



***The Laura Longley Show
Feeling Restless, Bored or Frustrated?
My Lessons from Simran Singh's Book
"Your Journey to Enlightenment"
August 18, 2014***

Laura: Good morning. I'm Laura Longley and you're listening to the Laura Longley Show on Transformation Talk Radio on this sunny, sunny day in Seattle. We really had a run of this sunshine over the past 6 weeks or so. It's really been an unusual summer, I think, for those of us in Seattle. I do have to admit, I was enjoying last week when it was cooler and even Wednesday when we had the rain. Those of us in Seattle kind of get antsy when we haven't had rain for a while. I am happy to see the blue sky. We all know there is a physical component of the sunshine lifting our spirits, but I think there is an emotional component too.

On our show today we're going to be talking about Simran Singh's book, *Your Journey to Enlightenment*. A couple of weeks ago she was a guest on Dr. Pat's show. It just so happened I was driving in the car and heard part of her interview. You know, what I heard, I only heard maybe 15 minutes, although I did go back and listen to the rest of it later, what I heard that made me want to go back and listen really resonated for me. I also bought her book. I'm really getting so much out of both that interview and what I've been reading so far in the book that I want to share with you some of my own learnings and hopefully some of what's resonated for me will resonate for you too.

First, let's do our healing meditation as we do every week. We are going to send love and healing to anyone or anything that you feel needs it in the world. It can be a personal situation for you. It can be

something physical within you or within another person. It can be looking at a global situation and wanting to send love and healing.

Let's begin by taking a deep breath in. Release that. One more deep breath in and release. Thank you for doing your part to help heal our world.

During the show, I am going to be taking calls for on air coaching. If you just want to have a comment or a question about what I'm talking about I'd love to get your call for that too. You can call in now at 800-930-2819. Remember, every caller gets a free 30 minute coaching session with me. Again, the number is 800-930-2819. I just want to give a few little rules about those 30 minute coaching sessions. Anyone who calls to speak to me on the air is going to receive one. If I run out of time and I can't take your call you will still get the free session. Give your name, phone number and email address to Benny when you call. You do have to have an email address in order to receive the free session. Those who have won a session in the past 6 months are not eligible. If you don't stay on the line then you're also not eligible. I would love to get your calls. I'm going to do the Light Bulb Moment and then I'd love to start taking calls after that. Again, 800-930-2819.

I mentioned at the top of the show that what we're going to be talking about today are some learnings I've gotten from reading...and I'm not done yet...what I've read so far in Simran Singh's book, *Your Journey to Enlightenment*. I got directed to or called to read that book by hearing Simran on Dr. Pat's show a few weeks ago. As we're talking about this, if you find what she has to say interesting and you want to listen to that show, it was August 5th. You can go to www.thedrpatshow.com and search for Simran Singh or you can look for archives from August 5th is what the show was.

I was driving in the car and I always turn on the radio to KKNW when I'm driving in the car. Frequently it's Dr. Pat or some other host from Transformation Talk Radio. This time it happened to be Dr. Pat talking with Simran Singh.

One of the things that she...she said many things that resonated for me. The thing that kind of started getting my attention and really going...ah, I like what she's saying here or I'm getting what she's saying here...is that she said that...she talked about how she learned what being the present moment really means. That's what the Light Bulb Moment is going to be about today. What is being in the present

moment? What does that really mean? It's really become something over the last 10+ years that you hear a lot about people practicing being in the present. Eckhart Tolle has written about it, lots of people have written about it.

The take that Simran had on it was slightly different in that it was very meaningful to me. She talked about when she kind of started consciously being on her journey that she began practicing being in the present moment by doing whatever came to her mind at that time. It could've been a mundane household task. It could've been anything. It was whatever came to her consciousness, came to her mind at that time.

Over time of doing this practice, she started to realize that she was what she calls "still under the hypnosis of our societal norm" of having to achieve or of setting goals. Everything that she was doing that her mind was focused on was about achievement or about achieving...I guess that's still achieving. Achieving a goal of some sort. This focus of having to achieve...it's really endemic in our culture. Our culture is one where achievement is valued. Doing is valued. Being not valued so much, although we're working on changing that. Having to achieve, the reason we feel like we have to achieve is that we think we're not enough. Isn't that the difference between being and doing? Being says, "I'm enough just because I'm here. Doing says I have to do something in order to be enough."

What Simran came to understand was that being in the moment...I'm paraphrasing, so I hope that if she hears this I hope I'm not misrepresenting what she meant. That's what I got from it. She says that she came to understand that being in the moment is really about following your heart's desire. Not your mind, not what your mind thinks you should be doing right now, but by following what your heart wants. Choosing what serves yourself. She talks about this a lot in the book too, which I am really liking, that it's kind of...there's this cliché that we have to love ourselves before we can love others. It's true, but it's also a cliché. We hear it all the time. She talks about serving ourselves, being in service to ourselves. That's just a different way of looking at it that really connects more for me. Maybe it does for you as well.

She started...when she had this understanding, she started living life by just seeing what shows up in front of her. She doesn't need to know why. She doesn't need to know why that's showing up. She

doesn't need to know why her heart wants something or what the end result is going to be.

You know, this all resonated with me and the journey I've been on for the past couple of years. I often don't know what I'm supposed to be doing or where I'm going. It's really uncomfortable, yet I resist going back to doing the things that society tells me I'm supposed to be doing. This idea of just doing or being what your heart is saying to you in the moment, I've started doing that even before I heard her show. That's why that resonated for me. It was validating for me. I feel...over the last few years I've felt lost a lot of the time. It's been challenging, learning to accept that I'm exactly where I'm supposed to be, doing what I'm supposed to be doing. There are no external measures of my success. It's all internal. Nothing out here has anything to do with my success. Hearing what she said about her own learning helped validate that I'm on the right path in that regard. I'm in a place of learning more and more to let go of the logic of things, figuring it out, having a plan, having to know why and learning to trust that what's showing up I son purpose and how I feel about it is my guide, not logic.

Not surprisingly, it's right on track with an astrology reading I had a couple of months ago. I did a progressed chart reading which I understand is about where you are on your spiritual path. The astrologer said that I'm moving away from using my mind and into using my intuition to make choices. I've always used my intuition, I've always also felt that I had to justify or validate what my intuition told me through logic, through understanding. I'm learning that that isn't true. I don't have to understand why I'm supposed to do something. I just have to trust that I am.

There's more to share about this idea because it's big and it a lot. But, I want to take this first piece into the Light Bulb Moment for you before we talk more about it.

For you, following your heart instead of your mind. Whenever you have a choice to make, we make hundreds of choices every day like what route to take to work, what to eat for lunch, how to spend our free time, those are a few examples. Whenever you have a choice to make, notice what your process is for choosing. Do you logically work through the consequences or expectations of one path over another? Do you choose based on getting a certain result? Do you take into account what others would like you to do? Do you notice which way you're being pulled even though you may not have a logical reason for

why? Do you, like most of us, make the majority of your choices unconsciously?

So, my challenge for you is to become conscious of how you're making choices. Awareness is always the first step. Notice what your tendencies are. Are there certain choices that you make using your mind? Others that you make using your heart? Certainly, we need both because there are things we have to do. There are things that have to be done in life like doing laundry or doing the dishes. I can tell you right now that my heart has no desire to do the dishes. Aside from some of those mundane but necessary aspects of life, how much are you following your heart? Begin by noticing.

Then, decide if you're happy with the way you make choices. If you're not, start with a more heart centered intuitive process. You can do this by whenever a choice comes up, it can be one of those small daily ones, there's something bigger. Notice what your very first reaction to it is. How do you feel? That's frequently your intuition. Notice what you feel drawn to and what you feel reluctant to do. Notice what excites you and what you dread. Don't worry about why you feel the way you do. Just notice. That's a hard one for me. Not worrying about why.

I know for me one of the ways it shows up for me, my noticing is procrastination. If I don't really want something I procrastinate because I don't want it. Or, I try talking myself into something as being good for me, I don't really want it. That's not my heart talking. You can use a tool like muscle testing at first if you're not sure about trusting the messages you're getting. That's using a pendulum. There are other ways you can do muscle testing. Then start making your choices based on how you feel and see what happens. It's going to be uncomfortable at first. Sometimes it's going to be scary. Look for the evidence that your choices are truly right for you and you'll get more and more comfortable.

It's time for us to take a break. It's actually beyond time for us to take a break. That was a long Light Bulb Moment. When we come back we are going to take calls. If you'd like to receive some on air coaching or you have some questions or comments about what we've been talking about so far, you can call in now at 800-930-2819. Remember that everyone who calls in to speak to me on the air gets a free 30 minute coaching session.

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

the Laura Longley Show and at www.thelauralongleyshow.com. Stay tuned and we'll be right back.

[Commercials]

We are back on the Laura Longley Show. Today we're talking about the concepts or principles in Simran Singh's book, *Your Path to Enlightenment*. I got connected to that through hearing her interview with Dr. Pat a couple of weeks ago on the Dr. Pat Show. Check it out if any of this that we're talking about is interesting to you.

We also have open lines if you're interested in getting some on-air coaching. You can call in now at 800-930-2819. Just a reminder that everyone who calls in to speak to me on the air gets a free 30 minute coaching session with me. If you're wondering what kind of coaching that would be, a lot of my focus is really around using life purpose to help us resolve issues that are going on in our life. Once we understand what our own life purpose is and what it is we're here to bring, it really can shine the light on where we're not living that and how that's creating problems in our life. A lot of how I work with that is on helping people discover their ideal career. It also is relevant in all of our relationships as well.

If you'd like some on air coaching about any problem going on in your life you can call in now at 800-930-2819.

I said as I was doing the Light Bulb Moment that I had lots more to say about that topic or about the things that I'm learning or are resonating for me from Simran Singh. Carrying on this idea of making our choices based on what our heart or our intuition or our higher self, whatever we want to call it, what it's telling us versus what our mind is telling us.

One of the other things that Simran talks about on Dr. Pat's show was this concept of the essence of divine confidence. This plays right into this idea of choosing from the heart because when we're choosing from the heart, we're choosing our actions or our activities like a child would. Children naturally expect their parents will take care of them. Children in the majority of households, if you're in a severely dysfunctional one that may not be true. In general, children will expect that their parents will take care of them so they can play without fear. As adults, this is what we can expect from the universe. We can look at the universe as our parents, who are going to provide everything for us and keep us safe so we can go out and play without having to worry

about it. When we choose to play based on what feels fun and exciting to us, knowing that we're taken care of, we create an ever increasing expectancy, meaning we expect that all that shows up is for our benefit. This is that essence of divine confidence, what Simran calls the essence of divine confidence. Knowing that we're always taken care of.

When you think about choosing activities or making choices in your life based on following your heart, think about how children choose what they play with. They choose based on what they want to do. They don't choose it based on, "Oh, my mom wants me to do this." Or, "Oh, my friend wants me to do this." Something we try to teach them is sharing. Left to their own devices, children choose what they want to do. When they're drawn to an activity they jump right into it without fear and with excitement. That is really part of how we can judge what path we should be following, what choices we should be making.

I'm excited about it. Any fear, that comes from the mind. That does not come from the heart. Because, in our heart we know that we're taken care of. Children will stay with whatever activity they're doing as long as they want to. They stay with it for as long as it's fun. Then they leave it. They don't keep doing it when it's not fun anymore.

That's the next point I want to talk about is that really, it's okay to not stick with it. You know, this is something that working with people over the last 5 years, helping them discover what they really want to do for a career, one of the things that comes up over and over again is #1...well, not #1, but the first thing I want to say is people say things like, "Well, you know this master's degree that I got...that will have been a total waste if I choose to do something different." Or, "All this experience I have in this field will be a total waste if I choose to do something different." They get hung up in this idea of the value of something being in the past when the reality is that value carries forward, even if you never do that activity again. I would say that if you continue doing something just for those reasons, just because it would be a waste of your education if you didn't do it, obviously you're not honoring your heart. That's coming from your mind. It is not coming from your heart. We also have this idea that we have to finish what we start. If you start a program, let's say a higher education program and you get in the midst of it and discover you don't like it, or discover for whatever reason it's not really for you, we have this idea that we still have to finish it. This is part of the achievement mentality that we have in the world.

You know, a child wouldn't do that. A child would go, "Oh, this is not fun anymore. I'm not going to do it anymore." Noticing in your own life how you are getting yourself stuck with thinking that you have to stick with something...

We have another saying in life that is, "You made your bed, now lie in it." Again, the messages we keep getting is that you made choices and now you're stuck. You can't choose something else. That's just not true.

Another good example is we keep working on relationships long after they serve us. They no longer serve us and they no longer serve the other party. If they no longer serve us, they no longer serve the other party. That's not to say that if we're having issues in our relationship we should immediately shift and throw in the towel. But, it is to say that many of us stay way too long because we feel like it'll be a failure if we leave.

I guess that's all of what I'm trying to say with this idea of when it's no longer fun, don't stay anymore, whether it's a relationship, career, whatever the choice is. It's not a failure to not do it anymore. It's just another choice.

This has shown up for me in the practitioners that I choose to work with as well as the spiritual practice that I'm drawn to. They will be fun and exciting for me for a while and then not anymore. I've learned that really is a sign that okay, that served its purpose. I got something from it and now it's time to do something different. That's what I want to say about it's okay to not have to stick with it. Learn to listen to your heart when something is done, when something is complete for you and be able to move on.

Alright, we are coming up on another break. I know we have callers in the queue that we will take 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 some of the lessons that I've learned from both listening to Simran Singh's interview with Dr. Pat and also from beginning to read her book. Now we're going to go to the phones. Benny, we have a caller?

Benny: We do. We'll take Anna calling in from Indianola. Anna, welcome to the show.

Laura: Hi Anna, how are you?

Anna: Great. How are you?

Laura: I am well. Indianola, is that over on the peninsula?

Anna: Yes, it's right across...it's just south of Kingston which is across from Edmonds.

Laura: Okay, I'm proud that I knew that.

Anna: Yeah! Best kept secret.

Laura: Exactly. I love the peninsula. It's so nice over there. Before we start I always like to ask callers what's one thing you're grateful for.

Anna: I'm grateful today for all the new people I've been meeting and combining with the old people that I've known. People in my life.

Laura: Yay! That's a great one. That's a great one. So, what can we help with?

Anna: Well, here's my deal. I am a caregiver, but I've been working on...I've always worked in the area of healing arts. I've always enjoyed that with all the people that I work with. I've been really, really delving into the hypnosis. I became a hypnotherapist. I really love the whole idea that...I mean, I'm fascinated by it. I'm constantly reading about it. I want to help people with it. Although, I'm a little bit conflicted because people don't see me in that way. Like, "A hypnotherapist? Who do you think you are? You're little Anna. You're not..." I think people see me as being kind of fun and sort of...I don't know, not serious. I get the feeling that people probably wouldn't take me very seriously in this whole area, even though I am serious about it.

Laura: So, the first thing I would say to you is that you have to take yourself seriously. You have to believe that this is really something that you're supposed to be putting out there. That you have value by doing that. Right?

Anna: Yes. I believe I can be taking it at a different angle than a lot of people. Not the authoritarian angle, but more the permissive side of things and going that direction. It's a little bit more fun and free than this is what you're doing now.

Laura: Right.

Anna: I really love that angle too. I want people to see that there is a different side of it. I kind of get the feeling that they all look at me like I just grew a horn out of my head that I'm doing hypnotherapy.

Laura: For a lot of us, our challenge really is a challenge. It really is for us to be able to show up as we really are and still be as we really are regardless of other people's reactions. My question for you would be, let's say you do decide to pursue this and people do look at you like you just grew a horn out of your head, what impact does that have on you?

Anna: It makes me feel like they wouldn't choose me. I mean, they probably wouldn't choose hypnosis in the first place, but maybe Anna is going off on some deep end somewhere. That's okay with me if they don't really go for all that stuff, but I want people to value...I want them to see me in a different light, I guess. I don't know how to do that.

Laura: First of all, it takes the courage to show up differently in order to. People have a certain perception of you for a reason. That's how you've been showing up, right?

Anna: Yeah, kind of. People see me as fun. I try to keep things light hearted and that sort of thing. Hypnosis is something that you do have to focus on and be serious about. It's not just something you take lightly.

Laura: Right, so it starts with you being...you having the courage to really show up as you are right now, today. Live through people being confused or disapproving or any of those things. Trusting that the people that are meant to get it and the people that are meant to embrace you for it...those people are going to show up. It won't be everybody.

Anna: Sure. Yeah.

Laura: It means nothing about who you are as a person. It means something about who they are, not who you are.

Anna: Yeah. I mean, I would like to encourage people in that area. You don't realize it, they don't realize it, they are being hypnotized daily. They just don't realize that this is the thoughts they're putting in their head that's getting on the news all the time, that's in their mind. That's what they're being hypnotized by. Why don't you make it be something good?

Laura: And, all you can do is offer that. It's up to them to either accept it, take it in, embrace it, or not. I'll tell you, as a psychotherapist, one of the things we were taught in school is you should never be working harder than your client is. What that means is that I might be able to see so easily how if you just did x, y, and z how much happier you would be. Until you're ready to actually do it, I can't do anything about that, right? I can give you the tools, but you have to actually use the tools. Not everybody is ready when we think they should be.

Anna: Yeah. Yep. A lot of people do think it's a magic bullet or something. It takes a lot of work. It is helpful.

Laura: I totally agree.

Anna: ...doing your own self-hypnosis.

Laura: Exactly. I would encourage you to just get up the courage to be who you are, share what's going on for you, let people accept it if they're ready or reject it if they're not.

Anna: And be okay with it.

Laura: Right, because it's not about you. It has nothing to do with you as a person or the value of what you bring. It has to do with where you're at in their life.

Anna: Sure.

Laura: Does that make sense?

Anna: Yes, and it's helpful. We always want to interpret everything.

Laura: What's the cliché? The non-smoker, the people who have recently quit smoking are the most adamant about non-smoking. They had to be ready before they could stop smoking. No one can make someone else be ready. We can offer the tools, we can offer our own experiences, and it's really up to the other person when they're ready for it. Maybe they never are.

Well, thanks so much for your call Anna. I appreciate it.

Anna: Thanks for taking it.

Laura: Enjoy your beautiful day in Indianola.

Anna: I will. Thank you.

Laura: Thanks so much. Alright, bye-bye.

That was really a great call because it is something that we all need to remind ourselves of. What resonates for me and how I want to show up in the world isn't necessarily what's going to be true for someone else. It doesn't mean anything about me that it's not true for someone else. That is sometimes really hard. It does feel like a judgment for us, or it can feel like a judgment of who I am if you don't understand the value I get from something. It's a really great reminder that in the world in general it's never about us. It's always about the other person. In one sense it's always about us because it's our own perceptions. By the same token, it's never about us because it's about the other person's perceptions and how they perceive us, which isn't who we are.

Thanks Anna for that call so we could remind everyone that that is the case.

Alright, we're going to take another quick break here. When we come back there's actually...from that call is similar to something else I wanted to share from Simran Singh's book, which I'll talk about when we come back.

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[Commercials]

We are back on the Laura Longley Show. Today we've been talking about some...I don't even know if I want to call them learnings because they're things I already knew, but reminders that I've gotten that started from hearing Simran Singh on Dr. Pat's show on August 5th. If you want to listen to that show I highly recommend it. Dr. Pat Show, Simran Singh, August 5th. That led me to get her book where I'm getting more stuff that's really resonating for me and kind of taking me to a different level of understanding and practice of certain things.

One of the other things that has come up through that that I want to talk about is kind of related to the conversation I had with Anna, the caller I had before the break, is that one of the things she talks about...she talks about this both on the show and in her book...there is no hierarchy within the human race, meaning that no one is better than anyone else whether you're on a spiritual path or don't identify as being on a spiritual path. We're all divine. On the show she said that she's not a teacher or a guru. She is just here as an example. I have felt like that a lot as well. Yes, I have things that I've learned in my life that you may or may not benefit from. It's all about timing, what resonates for you, what fits for you, and I don't have all the answers for you anymore than you have all the answers for me. In the book Simran talks about not following gurus or teachers, meaning not putting them on a pedestal. We have everything within us already. A quote from the book is that, "Belief in the need for a teacher or guru is only an affirmation of incompleteness." Let me say that again, "Belief in a need for a teacher or guru is only an affirmation of incompleteness." What she is saying there is that if we think we need to look outside of ourselves for the answers, then we're saying we are not complete already. She doesn't believe that. I also don't believe that.

The thought may come to your mind, as it did to mine, how do we learn if we don't use teachers? I learn stuff from other people all the time, Simran being one of them. The answer isn't that we shouldn't have teachers or learn from others, we shouldn't put these people on a pedestal or think that they're better than us in any way. Just because they have a certain way of doing things that works for them doesn't mean that it's right for me or for you. You should trust your instincts about what you feel drawn to.

This message that keeps coming up for me recently about trusting myself above others...I talked about this on a show maybe back in January or February. I'll talk about that in a minute.

Recently, the way that this message has come up for me recently is that both the energy healer I work with and my body talk practitioner have mentioned I look outside myself a lot for guidance and that I don't trust myself. I realize that there is a fine line between using tools from others that help me access my own wisdom and depending on others to give me information that I already have.

Back in January, you might remember that I consulted a well known psychic. I didn't like what he told me. I also knew that some of it wasn't true. Some of the things he said I knew were not true yet I still got stuck with what he told me being "the truth" and I really had to work through getting his opinion out of my head and owning my own thoughts and ideas and knowing this about what's true for me.

We can really get hung up sometimes if we think that someone else knows more than we do or that often translates to knows better than we do. As a practitioner myself, I've always said that clients already know the answers. Sometimes the access to that information is blocked, which is where I come in. I help you unblock access to information that you already know. I just need to remember this for myself. I think part of it is when we get into a place where we're feeling uncomfortable or scared, we can't see the light at the end of the tunnel, we look outside of ourselves for someone to tell us it's going to be okay. I know that's part of what I get sucked into. We already have that information inside of us that it is going to be okay. The universe is our parent who always takes care of us.

Some clues that you might have put someone else up there on that pedestal are that any time you find yourself or I find myself wondering if I'm doing it right. There's some process...I wonder if I'm doing it right, then I know I'm following someone else's path and not my own.

Whenever I feel like I should do a certain practice, and some things that haven't always resonated with me are things like...other times they do...if I feel like I should be doing something even when it's not resonating for me, that can be like EFT, meditation, or anything that people do that as a spiritual practice, then again I know that I'm following someone else's path and not my own. If I feel like I should do it and I don't want to, it's not for me right now.

Those of us who are teachers show up to teach what we need to learn. This partially relates to the conversation with Anna, the caller. If I am teaching what I need to learn, it may not be what you need to learn. Trust yourself. If I'm saying stuff and it's just blah, blah, blah, wah, wah, wah in one ear and out the other, okay. What I'm putting out there is not resonating for you. It's okay. It's okay. Pay attention to that.

Lastly, you can avoid that trap of following a teacher or following a guru is if you kind of flip it around and you consider your teacher to be your helper. They work for you. They're not up there as God. They work for you. They're giving you something in exchange for money or whatever it is. If I go to a practitioner I pay them money. They are in service to me. If I can remember that, then you don't get that disparity in value or worth or get a hierarchy of someone being higher than the other.

The way, to me, that what we've just talked about with this relates to Anna's struggle or Anna's fears about not really being accepted when she starts putting out there what she's learning and the value that it has is that from the teacher perspective, Anna viewing herself as a teacher in that regard, we always have to remember that even though what we're talking about or what we're sharing or what we really, really feel has been a value to us in our lives, even though that's true for us, it may not be true for someone else. We're both sides of that coin. We're both teachers and students. Yes, by all means, if something is helpful for you, share it with the world. Remember that the people that you're sharing with, it may not be their thing. That's okay. By the same token, just because you admire gives you information, if it doesn't hit for you, then go, "Thank you very much. Not for me."

On that note we are going to wrap things up for the day. I hope that there's been at least some nuggets that you can take away today as something to think about or maybe that did kind of get in there and go, "Hmm, yeah. That really is something I want to look into more."

I want to thank Anna for her bravery in being the caller today. I want to thank all of you for tuning in to the Laura Longley Show with me, Laura Longley. As always, I had a great time. Please join me every Monday at 2pm Eastern, 11am Pacific on KKNW in Seattle, WBLQ in Rhode Island or anywhere at www.thelauralongleyshow.com.

Have a great week and I'll see you back here next time.

