



***The Laura Longley Show
Thinking with Your Heart Instead of Your Head:
Living Life Without Fear
August 25, 2014***

Laura: Good Morning! Welcome to the Laura Longley Show. I am Laura Longley and you're listening to Transformation Talk Radio. Stay with us for the next hour and let us help you to experience ways to get unstuck and live an inspired life full of meaning purpose and happiness.

Each week I share a tool to help you make authentic and lasting changes for your life. Then we open up the phone lines for your calls. That's your chance to get some intuitive coaching on an issue or problem that's been keeping you stuck. Also, earn a free 30 minute coaching session with me in the process.

I recently had an experience that reminded me of the value and I'd actually say the magic of letting go of the attachment to outcome. Today I am going to be sharing that with you during the Light Bulb Moment in a few minutes.

Later in the show we are going to talk about the difference between thinking with your head and thinking or actually really feeling with your heart. And, you know our society is very much about being in our head. We are going to talk about why we want to be more in our hearts and how to make that shift.

But first we are going to do our healing meditation as we always do and this is the opportunity for you to think of a situation in the world or within your own life, or maybe even just within yourself that could use

some love and healing. Just take this time to send love and healing to that situation or to yourself.

Let's begin by taking a deep breath in, release that...and one more deep breath in and release. Thank you for joining in that to heal not only yourself but the world as well.

So in a moment, I am going to share this brief Light Bulb Moment but, I do want tell you that after that I will be taking calls for intuitive coaching and we are going to open up the phone lines now so you can get in the queue. So if you have a problem or an issue that you need some help with, and you want to get some on air coaching you can call in now at 800-930-2819. Remember, every caller that speaks to me on the air gets a free 30 minute coaching session off air with me also. So that number is 800-930-2819 and you can just give your information to Benny and he'll keep you in the queue until we are ready to chat.

So the Light Bulb Moment for this week, I mentioned at the top of the hour, I recently had a moment that reminded me of really the magic that occurs when we let go of an attachment to an outcome. I had an experience yesterday that really brought that up again for me. But the story I want to tell you is the first time that I really noticed this happening to me and how clear it was.

This was about 8 or 9 years ago. I was going through a time where my ex-husband and I had made a shift in the custody of our son and we had had shared custody and we were making a change to where he would be with me full time. I could not get my ex-husband to do the process or participate in the process even to the point of agreeing around change in child support. Obviously when we had joint custody it was going to be different than when I had full custody.

We went round and round, I wouldn't even say we went round because he just wouldn't engage. I had an attorney...actually, we had an attorney because we thought it would be easy because on the surface we were in agreement. But, no he wouldn't sign the papers, he wouldn't sign the papers about it. Finally he got his own attorney and it was costing me a lot of money fight this and I couldn't make this happen, I just couldn't make it happen.

Finally, it went on for months. This had been going on for nine months that this had been going on. One night I was just laying in bed and I thought that if he never pays me a penny, it's ok. Because for the

change in the custody situation wasn't about him paying me. Which is actually...which is why he was resisting because in his mind it was. But it was about my son being with me and at the time I made enough money that I didn't need to have the money from his dad in order for us to survive. In that moment I just went, "You know what? I'm just going to go forward and whatever happens, happens."

Miraculously, this is like by magic, the very next day he signed the papers. I totally connected, because of the timing of it, I totally connected me letting go of trying to make it happen with it actually happening.

Now, I don't want to say that by letting go of attachment, we always get the outcome that we want. Because that isn't necessarily true. We do get peace of mind, because the reality is that we can't make it happen anyway, it's just an illusion. If we think we have control over making anything happen. So by letting go of trying to make it happen and just trusting that the outcome was going to be what I needed it to be. Then it was free to flow into the thing that was right for me.

So, forming that up as our Light Bulb Moment, here's what you can do for yourself in this way. The first thing is to think about is, where are you driving yourself crazy trying to make something happen? This has been a lesson I have had to learn over and over and over in my life. That I can line things up. I can take the actions that are most likely to lead to the outcome that I want. But, I cannot make the outcome happen. I can just trust and allow for it. So, think about a situation in your own life that you are really feeling stressed out because something is not happening the way you want it to.

First of all ask yourself if it is possible to just let go of it. Sometimes it's just the awareness of saying, "I'm driving myself crazy trying to make this thing happen that I don't have control of." And then we can just relax and say, "Ok I am just going to let go of trying, of trying on that anymore." So, sometimes all you have to do is say can I let go of this? And you can. Other times, it is not that simple. I know for me the story I just told a lot of it had to do with, why it took me nine months to let go of it, it didn't have anything to do at all with the outcome of whether I got the money or not. Because as I said, I could financially be okay without that money. It was all tied up in these emotions with my ex-husband and not wanting him to "win" because that would mean I lost. So we were in this tug of war.

So, if you are not able to let go then you need to look at why can't I let go? Remind yourself that everything that happens in your life is for your benefit, even if it doesn't always seem that way. And when I look at that situation for myself it really was for my benefit; partly, learning how to deal with my ex-husband, because that came into play later in our relationship. I did it differently the next time so that I didn't have to go through that. But, more importantly what was happening for my benefit was understanding that I couldn't make anything happen, that I couldn't make this happen.

Also, remember that external circumstance is a reflection of what is going on inside of you. It's always a mirroring being held up about our own internal experience.

So look inside yourself and go, "What's going on internally with me that is creating this situation?" And finally, just go back to remember that you can't make anything happen. By holding on to the attachment to the outcome you are only creating anxiety for yourself. Holding on to the attachment is not going to make it happen. So you have nothing to lose by letting go of it. Yes, take the steps that you need to take that would make it more likely to come out the way that you want and then just let go. So, do what you can, let go and see what happens.

So that's this week's Light Bulb Moment. I want to remind you that the phone lines are open at 800-930-2819. So if you have an issue where you would like to get some coaching. Feel free to call in. Now we're going to take a quick break. We do have callers in the queue. And we'll get right to those calls right after the break.

I'm Laura Longley and you're listening to The Laura Longley Show where authentic change takes flight. You can find me on Facebook at The Laura Longley Show and at www.thelauralongleyshow.com. Stay tuned and we'll be right back.

[Commercials]

We are back on the Laura Longley Show and today we're talking today about thinking with your heart instead of your head. And we are taking callers at 800-930-2819. So if you have a question or a problem that you'd like some intuitive coaching then you can call in at 800-930-2819. I believe that we do have a caller waiting, Benny?

Benny: We do we'll take Rose calling in from Burbank.

Laura: Hi Rose how are you?

Rose: Umm, I'm doing okay. How are you?

Laura: I am well. Enjoying seeing sunshine, we've been having a lot of that here in Seattle this year.

Rose: Oh, Great!

Laura: Yeah, it's not always the norm for us but, this summer we've had quite a bit. So before we start here I always like to ask callers, what is something that you're grateful for?

Rose: Ahh, I'm grateful that I have a good family.

Laura: Yay. Yeah it's great to have that support of people.

Rose: Yeah...

Laura: So what is your question or your issue?

Rose: Umm, I guess I'm trying to figure out what next to do with my life. Because my current work situation is not good. Umm, and I mean, I'm just like even at the point where I just... Even if I have to take a job outside of my career I've thought about that too.

Laura: Right, so...

Rose: So...

Laura: So is it that the current job is not to your liking? Or is it that you don't like the career itself?

Rose: I think that because I am under so much stress at my current job that I'm, at least in the moment, fed up with my career. You know. I don't know if I might feel differently um, later, but at the moment my friend has told me about a job outside of my career a couple of months ago. I didn't get a bad feeling about it but I didn't move, you know, I didn't pursue it. But, now because my work situation is so bad I'm thinking about pursuing it.

Laura: So tell me why you didn't pursue it when she first mentioned it to you?

Rose: Umm, the reason I didn't pursue it is because, umm, oh, ah, because it requires more writing and I don't like writing to tell the truth. I mean, I do do a good amount at my job but, that one requires even more writing.

Laura: So, so I think that is very, I think that it is a sign that you didn't pursue it a few months ago. To say wait that's not the right thing...

Rose: Yeah.

Laura: But, what is would say that the fact that something came up that made you start thinking about moving outside of your current career. I think that that's the purpose of that job showing up. Was for you to start having that thought about, oh, maybe there's something else that I would rather do.

Rose: Yeah...Because the thing is that right now I don't know what...

Laura: And that's okay too. It's alright to not know. Because I will tell you, I don't know if you know of my own history, but I did a big career change eight years ago. I went through five years of getting hit over the head with this isn't where you should be before I finally listened. And I went through the same self-talk that you're going through which is well, maybe it's just this job and that's why I thinking about a different career. And maybe if it weren't like this then I would still like this career. I tend to think that things go in that way because that's the way we're going to pay attention to oh, I'm not happy here I need to do something else. And I think it's okay. I mean, I know it's okay that you don't know in this moment what it is. You're just at the beginning point of starting to entertain the idea that what you're doing right now isn't it.

Rose: Well, personally I feel like I've been on a path for probably a long time. Maybe not quite five years. Who knows? Maybe it has been five years; but even I went back into my field and I wasn't completely sure again. The economy was so bad...I mean there's still issues with the economy. I figured, you know, I'm grateful to have a job.

Laura: And, and I understand.

Rose: I felt like probably in all honesty I've been trying to figure out what to do next for a while. Yeah...

Laura: Right, so here is my suggestion to you. Based on it does sounds like really it is kind of the universe getting your attention saying, "You need to do something else, this isn't it." And you know what, it doesn't mean that it wasn't it for a while for you. It can be that we shift and change and grow and we need something different.

So my first question to you is...if you could spend your time doing anything you wanted to do without. You're financially secure, you don't need to make any money. You don't have to worry about what anybody else needs or wants from you what would you spend your time doing?

Rose: Well, I always say that if I win the lottery that I'll buy a ranch and I will have shelter dogs because I love dogs, I am very passionate, passionate about dogs. So, that's what I would do is I would have shelter dogs.

Laura: Ok, so I think that that's a great clue for you to explore what you want to do. There's lots of ways that you could work with animals without having a ranch for dogs. Right?

Rose: Yeah, but the thing is like how do I make a salary that I could live on.

Laura: Well, see that is what you need to start exploring. This is the starting point of...I'm going to start exploring how I might do this, how this might show up for me. Here's my suggestion of a couple of things you can do. There's an exercise that you can do that will help you to be happier where you are right now, which doesn't mean that you need to stay where you are. It's just so you're not so unhappy while you're there. I know I have your email address from when you called in and I'll send that exercise to you. It's basically looking at what are things that you have control of that you can shift.

The other thing is that, I don't want to sound like I'm hocking my wares here, but I do have a four week program that takes people through exploring different options and looking at what they might really want to do. So that's always an option available to you to really explore what you're interested in. Prior to that you know you have a 30 minute session coming up with me and we can definitely talk about at a high level how that would look and maybe get you some ideas getting started already.

Rose: Okay...

Laura: Okay, because it does sound to me that you are definitely getting the signal that you need to make this shift. I know you just don't know what that is yet, and that's ok to not know what that is yet. So then you just start taking steps to figure out what it is.

Rose: Okay, it sounds good.

Laura: Okay, well thanks for your call, Rose, I definitely look forward to talking to you offline.

Rose: Okay, thank you. I look forward to speaking with you. Thank you.

Laura: Okay, thanks Rose. Okay, bye-bye. And um, Benny we have another caller?

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

Gary: Thank you.

Laura: Hi Gary.

Gary: Hello...

Laura: Hi. How are you?

Gary: Fine, thank you. And yourself?

Laura: Good, I am well. Let me ask you my standard question. What's something that you're grateful for?

Gary: Uh, the current state of health.

Laura: Good. Yep! Yeah, that is something we sometimes take for granted. So, that's a wonderful thing to be grateful for. So, what's your question for me Gary?

Gary: Well, with that in mind, I look for that to improve. The main question I am looking at is just who...with all considered and unique my DNA and the big picture of the...I look for the direction of my energy, what would be the test or thing for me to be aware of, to be to act on?

Laura: Is this kind of like, are you asking, like from a reading perspective?

Gary: Yeah, I ah...

Laura: Ok, because I don't do that. What I do is coaching. So, you have a problem or question then I can help you work through your problem or question.

Gary: A question...

Laura: Right. There's something like a situation going on in your life like, the previous caller where she was not sure if she needed to stay at her job, that sort of thing.

Gary: Okay...

Laura: Do you understand what I am asking?

Gary: Yeah, regarding my, getting situated; we are looking at the environmental areas where I will be able to practice well and get things done with what knowledge I have with my work and spirituality.

Laura: Okay, so are talking about like geographic area?

Gary: Well, I state that I've got that down, but I don't know what I don't know. Should I wait on anything? We're looking at the idea of setting things up now. I've only considered this will be temporary on the account of the nature of my situation. I'm an intuitive artist. It's hard for me to say what direction to take with that and also seeing how my intuition may evolve from where I have definite art form which is run through it.

Laura: Well, I think that what you're asking about really lends itself to what I am going to talk about next on the show. But, but basically this is where you use your own intuition in whatever way that it gives you messages. You just ask the question about what direction you want to go, or what environment you want to be in. You just be open to whatever shows up at that time. This is again part of what I am going to talk about in the next segment. When we transfigure things out in our mind we think we need to have a plan. We think we have to be able to project down the road where we are going or what our goal is and the steps to get there. When we start listening to our intuition

and we start living from our heart then we can be in that knowingness just within ourselves without having to in our heads figure it all out. Does that make sense?

Gary: Concretely, to have that feeling, yeah this is what it is that I need to do. My intuition was served, where it served me was inwardly. I look at the idea of subconsciously the thoughts came to me as they had been stirred by Spirit to do certain things to manifest my art form, which I can do consistently with results. That, I know I can act on. I was listening to the inner voice which clearly He gave me instruction on what to act.

Laura: Exactly, and that's all you need. That's it right there.

Gary: So, that should become stronger? I haven't been seeing that because I'm been not working with it.

Laura: Yeah, you need to start asking...

Gary: Just ask, okay...

Laura: Yeah. Just ask and see what shows up and be open to however the information is going to come for you. I know for myself, usually what happens for me an idea just pops into my head when I ask. But, sometimes other signs show up for me in other ways and I don't always notice them because, that's not what I am used to happening. So just, you know, be aware whenever you ask the question if you don't feel like you're getting an answer, right away. You know, just be aware of other things that might be showing up throughout the day. That might be that answer, just because it's not how it normally shows up for you.

Gary: Okay, and this should be a tentative thing that we should noticed along the way without being too involved or stirred up to be distracted from that way.

Laura: Exactly. You just have to be conscious and aware.

Gary: Sure, and that's the space we should all be in, right?

Laura: Well, that's what we all strive for, I think. But, sometimes with better luck than other times.

Gary: Better understanding, huh?

Laura: Exactly. Exactly. Well, it is time for us to take another break. Thanks so much for your call, Gary. I will look forward to hearing how, how that's working out for you as well.

Gary: Ok, now the information for my contact I didn't get very true to you, so...

Laura: Yeah, stay on the line and Benny, will take that information from you.

Gary: I had to get back because I didn't have that readily available to give to him at the time, so...

Laura: Yeah, just stay on the line and he'll take the information from you. Alright. Thank you so much.

We are going to take a quick break now. You are listening to Laura Longley on 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 thinking with your heart instead of your head. I want to now just share that information with you. This is been something that's kind of been on my "mind", kind of putting mind in quotes since we're talking about the distinction between head and heart. But, something that I have been focused on for a little while, I would say maybe the last six months or so. It really has come to the surface for me in a different way since I've been reading Simran Singh's book *Your Journey to Enlightenment*. And that was the focus on our show for last week. And I'm still working on the book, which to me is a good sign of that it's a very helpful book for me because it's not like I just read through it and put it away. It's like I really am thinking about what she is saying and kind of working through how it fits for me. The way it's resonating for me is that she's not telling me anything I don't already know. She's not telling me I wasn't already consciously aware of. But, sometimes we get shown something in a slightly different light or we get reminded of it and that's what's happening with me and Simran Singh's book. And she does talk in her book about head versus heart and I was already thinking about that as I said. (And I wish I could use a different word than thinking, but.) There was already some focus for

me with that. What she brings out has just kind of coalesced with where I was already at with it.

I'm just going to kind of start by talking about what the difference is when we're thinking with our head or our mind versus when we're thinking or feeling with our heart. I talked a little about it with the last caller, with Gary, about how that is different.

The first thing is that our head sees everything as outside of ourselves. It's not us out here in the world it's other. And our heart knows that everything in the outside world is really a reflection of what's inside of us. This is really a great thing because if it's me then I have the power to create or destroy it.

The next one is one is one that has really been huge for me letting go of. The head always wants to know why. Why is this happening? Why did this happen? Why are you acting that way? The heart doesn't need to know. All the heart needs is to know this is what is real. This is reality. This is how I feel about it. This is what I feel inspired to do about it. We don't need to know why it's happening or why a certain path is before us. We just accept that it is.

The head sets goals and time tables to achieve those goals and the heart does what it feels called to in the moment. That's not to say that we if we are thinking with our heart that we don't have any ideas about what we want to create in the world. It's just that we don't have to set out this time table, maybe we will ultimately, but it will come through inspiration not through our logic of thinking it out.

Here's another one that is huge, the way that our brain works or our mind thinks is very fear based. It is all about how to keep ourselves safe, where the heart is love based. The heart is all about how do we be and express love in the world. Our head views everything as a problem to be fixed, where the heart sees everything as an opportunity to create. Let's think about this for a minute. What's the difference? Okay, a problem to be fixed means that there is something wrong to begin with and we might create a solution, so we are creating but it has to be based on that there is something wrong to begin with. Where seeing everything as an opportunity to create says there is nothing wrong at all. There is never anything wrong. We just are going to create more of what we want and feel called to create.

The heart that needs to know how to do something. And this something that I have gotten hung up on so much. How do I get there? What steps do I take? How do I make that happen? Where the heart is inspired to act. We act upon inspiration when we are coming from our heart. The head tries to control and manipulate for the desired outcome, where the heart is the witness experiencing what is. And again, this about letting go of attachment to outcome as well. So, instead of trying to manipulate things to be the way you want, when you come from your heart you look at the way things are and you take inspired action.

And then I am going to "steal" quote, unquote steal but share with you questions that Simran had in her book. These next ones are verbatim from the book. The things that I have shared with you up until now are my synthesis of my own thoughts along with what Simran presents in her book. So she says that these are questions of the head: How does this get fixed? Who can we get to fix it? Who caused this? Who is to blame? What can we market as a solution? What agency needs to be created to think about this? Who do we need to serve here? We have to fight this. We have to stop this." So you can see those are all kind of problem based fear based.

The questions of the heart are: What can be created here? How can I be the solution? Where is that in me? Again we are looking inside there's nothing outside of us it's all a mirror for us. What new pathways have the possibility of birthing here? How may we connect as the answers? So community. There is an opportunity or connection for connection birth in creation. How does this serve? Not what's wrong here and how do we fix it. But, how does this serve? This is not a problem it is an opportunity. I know that we've all heard that and it's kind of a cliché but it really is true. And how many ways may I engage with this mind, body, spirit, energetically, in unity and community? So looking at every situation as an opportunity to engage with that situation.

Those are the kind of distinctions between head and heart. And we're always going to have those because head is ego based and heart is spirit based and as human beings we have both. We want to try and shift the balance we've been in our heads most of our lives. I know I have and in our society I think most of us have. We want to try and shift the balance to being in our hearts more of the time.

And once again it is time for our break. So we're going to take a quick break and when we come back I'll share a few more thoughts about that and some other things with you. 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 www.thelauralongleyshow.com. Stay tuned and we'll be right back.

[Commercial Break]

Laura: We're back on The Laura Longley Show and today we are talking about a couple of things. One is not being attached to the outcome of a situation. And we talked a little bit during the Light Bulb Moment about how to accomplish that because that is not always easily done. The other thing we've been talking about is thinking with your head versus thinking with your heart is really feeling not so much thinking. It's knowing what you should be doing or how to do it is the thinking part. I shared before the break kind of my thoughts on it. Kind of synthesized with information from Simran Singh's book *Your Journey to Enlightenment*. I also shared some questions that she had in the book that are questions of the mind versus questions of the heart.

She also has some questions in the book that are how to shift what you're asking yourself when you're feeling stuck. Since this show really is all about how to get unstuck when you're in a place where you are not very happy but you don't know what to do about it, I thought that sharing this, these questions with you might be helpful for you. I know that it's helpful for me. It also is completely related to what we just talked about before the break with head versus heart because the question originally that we ask ourselves is from our head from our ego, it's from our place of fear. The question that you want to shift to is the question of the heart, from Spirit, from really being and living from that place of Spirit and love. That place of love.

So here are the questions that she talks about flipping around and I think that this is very helpful and useful and I hope that you will think that it is too. Whenever we're having a problem one of things that we might ask ourselves is...how do I get out of this? I'm in a place that I don't like how do I get out of it? Shift that to asking how do I dive fully into this? Now that's a really big shift because the first question is all about I don't like this and I want to get away from it. And the second question is all about how do I embrace this, how do I synthesis this into me? How do I dive into this and see where I am in this? Because

that's what this is all about. It's all about you. Just like me it's all about me.

The next question that we might ask ourselves is how do I stop this? I hate this how do I make this stop? Ask instead, how do I start something new with this? How do I take this situation that is very uncomfortable for me that might be painful to me and shift it so that it's creating something new, starting something new. Again, the heart is all about creating, it's not about fixing problems it is about creating.

The next question we might ask ourselves is how do I heal this? Any of us who have had a traumatic experience, and trauma can range from somebody saying a sharp word to violence related to you in some way. There are so many things that could be called trauma which from the outside might not look very big but be very traumatic for us, to things that all would recognize as huge. Whenever we have trauma occur our culture and the new culture that is kind of arising seems to be focused on healing so we think we have to heal whatever has happened to us before we can move forward, but we don't. What we should be asking instead is, how do I embrace this fully? It's again realizing that everything that happens to us is a reflection of us, that there is nothing wrong, nothing that needs to be fixed or healed, that we just need to embrace it and find the opportunity that is in it.

That leads us to the next question that we might ask. How do I fix this? This isn't working how do I fix it? Asking instead, how do I build something from here? So it's accepting reality. Here's where I am at now how do I create? How do I build?

Then the last one is one that I've really had to work with being a psychotherapist and a coach. How do I save them from where they are? So it's about other people and feeling the need to save or fix other people. And instead ask yourself, how can I favor where they are. Meaning again, everything that is happening in someone else's life is a reflection of them, and there are opportunities there for them. So how can I shift from feeling like they need to be saved to feeling like oh what a wonderful opportunity they have in their life?

Those I felt were some really great questions that we can use when we are feeling stuck. And when we're feeling kind of that fear and panic, how do I get out of this? How do I stop this? How do I fix this? So that we can shift it, become more calm, and really feel empowered. Feel that we do have the power for our lives to be different.

Once again, I know I've talked a lot about this on the show last week I do highly recommend Simran Singh's book *Your Journey to Enlightenment*. And I'm sure you can find it. I found it on Amazon a Kindle version so I'm sure you can find it there if that's something that feels like it could resonate for you. Again, I always like my little disclaimer; just because it resonates for me doesn't mean it will resonate for you. But if what I have been talking about seems to fit for you. You might want to check out Simran's book.

I want to thank our callers today, who called in to ask for guidance. And I also want to thank all for tuning 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.