each other then. That's great. Thanks Kathleen.

Kathleen: I really look forward to it. Thanks.

Laura: Great, bye-bye. Before we take anymore calls I do want to get to the second lesson, which I mentioned in the conversation with Kathleen, which is that love is not manipulating other people to act in the way that you think they should or in the way that makes you feel better. You can't control anybody but yourself anyway. When we're unhappy with the reality of something we often try to manipulate that situation to be more of what we want.

A good example of this is the caller last week, one of the things she said that resonated with me in my situation was that she walks on eggshells with her daughter. I think that the caller we just spoke to

does the same thing. I did that with my son. You want to avoid them getting upset. You try and manipulate the situation by walking on eggshells. It doesn't resolve anything for one thing. It is a manipulation.

With my son, when he became an adolescent and things really started to not go in the way that I would've liked them to. It was a lot about the way he treated me. I spent a lot of time and effort trying to figure out how to get him to act differently and get him to treat me the way I wanted him to. I never was successful at that. I just was not. There is nothing wrong with taking action to try and make a situation to be more to your liking; however that action has to be done with integrity. It isn't like...walking on eggshells is not being in integrity. When we walk on eggshells, we're not saying what's true for us. We are...we're not being authentic. That's not in integrity. The action has to be taken without attachment to the outcome. I might say to my son something like, "It hurts my feelings when you speak to me that way." Without having any attachment to whether that changes what he does or not, only being in the place of, "Here's how your behavior is affecting me." That's one way to try and start to shift things potentially without manipulating.

When I realized that what I was doing with walking on eggshells was not working and also when I realized that my extending this olive branch to my son was not doing anything, he was not responding to me at all, here were the two things I got out of it. The only way that he and I are going to come back together in the way that I really want is if I'm honest with him and I chose not to say things or do things purely to get him to respond to me. There are things I could do or say that might get a reaction from him. If I just am in integrity and tell him that I love him and I take responsibility for my part, which we're also going to talk about later. The other thing I learned is I can't control if or when he decides to respond to me.

The action I take has to be done without attachment to his reaction, without attachment to whatever the outcome is going to be, and to be taken from integrity in myself and allowing him to respond in whatever way he chooses to. It's all about being authentic, saying what's true for me and letting him be in his own space and say what's true for him.

We're coming up to another break. I do want to invite callers. We have some lines open right now at 800-930-2819. We're going to take a quick break. When we come back we'll talk more about lessons I've

learned from this situation with my son and how they might be applicable in your life. Stay tuned.

[Commercials]

We are back on the Laura Longley Show. Today we're talking about this idea of love hurts. Really, talking about the fact that it isn't love that hurts, it's our ideas about what love should look like that create hurt and pain in us. I'm using an example in my own life that have led me to learn a number of lessons related to this to kind of share with you how it might show up in your own life.

We do have open lines right now for callers at 800-930-2819. If you have a comment or question about what we're talking about or if would like to get some guidance on a situation in your own life, feel free to call in now at 800-930-2819.

What we've talked about so far is that love doesn't hurt, it's our attachment to certain ideas about love or about the other person that are really hurting us. Love is not about manipulating other people to act in a way that we think they should in relation to us, and we can't control how they act anyway. It's responding to them with integrity and saying what's true for us and letting them be themselves.

Another lesson from...this is lesson #3 that I learned, is that I always have a role in every situation. When my son and I had this blow up I started out from a place of righteousness. He was rude to me. He was disrespectful. I had every right to set boundaries about how I would be treated. All of this was true, but it was very one sided. In every relationship there are two people. Both people have a role and a responsibility in whatever happens. I can imagine that there are a number of you going, "Wait a minute. If so and so treats me badly that's not my fault." What I want to say to you is that it's not always 50-50. There always is some responsibility on each person's part, even if it's only 5% out of 100%. There is something in the interaction that is creating the situation. It's not to say that how the other person treats you is okay. It's not okay that my son was disrespectful to me. I had a hand in creating that situation also. This was maybe one of my greatest learnings, not only in this situation, but in my life. Not so much that I had a role. I already got that. Owning what my responsibility was, because we all have ways that we act or things that we do that we are not proud of and don't want to look at. There are certain ways that I've acted in my life that come from a fear of abandonment, it's a very reasonable reason, but not always a

reasonable action. This is not just with my son, but on a much more general level. I've been really reluctant to own those actions and to really look at them because of that fear of abandonment. Where my brain went, which is not true, but where I went with it is that if I admit that it's not okay for me to act this way, then I'm a bad person and nobody is going to love me.

When this happened with my son, I finally got that I need to have the courage to look at my role because if I don't I can't ever be different. It really came with a pretty harsh wakeup for me. The process of me getting it was not a pleasant one, but maybe that's what I needed to really understand it. When I got there I couldn't place all the blame on my son anymore. I also had to learn to forgive myself for my role and not place all the blame on me. We both, together, conspired to create the situation, even though it wasn't a conscious conspiracy.

The good news is that if I have some responsibility, I can change and make things different in the future. Again, this is without attachment to how it will be different. Just knowing that if I'm different, if I respond differently, if I act differently, the relationship is going to be different in some way. It's just a law of nature. If you keep doing the same thing you get the same thing. If you do something different you get something different. You can't always predict what that is, but it won't be the same thing that is the same that you don't want.

That was a huge lesson for me is really that beyond just saying, "Okay, I get that I have a role and a responsibility in this." Really having the courage to explore what my role was. It took courage. I had these fears about what it meant about me that I acted in a certain way and admitting that. I would guess that there's more than one of you listening right now who has that as well. We all have these shadow sides of ourselves that we don't want other people to see and we don't want to see ourselves either. It's only by owning that that we can start to shift it and change it.

Once again, I want to make sure everybody knows the phone lines are open. 800-930-2819. If you want to talk about this topic or if you have a situation that you want some help with, I'd love to hear from you. 800-930-2819.

Lesson #3, I always have a role in what happens, leads kind of paradoxically into lesson #4, which is it's not about me. It does sound kind of like a paradox. I have responsibility, but it's not about me. That's because there's two people in this equation, right? My son has a

role and responsibility in what happened also. His side of things has nothing to do with me, just like my side of things has nothing to do with him. It was about my own issues that I acted the way I did. It's about his issues that he acted the way he did.

His reactions are about him, they're not about me. People struggle with this concept a lot because we do tend to take things personally. It's a very human way to be is to think that it is about us. It feels like it's about us. It's getting...the disrespect is getting directed at me. It's not about me. The way that you can kind of shift into getting this if you're struggling with understanding this is think about a certain situation that you know of where two people have experienced the exact same thing and they had very different reactions. That, to me, really highlights or illustrates that it isn't about me because...let's say...oh gosh, I'm trying to think of a good example. Let's say people were...this is a very farfetched one but it happens. People are in a bank when it gets robbed. Maybe somebody is going to try to stop the robber. Maybe somebody is cowering in the back just terrified for their life. People react differently and they're all experiencing the same situation. That's kind of a good illustration of that.

Since my son's reactions are about him, they're not about me, that takes us back to lesson #2, which is I can't control others anyway. I can't control his reactions because they don't have anything to do with me. really getting that helps free me up to go again. I'm going to act from integrity. I'm going to act from a place of what feels right and good to me and let go of how he responds to that. It's not about me. I can't control it. It's really liberating to know that not everything in the world is about me. When I stop taking it personally, it's much, much easier to respond in the way that I want to instead of in this knee jerk emotional reaction, which is a lot of what has gone on in my relationship with my son.

He talked to me in a tone of voice that I didn't like. I would immediately get reactive to it, which then just fueled the fire as opposed to me being calm and saying, "You know what? I don't like the way you talk to me like that."

Knowing that it's not about me helps me go, "Okay, he's not being disrespectful to me. He's talking to me in a way that I don't want to be talked to." There is a difference in the way that you look at it. If I can step back and remind myself that being treated in that way by my son doesn't mean that #1 I'm worthy of respect, or #2 that he doesn't respect me, then I can deal with letting him know that that behavior is

unacceptable in a way that is calm and much more likely to be heard by him, much more likely to be something that he's not going to react to as strongly as my emotional reaction.

That is lesson #4. It's not about me. We're combining. I have a role in it. It's not about me, for lessons 3 and 4.

We're leading up to getting time for us to take a break. I do want to let people know we have one more segment after the break. If you want to call in and get some guidance on a problem in your life, if it's related to what we're talking about today, so much the better, if not that's okay too, or if you just have a comment or question about what we're talking about, I'd love to hear from you. 800-930-2819.

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're back on the Laura Longley Show. Today we're talking about this idea of love hurts. My contention that it isn't love that hurts, it's our attachment to what love looks like, what we think love looks like that actually is hurting us. When it doesn't show up in that way we do feel hurt, how we can let go of that. I've been using this situation that I've experienced with my son over the past 9 months or so kind of as an illustration of that.

I want to back up...well, it's not even backing up. I did just want to say that one of the things with this situation that's going on with my son that has really been kind of...I guess I don't want to say eye opening, but a little bit surprising to me is that I really...most of the time I really don't feel very upset about it. My friends will ask me about what's going on and the answer is nothing because I periodically make an attempt to connect and I don't get a response. That's the way things are right now. I really have been surprisingly okay most of the time with this is the way things are right now. I've had to kind of stop and ask myself about why that is. How have I been able to be okay with this being the way things are. A lot of it is what we've been talking about throughout this hour, the lessons I've learned and some shifts in my own perspective have helped me be okay with it. A huge part of it is not taking it personally. It really is going...you know what? Just because he's mad at me and doesn't want to have interaction with me

right now doesn't mean there's anything wrong with me. I know there's not anything wrong with me. Are there things I could've done differently with him? Yes, absolutely. Are there things that I would like to have done differently? Yes, absolutely. You know what? I really did do the best I could with what I knew in the moment. There's no point in me having recrimination against myself for not acting in a different way. Frankly, part of why I've been okay is that it's really such a huge relief to not have to walk on eggshells around him all the time. That doesn't mean that I don't want to reconnect with him, because I do. It's given me the opportunity to have the distance, to have clarity around how I want to interact with him that's different than I have been. If we had continued without having this break, I don't know how easily I would've gotten there. I was so mired in my way of interacting with him that it really took having a break to be able to see that it wasn't working and to see why it wasn't working and what would work better. I actually am excited about when we reconnect and I believe we will. I'm excited about when we reconnect. I'm trying out these ways of being different and seeing what happens.

I want to lead into...it isn't really lesson #5, it's kind of a component of all the other lessons that we've talked about. I think it's such an important idea I want to talk about it by itself. That is this concept of accepting reality. I've talked about this on the show a number of times before. I think that it is so profound and so important and I really, really got it at a different level with this situation with my son because what happened for me is I all of a sudden got shown...I believe the universe puts things in front of us. All of a sudden this Byron Katie book was there in front of me when I was looking for something to read. She had been on the show a couple of months earlier. I had...they had sent me all these books of hers and I had read some of them but not others. All of a sudden here is this one on relationships. It really was about...not about...it was focused more on romantic relationships like husband/wife or partnerships. The principles were applicable in any relationship. Some of the biggest things that I got out of that were these huge lessons that I've talked to you about already today. The starting point really is about accepting the way things are right now and letting go of this wish or desire for them to be different, for them to not be what they are or denying reality in saying it shouldn't be this way. It shouldn't be this way. If I were a better mother it wouldn't be this way. Those kinds of things. This was the reality, this is where we're at. Now what do we do about it?

Those of you who are familiar with Byron Katie you know she has *The Work*, it consists of these three questions. Whenever we have a

thought about another person, we ask ourselves: is it true? Most of the time we can say, "I can't know that's true," because we are attributing thoughts that the other person has to them. They don't really belong to them. They're really our idea of what they're thinking. That's part of taking it personally. We make up stories about what other people are thinking. If I have this thought that my son should treat me respectfully, is that true? Well, maybe in his mind he is treating me respectfully. You can't know.

Who would I be without this thought? Where that leads us is letting go of the personalization of it. It's letting go of the hurt and pain or upset in whatever form that occurs that comes from...if I think he shouldn't treat me like this, then whenever he does treat me like that I'm going to feel upset. If I let go of that, then without that thought I would be much more peaceful and calm. That was a huge eye opener for me too. If I let go of thinking that anybody else should act a certain way I'm going to be a lot more peaceful and calm.

The third component of *The Work* is called the turnaround. That's where I take...let's say my statement was my son should speak to me respectfully. I turn that around to say, "My son should not speak to me respectfully because..." The way that that makes sense is maybe what I think of as respectful he does not. Or I can say, "I should speak to my son respectfully." Okay, that resonates because when I get triggered by him I do not always speak to him respectfully. I will step out on a limb and say mostly I didn't speak to him respectfully when I got triggered by how he spoke to me. It really helps us go to a place of...okay, I can shift how I feel about reality without ever doing anything differently. That's why I love the Byron Katie work.

Part of accepting reality is that statement that we all hear, it's kind of a catch phrase these days. It is what it is. I'll tell you another one that I used to hate and I love now. That one...it is what it is. It is what it is. All of our wishing or thinking that it shouldn't be that way doesn't change how it is. We have to accept what the reality is before we can take any steps to make it be different because if we're thinking that it's another way, whatever we choose to do may not have anything to do with the reality of how it is. The other thing I love about that statement, "It is what it is," is that there's no judgment in it. It doesn't say it sucks. It doesn't say it's great. It just says it is. It's just as it is. When we can get to that place of nonjudgment about the current situation, that's when we can be peaceful. That's also when we can act from a place of groundedness that leads us in the direction of what we really want.

The place where people get hung up and where I used to get hung up too is that accepting reality doesn't mean that you're stuck with things the way they are forever. It only means that you're getting the lay of the land and you're getting real about the way things are so that you can quit taking it personally and really get clarity around...okay, I don't like how this is. What would be likely to change it into a place where I like it better?

Those are the lessons I've learned through this sometimes painful situation with my son. I am so grateful that really it's been a huge learning for me and with the exception of the beginning of it, it really hasn't been all that painful. Sometimes we have to really go through a lot of pain to get lessons. It's really not been that painful. Even though I wish and hope that he and I do reconnect, I can be okay right now, in this moment. I don't have to go through pain day after day after day. Love doesn't hurt. I love him and I don't feel hurt. That is the big message for today.

We're wrapping up the show now. I want to thank all of you for listening to the Laura Longley Show with me, Laura Longley. 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.